

**:: Arrow Prayers ::**

By Abbot Tryphon, from his weblog "The Morning Offering"

Many Church Fathers taught the use of the "arrow prayer", deliberately short prayers for personal devotion that were easily remembered, and could communicate one's love for God, while seeking His help. They were like arrows being shot into the air, wholeheartedly demonstrating our sincerity in asking God's help. One of my personal favorites is an arrow prayer attributed to Saint Gregory Palamas.

*Lord enlighten my darkness, Lord enlighten my darkness, Lord enlighten my darkness.....*

This is the perfect prayer when seeking God's help in keeping His commandments, and doing battle with habitual sins. By this prayer we are asking that grace abound and transformation take place. It is a prayerful plea for God's mercy, and that He make us holy by coming quickly to our aid.

It is the perfect prayer to utter at the very moment we are receiving the Holy Mysteries of Christ's Body and Blood, the hot coals that burn within and bring about healing of body and soul, and illumine our heart. It is a prayer in which we confess before God that we are living in a state of darkness, and asking Him to dispel all that darkness which keeps us from attaining holiness, and communing with Him.

"There is no need at all to make long discourses; it is enough to stretch out one's hands and say, "Lord, as you will, and as you know, have mercy." And if the conflict grows fiercer say, "Lord, help!" He knows very well what we need and he shews us his mercy (Saint Macarius the Great)."

Love in Christ,  
Abbot Tryphon

*Do you have an announcement for our bulletin? Please call or email Fr. Andrew no later than Friday each week for anything to be included in Sunday's bulletin.*



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

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**Sunday, January 10, 2016**

**The Sunday after the Feast of Theophany  
Matins: 9:00 AM :: Divine Liturgy: 10:00 AM**

**Epistle Reader:** George Forsa

**Holy Bread/Coffee Hour:** Bev Malooley and family

**Next Sunday's Holy Bread/Coffee Hour: OPEN**

**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 Theophany (Tone 1):** By Thy baptism, O Lord, in the River Jordan, worship of the Trinity hath made its appearance. For the voice of the Lord did come forth to Thee with the testimony, naming Thee beloved Son! And the Spirit in the likeness of a dove, confirmed the truth of the word. Wherefore, O Thou who didst appear and enlighten the world: O Christ, glory to Thee!

**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 Theophany (Tone 4):** Today Thou hast appeared to the universe, O Lord, and Thy light hath been shed upon us, who praise Thee with knowledge, saying, Thou hast come and appeared, O unapproachable Light.

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

## THE EPISTLE

For the Sunday after the Theophany of Christ

Let Thy mercy, O Lord, be upon us; rejoice in the Lord, O ye righteous!

**The Reading is from Saint Paul's Epistle to the Ephesians**

Brethren, to each one of us is given the grace according to the measure of the gift of Christ. Therefore He says, "When He ascended up on high, He led captivity captive, and gave gifts to men." (In saying, "He ascended," what does it mean but that He also descended into lower parts of the earth? The One who descended is the same who ascended far above all the heavens, that He might fill all things.) And He gave some to be apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; for the perfecting of the saints, for the work of ministry, for the building of the Body of Christ, until we all arrive at the unity of the faith, and the knowledge of the Son of God, to a perfect man, toward the measure of the stature of the fullness of Christ.

## THE GOSPEL

For the Sunday after the Theophany of Christ

**The reading from the Holy Gospel according to St. Matthew (4:12-17)**



At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulon and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled:

"The land of Zebulon and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

### Birthdays this week:

David Kaleel, Jan. 10 / Judy Abraham, Jan. 11 / Nick Leonard, Jan. 16

*Am I missing anyone? Let Fr. Andrew know!*

## 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:

- **Today:** Sunday school, downstairs immediately after Holy Communion.
- **Today:** Holy Water will be available after today's service and for the next few weeks. Bring your Holy Water containers from last year if you have them; otherwise we have extras.
- **Saturday, Jan. 16:** Vespers, 6:00 pm.
- **Next Sunday, Jan. 17: St. Anthony the Great.** Matins, 9am and Divine Liturgy, 10am. Epistle Reader: David Anderson. Holy Bread/Coffee Hour: OPEN.
- **Also next Sunday:** January Parish Council meeting during coffee hour.

**House blessings** have begun! Please contact Fr. Andrew to set up a date and time to have your home and/or workplace blessed with the Theophany Holy Water. *Please know it is not necessary to invite Fr. Andrew's entire family, or to provide a meal. All you need to have ready is a place to pray in front of an icon, and a list of living and departed for Fr. Andrew to remember in prayer.* Talk to Father if you have any additional questions.

**Our church's Annual Meeting is scheduled for Sunday, January 31.** All current members of St. George Church should make every effort to attend! Coffee hour will be a potluck; each household should plan to bring a simple dish, pastry, fruit, etc.

**The 2016 Holy Bread and Coffee Hour schedule is now posted on the ladies' bulletin board downstairs.** Please look over your assigned dates, and let Fr. Andrew know if any changes need to be made. Many thanks for all of your service!

**Thank you to all who filled out and returned your building surveys!** If you did not receive one, please let Fr. Andrew know. 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!**

### December financials

Operating Income: \$6176.00

Operating Expenses \$6624.31

Checking Account Balance: \$10425.21