

### **Archangel Michael Church**

Η Εκκλησία του Αρχαγγέλου Μιχαήλ 100 Fairway Drive, Port Washington, NY 11050 (516) 944-3180 ~ www.archangelmichaelchurch.org

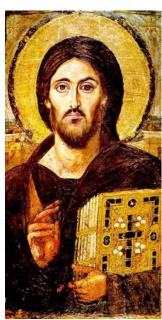
Clergy: Fr. John Lardas, Fr. Michael Palamara, Fr. Dennis Strouzas

<sup>3</sup>Hyoς βαρύς / Grave Mode ~ 5th Morning Gospel/ Ἑωθινὸν Ε΄ October 10th, 2021 ~ 3rd Sunday of Luke

#### Saint Ignatius on the Jesus Prayer

As of this week we have begun the book club and Bible study. We will explore the Jesus prayer which we are discussing there with these words from St Ignatius Brianchoninov. This God is an infinitely great and all-perfect being. God is the Creator and Renewer of men, Sovereign Master over men, angels, demons and all created things, both visible and invisible. Such a notion of God teaches us that we ought to stand prayerfully before Him in deepest reverence and in great fear and dread, directing toward Him all our attention, concentrating in our attention all the powers of the reason, heart, and soul, and rejecting distractions and vain imaginings, whereby we diminish alertness and reverence, and violate the correct manner of standing before God, as required by His majes-

ty (John 4:23-24; Matt. 22:37; Mark 12:29-30; Luke 10:27). St. Isaac the Syrian put it marvelously: "When you turn to God in prayer, be in your thoughts as an ant, as a serpent of the earth, like a worm, like a stuttering child. Do not speak to Him something philosophical or high-sounding, but approach Him with a child's attitude". Those who have acquired genuine prayer experience an ineffable poverty of the spirit when they stand before the Lord, glorify and praise Him, confess to Him, or present to Him their entreaties. They feel as if they had turned to nothing, as if they did not exist. That is natural. For when he who is in prayer experiences the fullness of the divine presence, of Life Itself, of Life abundant and unfathomable, then his own life strikes him as a tiny drop in comparison to the boundless ocean. That is what the righteous and long-suffering Job felt as he attained the height of spiritual perfection. He felt himself to be dust and ashes; he felt that he was melting and vanishing as does snow when struck by the sun's burning rays (Job 42:6).



#### Καρδιακή προσευχή του Ιησού

Η μνήμη του Θεού στον άνθρωπο φανερώνει κοινωνία με τον Θεό και άρα είναι σαν προσευχή. Ο αγώνας για την συνεχή επίκληση του αγίου Ονόματος του Χριστού με την ευχή «Κύριε Ιησού Χριστέ, ελέησόν με τον αμαρτωλόν», ανανεώνει συνεχώς στον άνθρωπο την μνήμη του Θεού και την κοινωνία με τον Θεό. Γι' αυτό και ο Απόστολος Παύλος έγραφε στους Θεσσαλονικείς: «Αδιαλείπτως προσεύχεσθε». Με την μνήμη του Θεού και την προσευχή ο άνθρωπος φανερώνει την αληθινή ευγένεια της φύσεώς του, που είναι μεθόριο μεταξύ ορατού και αοράτου κόσμου και «ζώον θεούμενον» ξεπερνά την φυσική αναγκαιότητα, εκτείνει την ύπαρξή του μέχρι τον Θεό, αισθάνεται ελεύθερος από ό,τι τον κρατά αιχμάλωτο στην γη. Για να είναι όμως η προσευχή αληθινή, πρέπει να είναι προσευχή του όλου ανθρώπου και όχι μόνον των χειλέων ή μόνον του νου ή μόνον της καρδιάς. Τελεία προσευχή είναι η νοερά και συγχρόνως καρδιακή. Ο νους προσεύχεται μέσα από την καρδιά, που είναι το κέντρο της υπάρξεως. Δηλαδή ο όλος άνθρωπος από το βάθος του και το κέντρο του προσεύχεται εκπληρώνοντας την πρόσκληση του Θεού: «Αγαπήσεις Κύριον τον Θεόν σου εξ όλης της ψυχής σου και εξ όλης της καρδίας σου και εξ όλης της ισχύος σου και εξ όλης της διανοίας σου και τον πλησίον σου ως εαυτόν». Ολόκληρος ο άνθρωπος προσφέρεται στον Θεό.

#### ΣΥΝΑΞΑΡΙΟΝ

Η μνήμ τῶν ἁγίων Μαρτύρων Εὐλαμπίου καὶ Εὐλαμπίας. Τοῦ ὁσίου Πατρὸς ἡμῶν Θεοφίλου τοῦ Όμολογητοῦ.

<u>Άπολυ</u>τίκιον

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ηνέωξας τῷ Ληστῆ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Αποστόλοις κηρύττειν ἐπέταξας ὅτι ανέστης Χριστε ὁ Θεός, παρέχων τῷ κόσμω τὸ μέγα ἔλεος.

Άπολυτίκιον Τ<u>ῶν Άγίων</u>

Οἱ Μάρτυρές σου Κύριε, ἐν τῆ ἀθλήσει αὐτῶν, στεφάνους έκομίσαντο τῆς ἀφθαρσίας, ἐκ σοῦ τοῦ Θεοῦ ἡμῶν σχόντες γὰρ τὴν ἰσχύν σου, τούς τυράννους καθείλον, έθραυσαν καί δαιμόνων, τὰ ἀνίσχυρα θράση. Αὐτῶν ταῖς ίκεσίαις, Χριστὲ ὁ Θεός, σῶσον τὰς ψυγὰς ἡμῶν.

Κοντάκιον του Μνημοσύνου

Μνήσθητι Κύριε, ὡς ἀγαθός τοῦ (τῆς, τῶν) δούλου (ης, ων) σου, καὶ οσα ἐν βίω ημαρτ (εν) (εν) (ον) συγχώρησον\* οὐδεὶς "γὰρ άναμάρτητος, εἰμὴ σὸ ὁ δυνάμενος καὶ  $\tau(\tilde{\omega})$ (ῆ) (οῖς) μεταστά(ντι) (ση) (σι) δοῦναι τὴν άνάπαυση.

Απολυτίκιον Των Ταξιαρχών

οὐρανίων στρατιῶν Αρχιστράτηγοι, Τῶν δυσωπούμεν ύμᾶς ήμεῖς οἱ ἀνάξιοι, ἴνα ταῖς υμῶν δεήσεσι, τειχίσητε ημᾶς, σκέπη τῶν πτερύγων, άΰλου ύμῶν τῆς φρουροῦντες ήμᾶς προσπίπτοντας, ἐκτενῶς καὶ βοῶντας. Ἐκ τῶν κινδύνων λυτρώσασθε ἡμᾶς, ὡς Ταξιάρχαι τῶν ἄνω Δυνάμεων.

Απολυτίκιον Αικατερίνης Μεγαλομάρτυρος

Τήν πανεύφημον νύμφην Χριστού υμνήσωμεν, Αικατερίναν τήν θείαν καί πολιούχον Σινά, τήν βοήθειαν ημών καί αντίληψιν, ότι εφίμωσε λαμπρώς, τούς κομψούς τών ασεβών, τού Πνεύματος τή μαχαίρα, καί νύν ως Μάρτυς στεφθείσα, αιτείται πάσι τό μέγα έλεος.

Κοντάκιον

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μή παρίδης, άμαρτωλῶν δεήσεων φωνάς, άλλὰ πρόφθασον, ώς άγαθή, είς την βοήθειαν ήμῶν, τῶν πιστῶς κραυγαζόντων σοι Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ίκεσίαν, προστατεύουσα ἀεί, Θεοτόκε, τῶν τιμώντων σε.

#### **SYNAXARION**

We commemorate the holy martyrs Eulampius and Eulampia. Our devout father Theophilus the Confessor.

O Lord by Your sacred Cross You abolished death, and granted unto the thief blessed paradise. The Myrrh bearers ceased lamenting and turned to joy. The apostles did preach the Good News at Your command, that You had risen from the dead O Christ Our God, bestowing Your mercy upon the world evermore.

**Apolytikion for the Saints** 

Your Martyrs O Lord in their courageous contest for you. Received as the prize the crowns of incorruption and life from you our immortal God. For since they possessed you power they cast down the tyrants, and wholly destroyed the demons strength less presumptions. O Christ God by their prayers save our souls.

Kontakion of the Memorial

Remember, O Lord, as You are good, Your servant(s), and forgive every sin he (she, they) have committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

Hymn of the Archangels (4th Mode) Supreme Commanders of the Hosts of the Heavens, \* we, the unworthy, importune and beseech you \* that by your supplications ye encircle us \* in the shelter of the wings \* of your immaterial glory, \* guarding us who now fall down \* and cry to you with fervor: \* Deliver us from dangers of all kinds, \* as the Great Marshals of the heavenly hosts on high.

**Apolytikion of Great Martyr Catherine** 

Let us praise the all-lauded and noble bride of Christ,\* the godly Catherine, the guardian of Sinai and its defense, \* who is also our support and succor and our help; \* for with the Holy Spirit's sword \* she hath silenced brilliantly the clever among the godless; \* and being crowned as a Martyr, she now doth ask great mercy for us all.

**Kontakion (2nd Mode)** 

A protection of Christians unshamable, Intercessor to our Holy Maker, unwavering. Please reject not, the prayerful cries of those who are in sin. Instead, come to us, for you are good; Your loving help bring unto us, who are crying in faith to you: Hasten to intercede, and speed now to supplicate, as a protection for all time, Theotokos. for those who honor you.

#### Scripture Readings for Today 3rd Sunday of Luke

Πρός Κορινθίους β' 6:1-10

Αδελφοί, συνεργούντες δὲ καὶ παρακαλοῦμεν μὴ εἰς κενὸν τὴν χάριν τοῦ θεοῦ δέξασθαι ὑμᾶς - λέγει γάρ, Καιρῷ δεκτῷ ἐπήκουσά σου, καὶ ἐν ἡμέρα σωτηρίας ἔβοήθησά σοι· ἰδού, νῦν καιρὸς εὐπρόσδεκτος, ἰδού, νῦν ἡμέρα σωτηρίας - μηδεμίαν ἐν μηδενὶ διδόντες προσκοπήν, ἵνα μὴ μωμηθῆ ἡ διακονία· ἀλλ' ἐν παντὶ συνιστῶντες ἐαυτοὺς ὡς θεοῦ διάκονοι, ἐν ὑπομονῆ πολλῆ, ἐν θλίψεσιν, ἐν ἀνάγκαις, ἐν στενοχωρίαις, ἐν πληγαῖς, ἐν φυλακαῖς, ἐν ἀκαταστασίαις, ἐν κόποις, ἐν ἀγρυπνίαις, ἐν νηστείαις, ἐν ἀγνότητι, ἐν γνώσει, ἐν μακροθυμία, ἐν χρηστότητι, ἐν πνεύματι ἀγίῳ, ἐν ἀγάπη ἀνυποκρίτῳ, ἐν λόγῳ ἀληθείας, ἐν δυνάμει θεοῦ, διὰ τῶν ὅπλων τῆς δικαιοσύνης τῶν δεξιῶν καὶ ἀριστερῶν, διὰ δόξης καὶ ἀτιμίας, διὰ δυσφημίας καὶ εὐφημίας· ὡς πλάνοι καὶ ἀληθεῖς· ὡς ἀγνοούμενοι, καὶ ἐπιγινωσκόμενοι· ὡς ἀποθνήσκοντες, καὶ ἰδού, ζῶμεν· ὡς παιδευόμενοι, καὶ μὴ θανατούμενοι· ὡς λυπούμενοι, ἀεὶ δὲ χαίροντες· ὡς πτωχοί, πολλοὺς δὲ πλουτίζοντες· ὡς μηδὲν ἔχοντες, καὶ πάντα κατέχοντες.

St. Paul's Second Letter to the Corinthians 6:1-10

Brethren, working together with him, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Έκ τοῦ Κατὰ Λουκᾶν 7:11-16 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἐπορεύετο εἰς πόλιν καλουμένην Ναΐν καὶ συνεπορεύοντο αὐτῷ οἱ μαθηταὶ αὐτοῦ ἱκανοὶ καὶ ὄχλος πολύς. ὡς δὲ ἤγγισε τῇ πύλῃ τῆς πόλεως, καὶ ἰδοὺ ἐξεκομίζετο τεθνηκὼς υἰὸς μονογενὴς τῇ μητρὶ αὐτοῦ, καὶ αὕτη ἦν χήρα, καὶ ὄχλος τῆς πόλεως ἱκανὸς ἦν σὺν αὐτῇ. καὶ ἰδὼν αὐτὴν ὁ Κύριος ἐσπλαγχνίσθη ἐπ' αὐτῇ καὶ εἶπεν αὐτῇ μὴ κλαῖε καὶ προσελθὼν ἥψατο τῆς σοροῦ, οἱ δὲ βαστάζοντες ἔστησαν, καὶ εἶπε νεανίσκε, σοὶ λέγω, ἐγέρθητι. καὶ ἀνεκάθισεν ὁ νεκρὸς καὶ ἤρξατο λαλεῖν, καὶ ἔδωκεν αὐτὸν τῇ μητρὶ αὐτοῦ. ἔλαβε δὲ φόβος πάντας καὶ ἐδόξαζον τὸν Θεόν, λέγοντες ὅτι προφήτης μέγας ἐγήγερται ἐν ἡμῖν, καὶ ὅτι ἐπεσκέψατο ὁ Θεὸς τὸν λαὸν αὐτοῦ.

The Gospel According to Luke 7:11-16

At that time, Jesus went to a city called Nain, and his disciples and a great crowd went with him. As he drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, he had compassion on her and said to her, "Do not weep." And he came and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, arise." And the dead man sat up, and began to speak. And he gave him to his mother. Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited his people!"



Proudly Presents Its Annual

Sunday, October 24th, 2021

After Liturgy

Adults \$20 GOYANs/ KIDS (12 and under) \$10



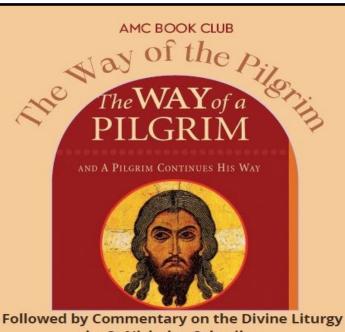


Enjoy breakfast with an opportunity to play for great prizes!

Proceeds to benefit AMC GOYA

## fvery 1st & 2nd week of the month!

Beginning October 20th/21st!



by St Nicholas Cabasilas

**EVERY 1ST & 2ND WEDNESDAY/THURSDAY OF THE** 

IN PERSON AND VIRTUALLY VIA FACEBOOK LIVE

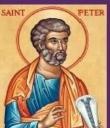
WEDNESDAY (10 AM PARAKLESIS & 11 AM BOOK CLUB) AND
THURSDAY (7 PM VESPERS & 7:30 PM BOOK CLUB)

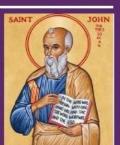


**EVERY 3RD & 4TH WEDNESDAY/THURSDAY OF THE** MONTH

WEDNESDAY 10AM PARAKLESIS & 11AM BIBLE STUDY THURSDAY 7PM VESPERS & 7:30PM BIBLE STUDY







THE BOOK OF JAMES, FIRST PETER, & **FIRST JOHN** 

BRING YOUR BIBLE AND JOIN US IN PERSON OR VIRTUALLY VIA FACEBOOK LIVE

## Lessons beginning on Fridays at 6:30pm

## **Byzantine Chant Lessons**

From our very own Petros Malliaris

Come and learn the Psaltic art that for millennia has been used to glorify God. Our Church music uses a different set of notation than Western music, and employs slightly different scales. There are eight modes, which are similar to keys in Western notation, and these are used to mark feasts, seasons, or even teach theology.

Θεοτόκε Παρθένε, χαΐρε Κεχαριτωμένη Μαρία· ό Κύριος μετά Σοδεύλογημένη Σύ έν γυναιζί, και εύλογημένος ό καρπός τῆς κοιλίας Σου, ότι Σωτήρα έτεκες τῶν γυχῶν ἡμῶν.

Virgin Theotokos, Hail Mary full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have given birth to the Savior of our souls.



Άξιόν έστιν ώς άληθώς, μακαρίζειν σε τήν Θεοτόκον, τήν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ήμῶν.

Truly You are worthy to be Blessed, Theotokos the ever blessed one and most pure one, and the Mother of our God

Previous musical knowledge not required. Both English and Greek speakers welcome!

Lessons on Fridays 6:30PM

frmichael@archangelmichaelchurch.org

Join

 $V_{s}$ 

Today

## National Church Musicians Choir Sunday

Hosted by the Archangel Michael Ladies Philoptopchos

OCTOBER 10<sup>™</sup>, 2021 AFTER LITURGY

In October we celebrate the feast day of St. Romanos and honor our Church Musicians and Choirs.

The Archangel Michael Ladies Philoptochos will host coffee hour after services in honor of our choirs.

★Please join us in thanking our Choir Directors Zoe Zollo and Georgia Kaufman, our youth choir, our adult choir as well as our psalte Petros Malliaris in acknowledgement of all their hard work. Following

Divine

Liturgy!

#### Saints of the Week:

TODAY, Sunday, October 10th ~ National Musicians Sunday!

Monday, October 11th ~ St. Philip the Apostle of the 70; St. Theophanes, Bishop of Nicaea

<u>Tuesday, October 12th</u> ~ St. Symeon the New Theologian; Sts. Provos, Andronicus, & Tarachos

Wednesday, October 13th ~ Sts. Carpos, Papylos, Agathodoros, & Agathoniki; St. Benjamin the Deacon

<u>Thursday, October 14th</u> ~ Sts. Nazarios, Gervasios, Protasios, & Celsius; St. Kosmas the Hagiopolite

<u>Friday, October 15th</u> ~ St. Loukianos of Antioch; St. Savinos, Bishop of Catania

<u>Saturday, October 16th</u>~ St. James the Apostle; St. Ignatius, Patriarch of Constantinople

Sunday, October 17th ~ St. Hosea the Prophet; St. Cosmas & Damian of Arabia

## Today's Memorials:

- ~ 40 days for George Avazis
- ~ 40 days for Ioan Mitsinikos
- ~ 6 months for Evangelos Argyros

~ 11 year Trisagion for George Nicholas Christie

May their memory be eternal!



The families of Joan Mitsinikos & Evangelos Argyros are offering sponsorships for today's coffee hour in memory of their loved ones.

### **Upcoming Worship Services:**

Wednesday, October 13th ~

Paraklesis the the Theotokos 10:00 am Followed by Book Club at 11:00 am

Thursday, October 14th ~

Small Vespers 7:00 pm

Followed by Book Club at 7:30 pm

Saturday, October 16th ~

Challenge Liturgy & The Feastday of St. James the Apostle

**Orthros** 

9:30 am



Divine Liturgy 10:30 am

Sunday, October 10th ~

Orthros 8:00 am, Divine Liturgy 10:30 am

## **Upcoming Events:**

Thursday, October 14th ~ Young at Heart Luncheon

<u>Saturday, October 16th</u> ~ Hope / Joy Halloween Party

<u>Sunday, October 17th ~</u> General Assembly & Flu Shot Clinic

October 23rd & 24th ~
GOYA Harry Lascarides
Volleyball Tounrament

<u>Sunday, October 24th ~</u> Goya Pancake Breakfast

<u>Tuesday, October 26th</u> ~ Lecture on Breast Cancer Awareness

Friday, October 29th ~ Little Angels

Great Vespers & Feastday of the Archangel Michael ~ <u>Nov 7th & 8th</u>

<u>Friday, November 12th</u> ~ AMC Nameday Dinner Dance

# Hope/Joy Holloween Party October 16th - 4pm







**AMC Flu Shot Clinic** Sunday, October 17th from 8am to 1pm



The Archangel Michael Ladies Philoptochos

#### Fall Shoe Drive

Time to Recycle and Repurpose

September 15 – November 15. 2021



#### Make a World of Difference

HELP PROVIDE SHOES, SNEAKERS, SANDALS, BOOTS TO THOSE EXPERIENCING HOMELESSNESS AND TO THOSE IN NEED IN OUR LOCAL COMMUNITY.

ALL SHOES COLLECTED WILL BE DONATED TO THE LCHS Island Coalition for the Homeless.

SHOES SHOULD BE CLEAN, IN WEARABLE CONDITION, AND NOT IN NEED OF REPAIR. PAIR THE SHOES TOGETHER WITH A STRING OR RUBBER BAND. COLLECTION BINS WILL BE PLACED OUTSIDE THE CHURCH OFFICE.

#### Questioner

PHILOPTOCHOS@ARCHANGELMICHAELCHURCH,ORG









## Save the Dates!

The Archangel Michael Ladies Philoptochos



# Luncheon

THURSDAY, OCTOBER 14<sup>TH</sup> ◆ 12:00 NOON The Archangel Michael Fellowship Hall

LUNCHEON WILL BE CATERED BY LOUIE'S GRILLE PORT WASHINGTON, NY



MUSIC ENTERTAINMENT WILL BE PROVIDED BY THE TALENTED KONSTANTINOS FOTIADIS

Please RSVP to philoptochos@archangelmichaelchurch.org •(516) 850-6272

THE ARCHANGEL MICHAEL LADIES PHILOPTOCHOS PRESENTS

Breast Cancer Awareness Event

An Evening with Dr. George Raptis

OCTOBER 26, 2021 \* 7:30 PM
THE ARCHANGEL MICHAEL FELLOWSHIP HALL



Dr. Raptis has worked in multiple organizations including Memorial Sloan-Kettering Cancer Center, Mount Sinai Medical Center, Columbia University Medical Center, and North-Shore-LIJ Health Center. Currently, Dr. Raptis leads the Breast Cancer Disease Management Team at Northwell Health Cancer Institute. Dr. Raptis has conducted clinical and translational research and held various administrative roles to continually advance the integration of exceptional clinical care and research in our communities.

In honor of Dr. Raptis' commitment to breast cancer research and patient care the Archangel Michael Ladies Philoptochos is donating to Manhasset Women's Coalition Against Breast Cancer.

All are invited to share this informative evening.