

:: The Nativity Fast ::
By Abbot Tryphon, from his blog "The Morning Offering"

FAST from self-concern and FEAST on compassion for others.
FAST from discouragement and FEAST on hope.
FAST from lethargy and FEAST on enthusiasm.
FAST from suspicion and FEAST on truth.
FAST from thoughts that weaken and FEAST on promises that inspire.
FAST from shadows of sorrow and FEAST on the sunlight of serenity.
FAST from idle gossip and FEAST on purposeful silence.
FAST from problems that overwhelm you and FEAST on prayer that sustains.
FAST from criticism and FEAST on praise.
FAST from self-pity and FEAST on joy.
FAST from ill-temper and FEAST on peace.
FAST from resentment and FEAST on contentment.
FAST from jealousy and FEAST on love.
FAST from pride and FEAST on humility.
FAST from selfishness and FEAST on service.



Any announcements for the Sunday bulletin? Please submit by Friday each week to Fr. Andrew. If you do not receive the bulletin by email and would like to, let Father know.



**St. George Orthodox Church
of Spring Valley**

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Sunday, December 6, 2015

St. Nicholas the Wonderworker of Myra
Matins: 9:00 AM :: Divine Liturgy: 10:00 AM

Epistle Reader: David Anderson
Holy Bread/Coffee Hour: Nick and Anysia Medawar
Next Week's Holy Bread/Coffee Hour: Bob Abraham and family

Troparion of the Resurrection (Tone 2): When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee!

Troparion of St. Nicholas (Tone 4): Thy work of justice did reveal thee to thy congregation as a canon of faith, the likeness of humility and the teacher of abstinence, O thou Father and great Bishop Nicholas. Wherefore, by humility thou didst achieve exaltation, and by meekness, riches. Intercede therefore, with Christ, that He will save our souls.

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 of Preparation for Christ's Nativity (Tone 3): Today the Virgin cometh to the cave where she will give birth in an ineffable manner to the Word who is before all the ages. Rejoice, therefore, O universe, when thou hearest it heralded: Glorify Him, with the angels and the shepherds, who chose to be seen as a new-born babe, the God who is before all the ages.

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

Epistle and Gospel Readings

Precious in the sight of the Lord is the death of His saints.
What shall I render to the Lord for all that He has given me?

The Reading from the Epistle of St. Paul to the Hebrews (13:17-21)

Brethren, obey your leaders and submit to them; for they are keeping watch over your souls, as men who will have to give account. Let them do this joyfully, and not sadly, for that would be of no advantage to you. Pray for us, for we are sure that we have a clear conscience, desiring to act honorably in all things. I urge you the more earnestly to do this in order that I may be restored to you the sooner. Now may the God of peace Who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do His will, working in you that which is pleasing in His sight, through Jesus Christ; to Whom be glory forever and ever. Amen.

The Reading from the Holy Gospel according to St. Luke (13:10-17)

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.

FOR SOMEONE TO CONCEIVE OF GOD WITHOUT THE SON IS THE SAME AS CONCEIVING OF HIM WITHOUT LOVE, SINCE ALL LOVE DEMANDS ITS OBJECT. ... WHO THEN WOULD GOD THE FATHER HAVE LOVED IN ETERNITY, BEFORE THE CREATION OF THE WORLD, IF HE DID NOT HAVE THE SON AS AN OBJECT OF HIS LOVE? IT WOULD MEAN THAT HE DID NOT KNOW HOW TO LOVE, NOR WAS LOVE IN HIS ESSENCE, BEFORE HE CREATED THE WORLD AS AN OBJECT OF HIS LOVE. THIS WOULD THEN MEAN THAT GOD ACQUIRED SOMETHING WITH HIS ACT OF CREATION THAT HE DID NOT HAVE BEFORE, AND THUS, HE CHANGED. HOWEVER, THIS IS NEITHER LOGICAL, NOR DOES IT HAVE ANY SIGNIFICANCE.

– ST. NIKOLAI VELIMIROVIC

Announcements and Upcoming Events

For a full calendar of events and services at St. George, see our website, www.stgeorgeorthodox.org.

Upcoming Events and Services:

- **Today:** Sunday school, downstairs immediately after Holy Communion, **with a visit from a very special guest!** (*Hint: Who is our saint of the day today?*)
- **Today:** Ladies of St. George, meeting upstairs after Liturgy. *Ladies, please go downstairs for coffee hour first; you are welcome to bring your food and drink upstairs for the meeting.*
- **Wednesday, Dec. 9:** Prayers for the Valley: An Ecumenical Service of Prayer and Healing. (*See note below.*)
- **Saturday, Dec. 12:** No vespers.
- **Next Sunday, Dec. 13: Feast of St. Herman of Alaska.** Matins, 9am and Divine Liturgy, 10am. Epistle Reader: Matthew McNatt. Holy Bread/Coffee Hour: Bob Abraham.

Today is the fourth Sunday of Advent in the Orthodox Church. We observe the 40 days before Christmas as a special time of fasting, extra prayer and generosity. Please make time each day for the Lord, and join us for any special weekday prayer services. **All are especially encouraged to make a confession at this time: Fr. Andrew will be available each Sunday after Liturgy, on most Wednesday and Saturday nights, or by appointment.** Feel free to talk to Father Andrew if you have any specific questions about fasting or the traditional disciplines of the season.

Join Fr. Andrew and other area clergy for **Prayers for the Valley: An Ecumenical Service of Prayer and Healing.** This is our response to the epidemic in our area of drug and alcohol abuse, depression, and suicide. We believe people of faith have something significant to offer, and that we should never discount the power of prayer. The service will take place **Wednesday, Dec. 9 at 6:30 PM, at the IVCC Cultural Center.**

Thank you to all who filled out and returned your building surveys! If you did not receive one, please let Fr. Andrew know. We believe it is now time to hear from all of you! The letter contains a short survey, and it is very important that you respond to this, so we know how much support we can expect from all. As always, if you have any questions or concerns, feel free to talk with Father Andrew or with our building exploratory committee, Mark Kerasotes, Mike Kasap, and Matt Rowan. **Above all, PRAY for St. George Church, that the loving will of our good and holy God would be done!**