

**:: 14 New Year's Resolutions for Orthodox Christians ::**  
**Part 3, by Fr. Andrew Stephen Damick**

*Around this time of year, many people start thinking about ways they can change for the better. While New Year's resolutions are not particularly a feature of the Orthodox faith, change certainly is, and resolving to change based on times and seasons is certainly part of our liturgical tradition. So adapting the cultural custom of New Year's resolutions to become a better Orthodox Christian seems perfectly fine to me. Anyway, here are some suggestions for Orthodox Christians resolving to change for the better in the New Year, things every Orthodox Christian can do.*

**5. Sing along at church.** The choir and chanters are there to lead you in prayer, not to entertain you or pray instead of you. Yes, it is possible to pray with them silently, but there are few things more spiritually invigorating than singing your prayers. So if you're able, you should. ...

**6. Memorize a psalm.** Memorizing Scripture is a great thing for many reasons, but psalms are especially powerful, because they are all prayers. Pick your favorite one to memorize. Lots of Orthodox love Psalm 50 ("Have mercy on me, O God"). But there are plenty to choose from. Pick a short one or a long one. Just make it your own. Try praying it every day.

**7. Encourage your priest.** Yes, he should be willing to do his job without getting any encouraging words. And many priests do. That wouldn't be so bad if they didn't get so many complaints. While some priests (like me!) aren't constantly barraged with complaints, some never can seem to escape them, even while they pour their lives out for their people. And I would actually have to say that I probably get more complaints than I do encouraging words. My brother priests mostly say the same thing.

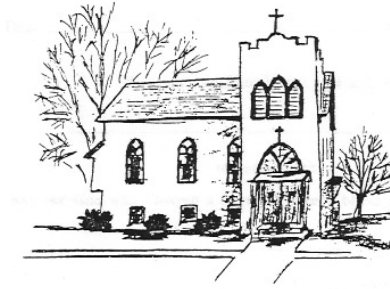
Your priest is a human being just like you are. And while he shouldn't live for praise, you can help him see that his hard work is appreciated by telling him so. Your job isn't to tell him that he shouldn't want praise—he has a father-confessor to tell him that. Your job is to love him. And saying encouraging things to him is part of that love. You don't have to shower him with compliments. Just tell him that what he's doing matters to you.

There is nothing better for a parish's health than an encouraged priest. If he feels like what he's doing matters, he will love doing it. And he will also strive to get better at it, too. So even if you do feel like he needs to improve, the best way to help him do that is to inspire him, not to complain at him.

*~ Read the entire article at <http://blogs.ancientfaith.com/roadsfromemmaus>*

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*Any announcements for the Sunday bulletin? Please submit by Wednesday each week to Fr. Andrew, by email or phone. If you are not on the church's email list and would like to be, please let Fr. Andrew know.*



## St. George Orthodox Church of Spring Valley

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### Sunday, January 11, 2015 – Twelfth Sunday of Luke

**Sts. Athanasius and Cyril, Patriarchs of Alexandria**

**Matins (Morning Prayer), 9:00 AM :: Divine Liturgy, 10:00 AM**

**Today's Holy Bread and Coffee Hour: OPEN**

**Next Sunday: Sausage Breakfast and Annual Meeting**

**Troparion of the Resurrection (Tone 7):** Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the great mercy.

**Troparion for Sts. Athanasius and Cyril (Tone 3):** With work of Orthodoxy, ye shone forth and extinguished wicked opinion, becoming triumphant and clothed with victory. And having enriched all with true worship, and adorned the Church with great adornment, Athanasius and wise Cyril, ye worthily found Christ God, granting to all, through your prayers, the great mercy.

**Troparion of St. George the Great Martyr (Tone 4):** Since thou art a liberator and deliverer of captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for kings, O great among martyrs, the victory-clad George: Intercede with Christ God for the salvation of our souls.

**Kontakion for the Presentation (Tone 1):** Thou, O Christ God, who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

St. George is a parish of the Antiochian Orthodox Christian Archdiocese  
The Most Reverend Metropolitan JOSEPH  
The Right Reverend Bishop ANTHONY, Diocese of Toledo and the Midwest  
[www.antiochian.org](http://www.antiochian.org)

## Epistle and Gospel Readings at the Divine Liturgy

Blessed art Thou, O Lord, the God of our Fathers.  
For Thou are justified in all that Thou hast done for us.

### The Reading from the Epistle of St. Paul to the Hebrews (13:7-16)

Brethren, remember your leaders, those who spoke to you the Word of God; consider the outcome of their life, and imitate their faith. Jesus Christ is the same yesterday and today and forever. Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents. We have an altar from which those who serve the tent have no right to eat. For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. So Jesus also suffered outside the gate in order to sanctify the people through His own blood. Therefore, let us go forth to Him outside the camp and bear the abuse He endured. For here we have no lasting city, but we seek the city, which is to come. Through Him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His Name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

### The reading from the Holy Gospel according to St. Luke (17:12-19)

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said, "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving Him thanks. Now he was a Samaritan. Then Jesus said, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him, "Rise and go your way; your faith has made you well."

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### St. George Church Cash Flow for December 2014

Income: \$7780.15  
Expenses: \$5490.66

*Thank you for your faithful support of the church. Please see our treasurer, Anysia Medawar, if you have any questions about our finances.*

## Announcements and Upcoming Events

*For a full calendar of events and services at St. George, see our website, [www.stgeorgeorthodox.org](http://www.stgeorgeorthodox.org).*

### Upcoming Events and Services:

- **Home blessings** continue this week. See note below.
- **Saturday, Jan. 24:** Vespers, 6:00 PM. *Please note the new time!*
- **Sunday, Jan. 25:** St. George Church Annual Meeting and Sausage Breakfast. *Mark your calendars! All members of our church should make every effort to attend.*
- **Sunday, Feb. 1:** The Lenten Triodion begins
- **Monday, Feb. 2:** Divine Liturgy at 10:00 AM for the Feast of the Presentation

**From Fr. Andrew and Kh. Patty: A big THANK YOU for all of your Christmas cards, greetings and generous gifts!** We are blessed to be a part of the St. George community. May God grant all of you his abundant blessings in the new year!

**Next Sunday is our church's Annual Meeting.** Every member of our church community should make every effort to attend. We will discuss and approve our 2015 budget and also elect new council members. Ron and Dottie Malooley have graciously offered to sponsor a sausage breakfast for us as well, next week immediately after the Liturgy.

**Tis the season for home blessings:** The Orthodox Church recommends that each home be blessed by a priest with prayer and Holy Water each year. It will be my great joy to visit all of you, spend time with your families, and bless your homes with the blessing of the Jordan River. Nothing elaborate is required on your part, and even a meal is not necessary. **Please make contact with Father at your convenience and arrange for a date and time.**

**Summer Conventions.** It seems early with snow still on the ground, but mark your calendars: Our **Diocesan Parish Life Conference** will be held in Grand Rapids, MI, June 24-28 this year, and the national Archdiocese Convention is July 20-28 in Boston.

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*"He became what we are so that He might make us what He is."*

*"The body of the Word, then, being a real human body, in spite of its having been uniquely formed from a virgin, was of itself mortal and, like other bodies, liable to death. But the indwelling of the Word loosed it from this natural liability, so that corruption could not touch it. Thus is happened that two opposite marvels took place at once: the death of all was consummated in the Lord's body; yet, because the Word was in it, death and corruption were in the same act utterly abolished."*

~ St. Athanasius of Alexandria, *On the Incarnation*