

ST. JACOB OF ALASKA ORTHODOX CHURCH

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November 29, 2009

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Priest (802-485-9615)

Susanna Toolan
President

✠ ✠ ✠ Service Schedule ✠ ✠ ✠

Sunday, November 29th. **25th Sunday after Pentecost – Tone 8.** Martyr Paramon and 370 Martyrs in Bithynia (250). Martyr Philimenus of Ancyra, and with him Martyrs Valerian and Phaedrus (ca. 274). Ven Acacius of Sinai, who is mentioned in *The Ladder* (6th c.) Ven Nectarius the Obedient, of the Kiev Caves (Near Caves – 12th c.). Hieromartyr Abibus (Aviva), Bishop of Nekressi in Georgia (6th c.).

3rd and 6th Hours: 9:10 am.

Divine Liturgy: 9:30 am

Epistle: Eph.4:1-6; Gospel: Luke 13:10-17

Wednesday, December 2nd.

Daily Vespers, 6:00pm. Meal and study group to follow: Archimandrite Meletios Webber's
Bread and Water, Wine and Oil: An Orthodox Christian Experience of God.

Saturday, December 5th.

Great Vespers of the Resurrection: 5:00 pm

Sunday, December 6th. **26th Sunday after Pentecost – Tone 1.** St Nicholas the Wonderworker, Archbishop of Myra in Lycia (ca. 345).

3rd And 6th Hours: 9:10 am.

Divine Liturgy: 9:30 am.

Epistle: Eph.5:9-19; Gospel: Luke 17:12-19

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“When the sea is calm, fishermen can see down to the seabed and observe all the fish moving in the water. The opposite happens, however, when the water is stirred up by winds. Then the sea hides in the darkness of its agitated waves everything they were able to see when it was calm. Then the fishermen’s skill is rendered useless and they cannot catch fish. St Diadochos applies this example to the spiritual life, relating it to the work of the nous. The fisherman stands for man’s nous. The sea is his mind. It is clear here what the relationship is between the nous and the mind. When those engaged in the ascetic struggle keep their minds free from agitation – and this requires special effort – then the nous, like the fisherman, can discern all the thoughts passing through the mind. It stores in its memory all those thoughts that have been sent from God, but throws out of nature’s storehouses those thoughts that are distorted and demonic.”

Metropolitan Hierotheos, *Hesychia and Theology:
The Context for Man’s Healing in the Orthodox Church*

Martyr Paramon and 370 Martyrs in Bithnia

Commemorated November 29

(from oca.org)

The Holy Martyr Paramon and the 370 Martyrs with him suffered for their faith in Christ in the year 250 during the rule of the emperor Decius (249-251). The governor of the Eastern regions, Aquianus, had locked up 370 Christians in prison, urging them to abjure Christ and instead offer sacrifices to idols. They subjected the captives to beatings, hoping by torture and the threat of death to persuade them to renounce Christ and worship the pagan gods. One of the local inhabitants, Paramon by name, openly denounced the cruel governor and confessed his faith in the One True God, the Lord Jesus Christ. They beheaded St Paramon after fierce tortures, together with the other 370 martyrs.

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Martyr Philumenus of Ancyra

Commemorated on November 29

(from oca.org)

The Holy Martyr Philumenus suffered for Christ in the year 274, during the persecution against Christians by the emperor Aurelian (270-275). St Philumenus was a bread merchant in Ancyra. Envious persons reported to the governor Felix that Philumenus was a Christian, and so he came before a judge. St Philumenus did not renounce Christ. For this they hammered nails into his hands, feet and head, and they forced him to walk. The holy martyr bravely endured torments and he died from loss of blood, giving up his soul to God.

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Troparian – Tone 4

Your holy martyrs Paramon and Philumenus and those with them, O Lord,
through their sufferings have received incorruptible crowns from you, our God.
For having Your strength, they laid low their adversaries,
and shattered the powerless boldness of demons.
Through their intercessions, save our souls!

Kontakion – Tone 4

Urged on by the commandments of God,
with patience, you cleansed your souls from all defilement.
You reached perfection as spiritual athletes;
you renounced sacrifice to idols.
Imitating Christ, you were slain with a spear,
most blessed Paramon and Philumenus.
Always fervently intercede with Christ on behalf of the world.

Troparian – Tone 4

**In truth you were revealed to your flock as a rule of faith,
an image of humility and a teacher of abstinence;
your humility exalted you;
your poverty enriched you.
Hierarch Father Nicholas,
entreat Christ our God
that our souls may be saved.**

Kontakion – Tone 3

You revealed yourself, O saint, in Myra as a priest,
for you fulfilled the Gospel of Christ
by giving up your soul for your people,
and saving the innocent from death.
Therefore you are blessed as one become wise in the grace of God.