

St. Nicholas Cathedral
Founded in 1930 as the Russian Orthodox Church of St. Nicholas
 Orthodox Church in America
www.oca.org
dcnyoca.org

September 20, 2009

**Greatmartyr Eustathius Placidus, his wife, Martyr Theopistes,
 and their children, Martyrs Agapius and Theopistus.
*Divine Liturgy of St. John Chrysostom***

**Most Blessed Jonah
 Archbishop of Washington
 Metropolitan of All America and Canada**

Schedule of Services

Monday	Sept	21	9:00 am	Liturgy (OC) <i>Nativity of the Most Holy Theotokos</i>
Saturday	Sept	26	5:00 pm	Vigil (E, S)
Sunday	Sept	27	9:00 am	Liturgy (E)
			10:45 am	Liturgy (S)
			1:00 pm	Prayer (G)
Thursday	Oct	1	10:00 am	Liturgy (E,S) <i>Protection of the Theotokos</i>

E=English, S=Slavonic, G=Georgian, OC=Old Calendar

September Bulletins are sponsored by Galina Tolliver in honor of St. Sophia and her daughters St. Vera, St. Nadezhda and St. Lubov (Faith, Hope and Charity) Feast Day and in loving memory of her mother, Vera Megrinsky, Matushka Lubov Moiseev, Vera Kunsak and many others by those names who fell asleep in Lord. May their memory be eternal!

***** VISITORS *****

**A warm welcome to St. Nicholas Cathedral!
 We are glad to have you worship with us today.**

...those who have given their lives for their homeland..."

Memory Eternal.

St. Nicholas Cathedral – the National War Memorial Shrine
 3500 Massachusetts Avenue NW, Washington, DC 20007
 Phone: 202-333-5060 FAX: 202-965-3788
www.stnicholasdc.org

Sponsorship of the Bulletin: If you are interested in sponsoring the Sunday Bulletin, please contact the church office, (202)-333-5060, ext.10, for the dates you want. Immediate payment is not required, but advance reservations are needed. The donation is \$20 a week; \$80 a month (English); \$15 a week; \$60 a month (Russian). *Sponsors for the Russian bulletin are greatly needed!*

St Nicholas Coffee Hour

Date	Restrictions	Host
20 September	None	Susanne Somersalo
27 September	None	Bruce and Lola Beno
4 October	None	Michael and Karen Rossler
11 October	None	Anna Mighell

Candle Counter Schedule

Sunday, September 20	Divine Liturgy:	E	Daria Virvan
		S	Svetlana Grenier
Monday, September 21	Divine Liturgy:	O.C.	Nadezhda Kosheleva
	<i>Nativity of Theotokos</i>	@9 am	
Saturday, September 26	Vigil:		Tom Downey
		@5pm	
Sunday, September 27	Divine Liturgy:	E	Tom Downey
		S	Elena Nagaitseva

Mount Tabor Publications is offering works by St Gregory Palamas as well as other writers. You can visit their website at: <http://thaborian.com> where you can order these and other works.

To join our **St Nicholas Cathedral E-mail announcement list**, please send an e-mail message to priestvalery@stnicholasdc.org with the word 'SUBSCRIBE' in the subject and body.

The collection for the week of August 31-September 6, including both Liturgies on Sunday, September 6 was \$8,209.00 and for the week of September 7-September 13, including both liturgies on Sunday, September 13 was \$5,414.50. The average general fund collection for the past 6 months was approximately \$9,516 per week; the average expenses for the past 6 months were approximately \$10,374--almost an \$800.00 shortfall per week. The collection proceeds for the week of August 31 was about more than \$1,300 less than average and the collection for the week of September 7 was almost \$4,000 less than average. The second week's shortfall was likely an anomaly since the Capital Triathlon took place on that day, making it very challenging to get to church. On a brighter note, we have collected pledges to date of more than \$120,000.00 for the capital fund for the Cathedral (for HVAC, etc).

Adult Education: Father Constantine has begun the “Orthodoxy through the Liturgy” class (formerly known as the Inquiry Class). The class takes place on Saturdays September 19 from 3:30 – 4:30 p.m. in the Annex. All are welcome to attend!

Sunday School Has Begun! We kicked off the start of another school year last week with a wonderful blessing from Metropolitan Jonah! *But it is not too late to register!* Please bring your children to the Annex from 10:30-11:15 to join in classes offered for all ages.
In Russian: 3-5 year olds & 1st-3rd graders
In English: Classes from age 3 through High School
Classes are followed by Choir Practice led by Mat. Nina White from 11:15-11:30.
We hope to see you and your children!

RELICS: A Class for 4th - 8th Graders on Saturday, October 3rd: In a new monthly Saturday class geared toward our parish's 4th-8th graders, Deacon Blagoje Siljegovic will kick off the first in this series by introducing our children to the relics of the saints held at the Cathedral, explaining what a relic is and the Orthodox teaching regarding their veneration. Children (and their families) are invited to join Dn. Blagoje on 10/03 at 3:30pm, and to stay for Vigil afterwards. Please contact Alyssa Przystawik at lys0426@gmail.com if your child plans to attend!

The R Club meeting will take place on Tuesday, September 29 at 7:30 p.m. in the Church Hall. A report of the recent National Convention and election of delegates for the District Convention to be held at St. Mark on October 24 will be some of the topics for that meeting. All are invited to attend. This is a good way to meet and socialize with fellow Orthodox.

Troparion of the Resurrection: (Tone 6): The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure Body. Thou didst capture hell, not being tempted by it. Thou didst come to the Virgin, granting life. O Lord, who didst rise from the dead: glory to Thee!

Tropar (Tone 1): O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

Glory to the Father and to the Son and to the Holy Spirit.

Kontakion of the Resurrection: (Tone 6): When Christ God, the Giver of Life, raised all the dead from the valleys of misery with His mighty hand, He bestowed resurrection on the human race. He is the Savior of all, the Resurrection, the Life, and the God of all.

Now & ever & unto ages of ages. Amen.

Kontakion (Tone 4): As Thou wast voluntarily crucified for our sake, grant mercy to those who are called by name; make all Orthodox Christians glad by Thy power, granting them victories over their adversaries, by bestowing on them the invincible trophy, Thy weapon of peace.

Prokeimenon (Tone 7): Extol the Lord our God; worship at His footstool for it is holy! Vs. The Lord reigns; let the peoples tremble.

Epistle: Gal. 2:16-20: Brethren, knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified. But if, while we seek to be justified by Christ, we ourselves also are found sinners is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I live now in the flesh I live by faith in the Son of God, Who loved me & gave Himself for me.

Alleluia (Tone 1): Remember Thy congregation which Thou hast purchased of old. Vs: God is our King before the ages; He has wrought salvation in the midst of the earth.

Prayer Before Gospel Reading: O Master Who love mankind, make the spotless light of Your revelation of God shine in our hearts, and open the eyes of our mind that we may grasp the message of Your Good News. Instill in us respect for Your blessed commandments, so that overcoming (or trampling down) all self-indulgent passions, we may pursue a way of life the Spirit brings, and please You in all we think and do. For You are the enlightenment of our souls and bodies, O Christ our God, and we render glory to You together with Your Father without beginning and Your all-holy and good and life-creating Spirit: now and ever, and unto ages of ages. Amen.

Gospel: Mark: 8:34 – 9:1: At that time, when Jesus had called the people to Himself, with His disciples also, He said to them, “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow me. For whoever desires to save his life will lose it, but whoever loses his life for my sake & the Gospel’s will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me & My words in this adulterous & sinful generation, of him will the Son of Man also be ashamed when He comes in the glory of His Father with the holy angels.” And He said to them, “Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.”

St. Nicholas Cathedral FESTIVAL 2009

October 17 – October 18

www.stnicholasdcfestival.org

As many of you have heard we are trying to show our neighbors just how ethnically rich and welcoming to all our parish is and the inclusivity of the Orthodox Church in America by having different food kiosks. So far we have Russian, Georgian, Serbian and American. We have plenty of room for other groups. If you would like to feature your ethnic dishes, great! Please let me know as soon as possible so we can allocate space.

Sweet tooth experts are needed for the bakery table and if there is anyone out there who can make a mean cup of espresso - we need you too.

We will be selling ads for our brochure. The ads for the Festival will cost:

\$35 for 1/3 page 2.8"

\$55 for 1/2 page 4.5"

\$100 for full page 8.5"

This advertizing is an excellent way to bring in extra revenue at a time of great need in our Cathedral. These can be business ads or personal ads, for example you may want to wish someone a happy birthday or anniversary, you can have an ad that welcomes the Metropolitan to Washington or wishes him good health. So ask your friends, neighbors and business people in your area. Every little bit helps. Remember, the more ads we sell, the more money we will have for repairs to the Cathedral. **Deadline for submitting an add is Oct.1, 2009.** Suggestions are gratefully accepted but mostly we need your elbow grease to help set up, break down and everything in between. Give us a call and we'll find you a job that needs your abilities.

We will hold a **silent auction** so if you have something valuable and suitable for silent auction please contact:

Irina Burgener at 301-933-9043 or write to iburgen@gmail.com

White Elephant Sale. Okay, we're giving you another opportunity to clean your house. **Starting next SUNDAY, SEPTEMBER 20 you can bring your White Elephant items to church. The items will be stored in the rectory. We are also looking for quality items that could be used for the silent auction. Please remember, all items donated MUST be clean, NOT broken or chipped. We WILL NOT accept old books, text books, records, electronics or clothing.** It is important that you was any glasses, dishes, etc that you are donating. Yes, we will take CLEAN handbags, belts and scarves and of course jewelry, costume or real. We really need volunteers to help set up and sell at the sales tables.

Tribute to St. Nicholas Veterans: Please help us compile a complete list of members of our parish who have served in the U.S. Military for any period of time. Begin with World War II and take us through Korea, the Cold War years, Vietnam, the Balkans, Iraq and Afghanistan.

1. Full Name

2. Branch of Service (Army, Navy, Air Force, Marines, Coast Guard) Period of Service (years or place such as Korea or Iraq)

The names will be featured on a full page of the Fall Festival '09 booklet. Leave the information at the candle counter or email to iburgen@gmail.com

Hymn to the Theotokos: Magnify, O my soul, the most precious Cross of the Lord. You are the mystical Paradise, O Theotokos, in which Christ blossomed; through Him the lifebearing Wood of the Cross was planted on earth. Now at its Elevation, as we bow in worship before it, we magnify you.

Communion Verse: Praise the Lord from the heavens, praise Him in the highest. Alleluia, Alleluia, Alleluia.

Thanksgiving Prayer After Communion: We give thank, Lord our God, for letting us share in the holy Mysteries You have given us for the benefit, sanctification, and healing of our souls and bodies. O Master of all things! Let them provide us with faith that cannot be shaken, with love that does not pretend, with wisdom that is complete, with healing for our souls and bodies, with a sure defense against adversary, with a willingness to observe all You have given us, and, finally, with the right answer at the judgment seat of your Christ. For You make us holy, and we render glory to You – to the Father and to the Son and to the Holy Spirit: now and ever and unto ages of ages.

WORDS TO LIVE BY...

St Innocent of Alaska: "...It is important to establish a regular time for prayer (for instance, mornings and evenings), and to develop stability and patience. You should constantly overcome haste, distraction, indifference and insincerity. In addition, you must strive to warm your heart with love for God. Only a sincere prayer brings comfort and peace to the heart. Much effort is necessary in order to learn to pray properly, and, as we well know, all the righteous ones strove throughout their lives to learn the art of prayer. Nevertheless, your personal effort is not enough. It is the Holy Spirit who makes our prayer to be fervent and to come from the bottom of our heart. This was well known to the saints who, inspired by the Holy Spirit, stood day and night in prayer in sweet rapture, failing the while to notice the time fleeting away.

Pray even though at first your prayer may be weak and imperfect because of your sinfulness and estrangement from God. Pray with diligence and fervor; train yourself to be sincere in your conversation with God. Thus, little by little you will learn to pray and will start to feel a sweet comfort. The Holy Spirit will have mercy on you and will come and reside in you if you show faithfulness in your efforts at prayer.

The Holy Scripture teaches: *Pray without ceasing* (1 Thess. 5:17). How is this possible for people living in a secular world? If you are to pray all the time, how then are you to perform your other duties? The advice of perpetual prayer is directed not toward outward but toward inner prayer. If desired, you can turn to God internally whether you are alone or with others. Only he who does not want to pray will not find time for prayer".

Bulletin Messages