

**TWENTY-THIRD SUNDAY AFTER PENTECOST**



*Icon of the Synaxis of the Archangel Michael and all Angelic Powers  
November 8th*

NOVEMBER 8, 2009

**TWENTY-THIRD SUNDAY AFTER PENTECOST**  
**FEAST OF SYNAXIS OF THE ARCHANGEL MICHAEL AND ALL ANGELIC POWERS**  
**TONE 6**

SCHEDULE OF SERVICES FOR THE WEEK OF NOVEMBER 9 – NOVEMBER 15, 2009

WEDNESDAY, NOVEMBER 11	9:00 AM DIVINE LITURGY	VETERAN'S DAY <i>FOR ALL VETERANS, LIVING AND DECEASED</i>
THURSDAY, NOVEMBER 12	9:00 AM DIVINE LITURGY	FEAST OF ST. JOSAPHAT OF POLOTSK <i>FOR †OLEH WESELOVSKY; REQ: JOSEPHA &amp; SOPHIA WESELOVSKY</i>
SUNDAY, NOVEMBER 15	9:30 AM LITURGY –	<b>TWENTY-THIRD SUNDAY AFTER PENTECOST</b> <b><i>FOR ALL PARISHIONERS</i></b>

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*Remember in your prayers*

Please remember in your prayers those members of our parish, our family and friends who are ailing, are in hospitals, nursing homes and those who are not able to join actively in their community. Remember especially the following: Katherine Andrus, Walter & Isabella Bachynsky, Susie Boyko, Sonya Cronin, Helen Davis, Bohdanchik James, Maria Laszok, Lesya Loznycky, and Sophia Skop. Please let Fr. James know if there is anyone else who should be remembered.



***Prayers For Those Serving In The Armed Forces***



Let us especially remember in our prayers those family members and friends who are actively serving their countries in the Armed Forces: Luke and Slavamira Haywas, Elizabeth Heltsley, Oksanna Hirniak, Andrew Hrynkiw, Zenon and Susan Keske, Michael Lopes, Vasyl and Volodymyr Lylak, Paul Richelmi and Brian Tuthill. *Please give any names of those you would like remembered in the Liturgies to Fr. James.*

***Ukrainian Food Faire!***

The parish thanks all the dedicated workers who helped make the Food Faire a success, especially those who made the delicious foods, backed the wonderful goods and helped with the setup and cleanup. You all contributed to making our church better known in our La Mesa community!

***Divine Liturgy next Sunday***

Fr. James will be in Tucson next Sunday for the consecration of St. Michael's Ukrainian Catholic Church. The Liturgy on that day will be served by Fr. Sabba Shofany of St. Jacob Melkite Greek-Catholic Mission. Fr. Saba served our community this past July 5<sup>th</sup>.

## REVERENCE FOR LIFE IS GIVEN TO US

Time spent on meaningful pursuits such as developing our talents and increasing our knowledge are worthy goals. However, the noblest use of time that will give meaning to our lives is practicing reverence for life by personal involvement with those who need our help desperately. True greatness lies in qualities of the heart, in charity and in love. Have you noticed that our happiest times are those in which we forget ourselves, usually in being kind to someone else?



### МОЛИТВА

Господи, Ісусе Христе, Сину Божий,  
молитвами пречистої Твоєї Матері,  
силою чесного і животворящого Хреста,  
заступництвом чесних невесних сил безплотних,  
святих, славних і довроповідних мучеників,  
преподобних і вогносних Отців наших і всіх святих,  
зверн воедино у спільності Католицької Єдності  
та повноті Православної Віри своїх улюблених дітей  
Святої Київської Церкви й усієї Русі-України і  
помилай нас, грішних.

АМІНЬ.

Саме перед цим чудотворним Хрестом у Володимирі-Волинському (Україна) молився малий Іван Кунцевич (майбутній святий Йосафат (1580-1623)), коли палаюча іскра Божого благословення вилетіла від Розп'ятого Спасителя і запала в його дитяче серце, запаливши його полум'яною любов'ю мучеників до Господа Ісуса, Його Невісти - святої Церкви та її богослужіння.

### PRAYER

LORD JESUS CHRIST, SON OF GOD,  
THROUGH THE PRAYERS OF YOUR ALL HOLY MOTHER,  
THE STRENGTH OF THE HONORABLE AND LIFE-CREATING  
CROSS, THE INTERSESSION OF THE HONORABLE AND  
INCORPoreal POWERS OF HEAVEN, THE HOLY, GLORIOUS  
AND VICTORIOUS MARTYRS, THE MONASTIC AND  
GODBEARING FATHERS, AND ALL THE SAINTS, GATHER  
TOGETHER IN THE ONENESS OF CATHOLIC UNITY AND IN  
THE FULLNESS OF ORTHODOX FAITH, YOUR BELOVED  
CHILDREN OF THE HOLY CHURCH OF KYIV  
AND ALL RUSS'-UKRAINE,  
AND HAVE MERCY ON US SINNERS.

AMEN.

It was from this wonder-working Cross in Volodymyr-Volyns'kyj (Ukraine) that a blazing spark of Divine blessing fell forth from the Saviour into the youthful heart of Ivan Kuntsevych (the future St. Josaphat 1580 - 1623), setting him aflame with a martyr's love for Christ our God, His Bride the holy Church, and her Divine services.

## TENTATIVE PARISH MEETING

I hope to have a parish meeting on *Sunday, November 22<sup>nd</sup>*. On the agenda will be such items as: Parish Financial Report; Parish Mission Statement; Future of the Parish; Response to Patriarch Lubomyr's and the Pope's call for a "New Evangelization".

## "WHADDYAMEAN FASTING? IT'S THE HOLIDAYS!"

*by Marek Simon, Assistant Directory of Antiochian Village Camp*

Christmas parties, good ole" St. Nicholas, & shop, shop, shop! Our Christmas list is prepared well in advance and -look out! - lights and trees up in November! These are a few things that begin to consume many of our minds as the holiday season approaches. We can't wait until Christmas and the array of fashionable clothes, iPhones, and decisions, decisions! LCD or Plasma? Mac or Windows? And who knows what else! It's a time to eat, drink and be merry, right? But wait a minute. Did I hear someone say that we are supposed to be fasting???

For us Eastern Christians, November 15 marks the beginning of a 40-day fast that concludes on the Feast of our Lord's Nativity (a.k.a., Christmas). The Nativity Fast (or *Pylypiwka*) is a time of preparation for the birth of our Lord. If we follow the traditional fast, we are taught to fast from meat, dairy products and fish. Let's be honest. Many of us go to schools and live in homes where we do not observe any sort of fast during this time, and for those of us who do, it's pretty difficult to say the least! How can we possibly go to a Christmas party and not eat meat or cheese or drink eggnog? Why would someone choose to fast during this time when it seems like everyone else is doing the opposite? In reality, the answer is pretty simple: Jesus Christ. We are taught to fast during this time, not as a punishment or because the Church doesn't want us to have fun, but because the Church is concerned with one thing and one thing only, our salvation.

Think about it. The world we live in today teaches us to continually seek to do one thing- love ourselves. Jesus Christ, through the Church, teaches us to continually seek to do another thing- love our neighbor. Society teaches us to order the best-tasting, most expensive steak. Christ teaches us to forget about the steak, eat a plate of spaghetti or

some lentil soup, and use the money to buy a meal for someone who hasn't eaten in days. Society teaches us to spend time and money on Christmas trees, Christmas lights, and expensive gifts. Christ teaches us to be a tree that bears fruit, to be a light in the darkness, and to put on the gifts of the Holy Spirit: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, & self-control (Gal 5.22-23).

There are no easy answers to the situations we may face this holiday season if we choose to follow the narrow way of the Gospel. One thing that must be said is that we cannot do it alone. We need each other! Our friends, families and our churches should be fasting together as best we can. We also need prayer. Fasting is of no value unless we pray also. Encourage your family and friends to pray together at meals and even ask your priest if he will have extra services during the fasting period. Perhaps most importantly, talk with your priest or spiritual father about how to approach the Fast. He will be your guide and source of wisdom to help during this time.

Each day is an opportunity for us to choose to live as a Christian and accept the responsibility that goes along with it. Rather than just spending hours at the mall looking for the perfect gift, we could spend a couple of hours serving at a soup kitchen and a few dollars on clothes for people who cannot afford to clothe themselves. What a wonderful project this would be for your OCF group this fasting season.

We are all quite capable of fasting beginning November 15. As stated above, talk to your priest about how to start, especially if you've never done it before. Approach the days ahead not as the "holiday season", but as preparation for a "Holy Day", the day of the birth of our Lord. May Christ strengthen and guide you in the upcoming months!

## EVANGELISM. EVANGELIZATION. EVANGELIZE.

These terms are sometimes misunderstood. **Evangelization is not:**

- ❖ just “something Protestants do”.
- ❖ just “something only clergy do”.
- ❖ just “another facet” of Christian life.

To the contrary, evangelization is – *and always has been* – at the very heart of the Church’s life and experience. “Let us note that the very Tradition, teaching, and faith of the Church which the Lord gave was, from the beginning, preached by the apostles and preserved by the Fathers,” writes St. Athanasius. “On this the Church was founded ... The Lord sent out the apostles and commanded them to make this the foundation of the Church when He said, “Go out and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.”



**Evangelization, then, is:**

- ❖ the *sharing of the Good News* of the risen Christ with others.
- ❖ the *utilization and application of our faith* in day-to-day activities, behavior, and relationships.
- ❖ the *calling of every Orthodox-Catholic Christian*.

### ASK FATHER:

**Q. Is it better not to show up if I know I’m going to be late to church?**

A. It’s always better to show up late to church rather than not at all. That being said though, it is always better to be not just on time for church, but even a little early. We should try to be a little early so that we can gather our thoughts from the cares of the world and redirect them to God. By doing this before the service begins we will be ready to receive Christ who tells us that when two or three are gathered together in His Name, He is in their midst. (Matt. 18:20)

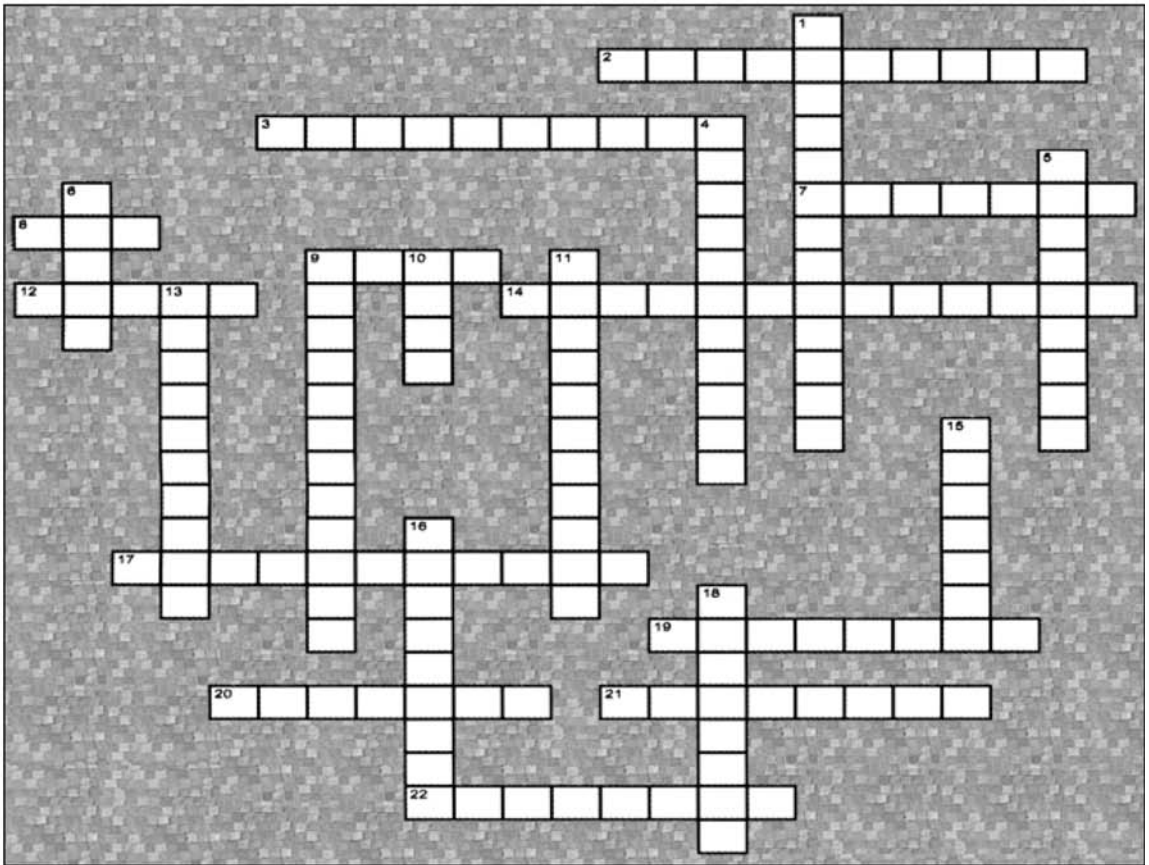
Even in the secular world, if we are expecting the visit of person of honor, we make sure that we not only arrive before he does but we also make sure that we are ready to receive him properly. This is why we should arrive in church early and then instead of conversing with our neighbor (which there is time to do after the service), we should set about our primary task, which is to turn our minds to God and warm our hearts in prayer.

**Q. Please forgive me for this question, is it safe to share one spoon when receiving the Holy Communion?**

A. In a word, Yes, it is safe to receive Holy Communion from the same spoon. The reason why it is safe is because of what is being received – the Body and Blood of Christ. In the nearly two thousand year history of the Church there has never been a case where a person became sick or contracted a disease from receiving Holy Communion. The only time people have become sick through partaking of Holy Communion is when they partake without proper preparation. This is why the Apostle Paul warns: “But let a man examine himself, and so let him eat of that bread and drink of that cup. For he who eats and drinks unworthily eats and drinks condemnation to himself, not discerning the Lord’s body. For this cause many among you are weak and sickly, and many sleep. For if we would judge ourselves, we would not be judged.” (1 Cor. 11:28-31)

On a practical note, the safest way to receive Holy Communion, that is so that an accident does not take place, is to open one’s mouth **wide**, tilt your head back and let father drop the Eucharist in your mouth. One should **not** close one’s mouth on the spoon.

## TEST YOUR KNOWLEDGE OF CHRISTIAN STEWARDSHIP



### Across

2. Ours must be aligned with the will of God.
3. Our giving needs to be this.
7. Withholding what belongs to God (Mal. 3:8-9).
8. Owner of everything.
9. Created by God for us.
12. God's best gift to us.
14. Desiring what does not belong to me.
17. The result of following God's will.
19. Is properly managed by a steward.
20. Husband who was an unfaithful steward.
21. This type of steward pleases God.
22. Wife who was an unfaithful steward.

### Down

1. Giving according to what we receive.
4. Commended by Paul for their stewardship.
5. The things we hold dear to us.
6. God puts these in the purse of unfaithful stewards (Hag. 1:6).
9. Defines the attitude of a steward.
10. Widow's gift.
11. The things God has given to us.
13. This type of steward displeases God.
15. Defines the life of a steward.
16. Promised to faithful stewards (Mal. 3:10).
18. Divine use of our gifts.

### Across

2. Priorities
3. Systematic
7. Robbery
8. God
9. Time
12. Jesus
14. Covetousness
17. Fulfillment
19. Finances
20. Ananias
21. Faithful
22. Sapphira



### Down

1. Proportionate
4. Corinthians
5. Treasures
6. Holes
9. Thanksgiving
10. Mite
11. Possessions
13. Unfaithful
15. Service
16. Blessings
18. Ministry

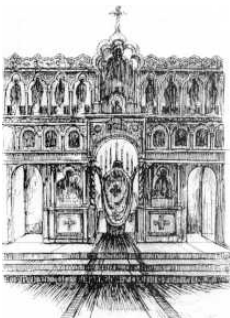
## FOUR REASONS WHY PEOPLE GIVE

From "Compelled to Give" By VRev. Vladimir Berzonsky

- 1) **Obligation** – People who give only because it's an obligation. We pay taxes that way. We open our bills and write checks reluctantly. Perhaps that's the way we deal with society at large, but this is not the attitude to take when we are asked to give from our heart to the upkeep and enhancement of the holy Church;
- 2) **Satisfaction** – There's something satisfying about contributing to charity. When we make a gift to an established charity, we feel good about ourselves. In the autumn season after Labor Day and through the remaining days of the year, we are solicited by so many appeals that we must make choices. Do we put something in the Salvation Army pots at each shopping center, or do we pick and choose?
- 3) **Pride** – We all know those who make an issue of their contributions. It doesn't count unless it appears in the media that the contributors are People of Importance. They used to flaunt their donations to the party of their choice or even hedge their bets, giving to both major political parties. With new rules they must find a way to do the same, but not so conspicuously.
- 4) **Love** – All of the above are acceptable to the recipients, and all of them have value in their own right; however, gifts at the highest level first come as a true sacrifice. They are not just an excess of funds that the giver can well do without and even derives tax benefits from them, but they come from hearts that feel a compulsion to contribute. When the feeling arises within that you cannot do otherwise than to meet the needs laid out before you, when you are presented with a situation, a crisis or a grief that so overwhelms you that you are desperate to provide from your means an alleviation for that person, group or situation, you are a cheerful giver.



## THE ALTAR OF A BYZANTINE CHURCH



The altar, sanctuary, or the Holy of Holies is the eastern part of the church building, separated from the nave (the main body of the church) by the iconostas (a wall with icons). The altar contains the Holy Table and the Table of Oblation and has an adjoining sacristy and vestry for the storage of sacred vessels and vestments. Entry into the altar is through the Royal Doors in the middle of the iconostas and the deacon's doors to the north and the south. Only ordained clergy (priests, deacons, and bishops) are allowed through the Royal Doors, and only men or boys who are appointed to serve are allowed through the deacon's doors during the services. The altar area is elevated above the rest of the church to remind the faithful that just as the Lord descended from heaven to earth, so too in like manner are they to make an ascent from earth to heaven.

(more next week.)

# **Українська Католицька Парафія Матері Божої Неустаючої Помочі**

Церква Святого Йоана Хрестителя

## ***Ukrainian Catholic Parish of Our Lady of Perpetual Help***

Church of St. John the Baptizer

4400 Palm Avenue

La Mesa, CA 91941

Parish Office: (619) 697-5085

**Website:** [stjohnthebaptizer.org](http://stjohnthebaptizer.org)

**Pastor:** Fr. James Bankston

**Парох:** о. Яків Бенькстон

[\*frjames@mac.com\*](mailto:frjames@mac.com)

Fr. James' cell phone: (619) 905-5278

*[Patristic Wisdom on the Lord's Prayer Continued]*

### ***Give Us This Day Our Daily Bread***

Bread represents life, and bread is easy to get. Moreover, nature herself gives us something to put on it to make it tastier. The best thing to eat with bread is the peace of a good conscience. Then bread is eaten with gusto, because it is being eaten in holiness of life. But if you want to experience the taste of bread otherwise than in symbolic description, in the physical sense in fact, you have hunger to eat it with. Therefore, first of all, don't eat too much; you would lose your appetite for a long time. And then, let your dinner be preceded by sweat. "In the sweat of your brow you shall eat bread," is the first commandment mentioned in the Scriptures (Gn 3:19).

The Lord's Prayer speaks of "daily" bread. In saying that, let us remember that the life in which we ought to be interested is "daily" life. We can, each of us, only call the present time our own. Why should we worry ourselves by thinking about the future?

Our Lord tells us to pray for today, and so He prevents us from tormenting ourselves about tomorrow. It is as if He were to say to us: "He who gives you this day will also give you what you need for this day. He it is who makes the sun to rise. He it is who scatters the darkness of night and reveals to you the rays of the sun."

*St. Gregory of Nyssa*