

## Saintly Notes

### The Holy Martyr Paramonos and the 370 Martyrs in Bithynia (November 29)

**I**n Asian Bithynia, Governor Aquilinus fiercely persecuted Christians. Once, he captured 370 Christians, brought them with him, and bound them at a place where there was an idolatrous temple of the god Poseidon.

Here, the wicked governor tried to force them to worship and offer sacrifice to the idol. Even though the governor threatened death for anyone who did not obey his order, not a single Christian submitted.

Just then, a respected man by the name of Paramonos passed along the road beside the temple. He stopped beside the masses of shackled people and learned what was happening. Then he cried out: "Oh, how many innocent righteous ones does this foul governor desire to slaughter, because they will not worship his dead and mute idols?" Paramonos then continued on his way, and the infuriated governor sent his servants to slay him. The servants caught up to Paramonos, seized him and pierced his tongue with a thorn, then stripped him naked and stabbed his entire body. Holy Paramonos, with prayer in his heart, gave up his soul to God.

After that, the 370 martyrs, great as sons of God and innocent as lambs, were beheaded and thus entered into the Immortal Kingdom of Christ the Lord. They suffered in the year 250.

*(The Prologue from Ochrid, Birmingham, 1985, Lazarica Press)*



Holy Martyr Paramonos



# 25<sup>th</sup> Sunday after Pentecost

After - Feast of the Entance of the Theotokos

All Saints Orthodox Church, Raleigh NC

(www.allsaintsnc.org)

919-859-1332

The V. Rev. Nicholas R. A. Sorensen, Archpriest

The Rev. Philip Pelikan, Priest

The Rev. David Keim, Deacon

November 29, 2009

## The Saints Whom We Remember Today

Martyrs Paramonos and the 370 Martyrs in Bithynia;

Martyr Philoumenos of Ancyra; Venerable Akakios of Sinai;

Hieromartyr Dionysios, bishop of Corinth; Urban, bishop of Macedonia;

Nicholas, archbishop of Thessalonika

## This Week's Schedule

<b>Today:</b>	9:00a Orthros; 10:00a Divine Liturgy
<b>Monday:</b>	<b>Church Office Closed</b>
<b>Wednesday:</b>	9:15a Third Hour Prayers; 6:30p Vespers
<b>Thursday:</b>	6:30p Eve. Divine Liturgy for St. Barbara
<b>Friday:</b>	6:30p Advent Paraklesis
<b>Saturday:</b>	5:30p Great Vespers (St. Nicholas); 6:30p St. Nicholas Supper
<b>Sunday:</b>	8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy

## Third Antiphon

Troparion of the Resurrection  
Tone 8

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our Life and our Resurrection, O Lord, glory to Thee.

## Entrance Hymn

Come, let us worship . . . Alleluia.

## Troparion

for the Resurrection—Tone 8

See above.

## Troparion

of All Saints—Tone 4

As with fine porphyry and royal purple Thy Church has been adorned with Thy martyr's blood shed throughout all the world. She cries to Thee, O Christ God, send down Thy bounties on Thy people, grant peace to Thy habitation and great mercy to 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, whom also the angels of God do celebrate in song; for she is the heavenly tabernacle.

## The Trisagion

Holy God, Holy Mighty, Holy Immortal . . .

## Scripture

for today and next Sunday

Today: (See insert)

Next Sunday:

*Epistle:* Heb. 13:17–21

*Gospel:* Luke 13:10–17

## Megalynarion—Tone 8

It is truly meet and right . . .

## Communion Hymn

Tone 8

Praise the Lord . . . Alleluia.

## Post-Communion Hymn

We have seen the true light . . .

## Parish Notes

### Altar Servers Today

Matthew Wynne, Del Dillard, Noah Keim, Micah Keim, Johannes Kibret, Nicholas Kliewer, Roger Jones.

### Special Attention

- **Annual Meeting Update.** At our annual meeting of Voters two weeks ago, we had a total of 75 voters attending (quorum was 63). Andrea Haynes and Cheryl Christopoulos were elected to the parish council for 3-year terms and the budget for 2010 was approved unanimously by voice vote. In addition, the reports from the various committees and organizations of our church were approved by the voters.

The remainder of the meeting was devoted to an update of our building project and an explanation of the next three year estimated giving form that

will be used to anticipate income both for the building project and the general fund. If you have not received an estimated giving form and the packet with letters from Fr. Nicholas and Ray Azrak, Building Committee Chairman, please see Nadine Ham.

- **Estimated Giving Forms.** When your EGF is completed, it may be folded, inserted in an offering envelope, and placed in the offering plate any Sunday, or mailed to the church. We need all voters and friends of All Saints to participate.  
May God bless you for your generosity and for your offering of Thanksgiving to God.
- **St Nicholas Vespers.** This year the feast of St. Nicholas occurs on a Sunday. Therefore, we have decided to let the children put their shoes out for the anticipated gift from St. Nicholas during the Great Vespers service (5:30pm) on Saturday Dec. 5<sup>th</sup>. Also the St. Nicholas meal will follow this Vespers service. Please mark your calendars now so that you and your children may attend.

## Today's Epistle and Gospel Readings

### **Prokeimenon:**

Make your vows to the Lord our God and perform them.

*God is known in Judah; His Name is great in Israel.*

### †**Epistle: Eph. 4:1–7 (RSV)**

Brethren, I, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, Who is above all and through all and in all. But grace was given to each of us according to the measure of Christ's gift.

### †**Gospel: Luke 18:18–27 (RSV)**

At that time, a man came testing Jesus and asking, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call Me good? No one is good but God alone. You know the commandments: 'Do not commit adultery. Do not kill. Do not steal. Do not bear false witness. Honor your father and mother.'" And the man said, "All these I

have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me." But when the man heard this he became sad, for he was very rich. Jesus, seeing him sad, said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" Jesus said, "What is impossible with men is possible with God."

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**A Word  
from Our Fathers**

“When man responds to love, he realizes that he is, above all, a worshipping being. The grace of God which has touched his heart enables him to receive the Image of God, Who is the true pattern of his life, Who ignites within him the desire to live once more according to the original purpose of his creation. Grace initiates this change in him, but in order for this grace to bear fruit, he must live as a member of the worshipping Body that is the Church, the Church being the assembly of the saints through whom God speaks and in whom He is reflected.”

*(Archimandrite Zacharias; The Hidden Man of the Heart)*

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