ST. HERMAN OF ALASKA ORTHODOX CHURCH

sthermanshillington.org

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September 21, 2025
Sunday After the Exaltation of the Cross

This Week

Sat Sept 20, 4:30 pm – Great Vespers & confessions
Sun Sept 21, 9am – Divine Liturgy & Fellowship

Sat Sept 27, 4:30 pm – Great Vespers & confessions
Sun Sept 28, 9am – Divine Liturgy & Fellowship

Sat Oct 4 – *No Vespers*
Sun Oct 5, 9am – Divine Liturgy & Fellowship

Hymns of the Day

Troparion for Sunday (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.

Troparion for the Cross (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 ... Kontakion for Sunday (Tone 6)

When Christ God, the Giver of Life, / raised all of 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 … Kontakion for the Cross (Tone 4)

As Thou wast voluntarily crucified for our sake, / grant mercy to those who are called by Thy 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!

Instead of the Hymn to the Mother of God

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 Life-bearing Wood of the Cross was planted on earth. / Now at its Elevation, / as we bow in worship before it, // we magnify you.

Today's Scripture

Epistle: Galatians 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 now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Gospel: Mark 8:34-9:1

The Lord said, "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 and 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 and My words in this adulterous and sinful generation, of him the Son of Man also will 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."

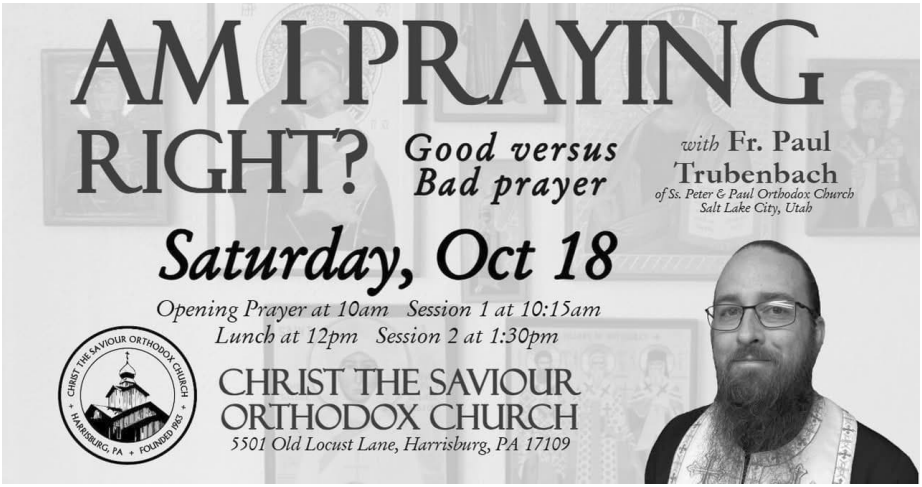
Prayers

For health of: Archbishop Nathaniel Popp, Archbishop Alexander Golitzin, Archbishop Benjamin, Bernard Kusior, Nina Fatula, Rebecca Ream. ***Those who grieve for the departed:*** Erick & Tiffany Derouanna.

The newly-departed: William John Derouanna (8/9). All victims of war & violence. ***Remember also:*** Apr. Michael & Mat. Mary Hutnyan.

Church School & Youth Activities

THANK YOU to those who came to our first monthly youth activity & church school. The next date is **Saturday Oct 11**. We are planning more activities for the coming year! *We will meet **monthly**, **one Saturday each month**, from **2:00pm through Vespers**. We hope to use the time not only for instruction but also for activities and fellowship. All children and teens are invited, even from neighboring parishes. Invite a friend!*



Free, but please register at `ctshbg.org/trubenbach-retreat`

Welcome to all visitors who have prayed and celebrated the Divine Liturgy with us this morning! We invite all of you downstairs for fellowship after the conclusion of the Liturgy. If you have any questions, please reach out to Fr. John at any time. *We love you and hope to see you again!*

*Please note: In the Orthodox Church, the receiving of Holy Communion is the sign of one's **full participation in the mystery of the Faith**, and all Orthodox Christians should receive it frequently.*

*For this reason, Communion is offered only to Orthodox Christians who are **prepared** to receive it (through **prayer**, **fasting**, and a recent **confession**) and are **at peace with each other**. Those who partake of the Eucharist normally fast from food and drink in the morning before the Divine Liturgy, if they are able.*

Attendance

Sun Aug 24 Liturgy: 25 adults, 1 children (Communion: 13 adults, 1 children)
Sat Aug 29 (St John the Baptist) Liturgy: 6 adults, 1 children
Sun Aug 31 Liturgy: 29 adults, 3 children (Communion: 18 adults, 3 children)
Sun Sep 7 Liturgy: 24 adults, 2 children (Communion: 14 adults, 2 children)

The Faith We Hold

The fifteenth chapter of Acts tells of **a meeting held by the Apostles**, who announced their decision by saying: “It has seemed good to the Holy Spirit and to us ...” **Similar gatherings** of the Apostles' successors, all the bishops of the Church, **were held from time to time during the first millennium**. At these meetings articles of faith were formulated and decisions made on contemporary problems arising in the life of the Church. **Seven such ecclesiastical councils have been recognized** by the Church as general or ecumenical and their decisions thus recognized as binding upon the whole Church. The first of these synods or councils was held at Nicaea in the year 325 and the seventh in Constantinople in 787.

... History shows that in the past, meetings which had the authority of Ecumenical Councils have always been called together in the face of a threat to the unity and truth of the Church. Among such threats, for instance, were the Christological heresies concerning the nature of Christ.

... In Orthodoxy it is emphasized that **doctrine and life are two sides of the same thing**. Future general councils of the Church will not be concerned with any new doctrines beyond what "the Fathers have decided," but rather with adapting accepted principles of the Church to changing circumstances. This task presupposes a unity of love and peace among the representatives of the Orthodox Churches, who at the Ecumenical Councils included all the bishops of all the Churches, in order that unanimous decisions may be confirmed with the apostolic seal: “It seemed good to the Holy Spirit and to us.”

– Abp Paul of Finland, *The Faith We Hold* (SVS Press, 1980), 18-19.

“Gradually it was disclosed to me that the line separating good and evil passes not through states, nor between classes, nor between political parties either—but right through every human heart—and through all human hearts. This line shifts. Inside us, it oscillates with the years....

“... If only it were all so simple! If only there were evil people somewhere insidiously committing evil deeds, and it were necessary only to separate them from the rest of us and destroy them. But the line dividing good and evil cuts through the heart of every human being. And who is willing to destroy a piece of his own heart?”

– Aleksandr Solzhenitsyn, The Gulag Archipelago, 1918–1956