

Saints Peter and Paul Orthodox Church

Albanian Archdiocese - OCA

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Rev. Nicholas Dellermann – Rector (860-861-7468)

SUNDAY, FEBRUARY 18

37th Sunday after Pentecost

Sunday of the Canaanite Woman

St. Leo the Great, Pope of Rome

**Tone 4
Troparion
(Resurrection)**

*When the women disciples of the Lord
learned from the angel the joyous message of Thy
Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen,
granting the world great mercy!”*

**Tone 3
Troparion
(St. Leo)**

*Thou wast the Church’s instrument
in strengthening the teaching of true doctrine;
thou didst shine forth from the West like a sun
dispelling the errors of heretics.
Righteous Leo, entreat Christ God to grant us His
great mercy!*

**Tone 4
Kontakion
(Resurrection)**

*My Savior and Redeemer
as God rose from the tomb and delivered the
earth-born from their chains.
He has shattered the gates of hell,
and as Master,
He has risen on the third day!*

**Tone 3
Kontakion
(St Leo)**

*Seated upon the throne of the priesthood, glorious
Leo,
thou didst shut the mouths of the spiritual lions.
With divinely inspired teachings of the honored
Trinity,
thou didst shed the light of the knowledge of God
upon thy flock.
Therefore, thou art glorified as a divine initiate of the
grace of God.*

↻ Prokeimenon ↻

Tone 4 (Resurrection)

O Lord, how manifold are Thy works; / in wisdom hast Thou made them all. (Ps. 103:26)

V. Bless the Lord, O my soul! O Lord, my God, Thou art very great! (Ps. 103:1)

✠ The Epistle Reading ✠

The reading is from St. Paul's Second Letter to the Corinthians 6:16-18; 7:1

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty."

Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

Letra e Dytë e Apostull Pavlit drejtuar Korinthianëve 6:16-18; 7:1

Apo ç'bashkim ka tempulli i Perëndisë me idhujt? Sepse ju jeni tempulli i Perëndisë së gjallë, siç tha Perëndia: "Se do të banoj në mes tyre, dhe do të eci; dhe do të jem Perëndia i tyre, dhe ata do të jenë populli im". Prandaj "dilni nga mesi i tyre", edhe "ndahuni nga ata, thotë Zoti", edhe "mos prekni asgjë të papastër", edhe "unë do t'ju pres brenda", edhe "do të jem Ati juaj, dhe do të jeni bijtë e mi dhe bijat e mia, thotë Zoti i Gjithëpushtetshëm". Duke pasur pra, o të dashur, këto premtime, le të pastrojmë veten tonë nga çdo ndyrësi të mishit e të shpirtit, duke punuar shenjtëri me frikë Perëndie.

2-е Коринфянам 6:16-18; 7:1

Какая совместность храма Божия с идолами? Ибо вы храм Бога живаго, как сказал Бог: вселюсь в них и буду ходить [в них]; и буду их Богом, и они будут Моим народом. И потому выйдите из среды их и отделитесь, говорит Господь, и не прикасайтесь к нечистому; и Я прииму вас. И буду вам Отцем, и вы будете Моими сынами и дщерями, говорит Господь Вседержитель. Итак, возлюбленные, имея такие обетования, очистим себя от всякой скверны плоти и духа, совершая святыню в страхе Божиим.

Tone 2

Alleluia, Alleluia, Alleluia!

V. Go forth, prosper and reign, for the sake of meekness, righteousness and truth! (*Ps. 44:3b*)

V. For Thou lovest righteousness, and hatest iniquity. (*Ps. 44:6*)

Saint Leo the Great, Pope of Rome



Saint Leo I the Great, Pope of Rome (440-461), received a fine and diverse education, which opened for him the possibility of an excellent worldly career. He yearned for the spiritual life, however, and so he chose the path of becoming an archdeacon under holy Pope Sixtus III (432-440), after whose death Saint Leo was chosen as Bishop of Rome in September 440.

These were difficult times for the Church, when heretics assaulted Orthodoxy with their false teachings. Saint Leo combined pastoral solicitude and goodness with an unshakable firmness in the confession of the Faith. He was in particular one of the basic defenders of Orthodoxy against the heresies of Eutyches and Dioscorus, who taught that there was only one nature in the Lord Jesus Christ. He was also a defender against the heresy of Nestorius.

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✠ The Gospel Reading ✠

The Gospel According to Matthew 15:21-28

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

Ungjilli Sipas Matheut 15:21-28

Edhe Jisui, si doli andej, iku në anët e Tirit e të Sidonës. Edhe ja një grua kananease tek doli nga ato kufij, e i thërriste duke thënë: Përdëllemë, o Zot, bir i Davidit. Ime bijë mundohet keq prej demonit. Po ai nuk iu përgjigj asaj asnjë fjalë. Edhe nxënësit e tij erdhën pranë e i luteshin, duke thënë: Lëshoje atë, sepse po thërret prapa nesh. Por ai u përgjigj e tha: Nuk u dërgova gjetiu, veç te dhentë e humbura të shtëpisë së Izraelit. Pastaj ajo erdhi e i falej atij, duke thënë: Zot, ndihmomë. Por ai u përgjigj e tha: Nuk është mirë të marrë njeriu bukën e fëmijëve, e t'ua hedhë këlyshëve të qenve. Edhe ajo tha: Po, Zot; por edhe këlyshët e qenve hanë nga thërrimet që bien nga tryeza e zotërinjve të tyre. Atëherë Jisui u përgjigj e i tha asaj: O grua, besa jote është e madhe; t'u bëftë si do. Edhe e bija u shërua që në atë çast.

От Матфея 15:21-28

И, выйдя оттуда, Иисус удалился в страны Тирские и Сидонские. И вот, женщина Хананеянка, выйдя из тех мест, кричала Ему: помилуй меня, Господи, сын Давидов, дочь моя жестоко беснуется. Но Он не отвечал ей ни слова. И ученики Его, приступив, просили Его: отпусти ее, потому что кричит за нами. Он же сказал в ответ: Я послан только к погибшим овцам дома Израилева. А она, подойдя, кланялась Ему и говорила: Господи! помоги мне. Он же сказал в ответ: нехорошо взять хлеб у детей и бросить псам. Она сказала: так, Господи! но и псы едят крохи, которые падают со стола господ их. Тогда Иисус сказал ей в ответ: о, женщина! велика вера твоя; да будет тебе по желанию твоему. И исцелилась дочь ее в тот час.

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*
Alleluia, Alleluia, Alleluia!

Continued from page 2

He exerted all his influence to put an end to the unrest by the heretics in the Church, and by his letters to the holy emperors Theodosius II (408-450) and Marcian (450-457), he actively promoted the convening of the Fourth Ecumenical Council, at Chalcedon in 451, to condemn the heresy of the Monophysites.

At the Council at Chalcedon, at which 630 bishops were present, a letter of Saint Leo to the deceased Saint Flavian, Patriarch of Constantinople (447-449) was read. Saint Flavian had suffered for Orthodoxy under the "Robber Council" of Ephesus in the year 449. In the letter of Saint Leo the Orthodox teaching about the two natures [the divine and the human] in the Lord Jesus Christ was set forth. All the bishops present at the Council were in agreement with this teaching, and so the heretics Eutyches and Dioscorus were excommunicated from the Church. Saint Leo was also a defender of his country against the incursions of barbarians. In 452, by the persuasive power of his words, he stopped Attila the Hun from pillaging Italy. Again in the year 455, when the leader of the Vandals [a Germanic tribe], Henzerich, turned towards Rome, he persuaded him not to pillage the city, burn buildings, nor to spill blood.

He knew the time of his death beforehand, and he prepared himself, with forty days of fasting and prayer, to pass from this world into eternity.

He died in the year 461 and was buried at Rome. His literary and theological legacy is comprised of 96 sermons and 143 letters, of which the best known is his Epistle to Saint Flavian.

| PRAYERS | Birthdays, Names-days, & Anniversaries | SCRIPTURE THIS WEEK |
|---|---|---|
| <i>For Those Who Have Fallen Asleep</i> | | |
| <p>Newly Departed Benjamin Newly Departed Olvian, Newly Departed William,</p> <p><i>[To be inserted after the petition for the departed]</i> Again we pray for those who have lost their lives because of conflicts in Ukraine, Armenia, and the Middle East: that the Lord our God may look upon them with mercy, and give them rest where there is neither sickness, or sorrow, but life everlasting.</p> | <p>February 18 – 24 Sophia Shaloka (B) Jennifer Dani (B) Kyle Broeker (B) Virginia Daka (B)</p> <p><u>Seven-Day Vigil Candles</u> Llukan Dylgjeri – health Seven-Day Vigil Candles are used for the Eternal Light that hangs above the Royal Doors and are often placed in front of the icons of Christ or the Birth-giver of God. If you would like to donate a Seven-Day Vigil Candle, Please include the name or names of those for whom the candle is donated, and we will place them in this section for special prayers.</p> | <p><u>Church Lectionary</u></p> <p><i>Today</i> II Corinthians 6:16-18;7:1 Matthew 15:21-28</p> <p><i>Monday</i> I Peter 2:21-25;3:1-9 Mark 12:13-17</p> |
| <i>For Those Who Are Sick And Home-bound</i> | | |
| <p>Virginia, Denise, Marie, James, Alexandra, Andrew, Christina, Louise, Porter, Alvin, Tracy, Kathy, Andrew, Maria, Helen, John, Nina, Sophia, Spresha, Kristin, Niko, Spiro, Angjeliki, Melod, Olgay, Ruth, Terry, Naomi, Annette, Tatiana, Lester Jr., Natalia, Otari, Lasha, Fr. Nikolas, Llukan, Marina, Sophia, Fr. Maxwell, Christina, Anastasia, Mary, Martin, Elena, Tatiana, Lauren, Tracy, Anita, Sandi, Anibal, Kakha, Christina, Archbishop Nathaniel</p> | | <p><i>Tuesday</i> I Peter 3:10-22 Mark 12:18-27</p> <p><i>Wednesday</i> I Peter 4:1-11 Mark 12:28-37</p> <p><i>Thursday</i> I Peter 4:12-19;5:1-5 Mark 12:38-44</p> |
| <i>Prayers In General</i> | | |
| <p>The community of Ss. Peter & Paul Miami, Fr. Dennis and his family, Fr. Ioan, Christian, Michael, Erica, Kaida, DuDash family, Michael, Robert, Ally, Steve, Jake and Amanda and their children, Katherine, Ron, Anthony, Volodymyr, Nick, Michael, Rafael, Bob, Barbara, Sandra, Enoch, John, Victoria, Melenie, Grace, Michael, Barbara, Giorgi, Molly, Jim, Chloe, Marsha, Ann, Lilly, Stephen, Gela, Gabriel Joseph, Lombrino, Kondakciu, Diana,</p> <p><i>[To be inserted after the petition for the living]</i> Again we pray for mercy, life, peace, health, salvation, for those who are suffering, wounded, grieving, or displaced because of the conflicts in Ukraine, Armenia, and the Middle East.</p> <p><i>[Petitions at Augmented Litany]</i> Again we pray for a cessation of the hostilities in Ukraine, Armenia, and the Middle East, and that reconciliation and peace will flourish in these places, we pray thee, hearken and have mercy.</p> | <p style="text-align: center;">COFFEE HOUR</p> <p><u>February</u> 18 Bill Rubis and Al Antony Memorial 25 Hank & Mary</p> <p>Coffee Hour is a wonderful chance for us to get together to break bread and spend time with each other, to celebrate those whom we have held memorials for, and to come together as the family of God outside of worship. To sign up, to host a coffee hour, contact Fr. Nicholas or Donna Bacon.</p> | <p><i>Friday</i> II Peter 1:1-10 Mark 13:1-8</p> <p><i>Saturday</i> II Corinthians 4:6-15 Matthew 11:2-15</p> <p><u>Reading the Bible in a Year</u></p> <p>Feb 18: Joshua 5-8 Feb 19: Joshua 9-12 Feb 20: Joshua 13-16 Feb 21: Joshua 17-20 Feb 22: Joshua 21-24 Feb 23: Judges 1-4 Feb 24: Judges 5-8</p> |

SPIRITUAL FASTING

On Fasting and Prayer. Part 4

St. Justin (Polyansky) of Ufa and Menzelinsk

What is spiritual fasting?

Spiritual fasting is closely connected with bodily fasting, similar to how our soul is connected with the body, penetrates it, animates it, and together with it makes up one whole as the soul and body make up one living person. And therefore, while fasting bodily, it's necessary for us to fast spiritually as well: "While fasting with the body, brethren, let us also fast in spirit. Let us loose every bond of iniquity,"¹ the holy Church commands. How can we keep this spiritual fast?

In bodily fasting, abstinence from abundant, delicious, and sweet food is at the forefront; in spiritual fasting, it's abstinence from passionate sinful movements that delight our sensual inclinations and vices. Here giving up more substantive non-fasting food in favor of less filling fasting food; there giving up our favorite sins and transgressions and practicing the opposing virtues. Spiritual fasting means fasting with all the powers and capabilities of our soul, as well as all the members of our body.

Let the mind fast, not permitting empty and bad thoughts; let the heart fast, refraining from sinful feelings; let our will fast, directing all our desires and intentions to the one thing needful; let the tongue fast from shameful speech and slander; for what good is it if we abstain from poultry and fish, yet gnaw and devour our brethren with our evil tongue? "Whoever slanders, devours the flesh of his brother, gnaws the flesh of his neighbor," says St. John Chrysostom. Let our eyes fast, learning not to run after beautiful faces, not gaze at someone else's beauty; for the food of the eyes is contemplation. It harms fasting and subverts the salvation of the entire soul if it's lawless and not permitted, but it also adorns the fast if it's lawful and sinless.

It would be very foolish to abstain with the mouth through fasting from foods and even from permitted food, while allowing the eyes even what is not permitted. You're not eating meat—don't consume sensuality with your eyes (Chrysostom). Let your ears fast, not heeding any gossip or slander: Thou shalt not receive a vain report, Scripture says (Ex. 23:1). Let the hands also fast, purifying themselves from stealing that which belongs to another, and acquisitiveness; and let the feet fast, ceasing to run to disreputable spectacles and soul-damaging festivities, to seductive and shameful dances. "You're fasting," says St. John Chrysostom, "let it be expressed by your very deeds. What deeds, you may ask. If you see a poor man, give him alms; if you see an enemy, make peace with him; if you see a friend doing praiseworthy deeds, don't envy him; if you see a beautiful woman, pass by."

In brief, the essence of fasting is expressed in the following Church hymn:

If thou dost fast from food, O my soul, yet dost not cleanse thyself from passions, in vain dost thou rejoice over thine abstinence. For if thou seekest not amendment, as a liar thou art hateful in God's sight, resembling the wicked spirits, who eat not at all. Render not the fast worthless by sinning, but firmly resist all wicked impulses. Picture to thyself that thou art standing beside the crucified Savior, or rather, that thou art thyself crucified with Him Who was crucified for thee; and cry out to Him: Remember me, O Lord, when Thou comest in Thy Kingdom.²

This is true fasting!

If, beloveds, we try to combine spiritual fasting with bodily fasting, then our fast will be "true and acceptable."³ And if we carry out such a fast in practice, then we will grow a strong and healthy wing of fasting. But you can't fly with one wing—you need to take heed of the other, prayerful wing. Amen.

¹ First Week of Great Lent, Wednesday Vespers, 1st stichera on Lord, I Call.

² Cheesefare Week, Wednesday Matins, Aposticha, 1st stichera

³ First Week of Great Lent, Monday Vespers, Aposticha, 1st stichera

February Events

February

18 – 10:00am Divine Liturgy

21 – 12:00pm 6th Hour

7:15pm Bible Study via GoogleMeets

25 – 10:00am Divine Liturgy

28 – 12:00pm 6th Hour

7:15pm Bible Study via GoogleMeets

March

02 – 11:00am Altar server & Reader Retreat

6:00pm Vespers

03 – 10:00am **Heirarchical Divine Liturgy**

Bishop Nikodhimis Visit

Be at chuech by 9:50 at the latest

06 – 12:00pm 6th Hour

7:15pm Bible Study via GoogleMeets

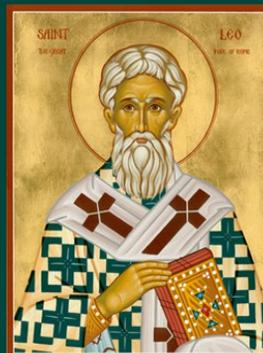
Can't join us in person?

We stream our services on our YouTube Channel:

<https://www.youtube.com/@sspeterpaulorthodoxhurchoi810>

Want to donate by Venmo?

St Peter St Paul Alb Orth Ch James Schaeffer



“LET THE SAINT
EXULT IN THAT HE
DRAWS NEAR TO
VICTORY. LET THE
SINNER BE GLAD IN
THAT HE IS INVITED
TO PARDON.
LET THE GENTILE
TAKE COURAGE IN
THAT HE IS CALLED
TO LIFE.”

FROM POPE ST LEO THE GREAT'S
CHRISTMAS DAY SERMON.
“CHRISTIAN, REMEMBER YOUR DIGNITY”
5TH CENTURY AD

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The Darkened Nous And Our Struggle for Repentance



In our struggle on the path to God, repentance must be the central theme. In our fallen state, our brokenness keeps us separated from God, for our darkened nous can not see clearly. Repentance changes our nous, clearing the way for complete union with Christ, and making us whole. Only in repentance will we find the true meaning of life, for only in repentance can one enter into communion with God. This life has been given to us for one purpose, that we might be deified, and be united with God, as was His purpose from the very beginning

“Ask for repentance in your prayer and nothing else, neither for divine lights, nor miracles, nor prophecies, nor spiritual gifts—nothing but repentance. Repentance will bring you humility, humility will bring you the Grace of God, and God will have in His Grace everything you need for your salvation, or anything you might need to help another soul (Elder Paisios of Mount Athos).”

Love in Christ,
Abbot Tryphon

OCA-MIDWEST EVENTS IN HONOR OF 20TH ANNIVERSARY OF RETURN OF TIKHVIN ICON

Chicago, February 12, 2024



Photo: domoca.org

Mstislav of Tikhvin in November 2016.

The icon will first travel to the Cleveland Deanery on February 22–23. There will be a large celebration at Holy Trinity Cathedral in Chicago, June 25–26.

The diocese relates the history of the Tikhvin Icon:

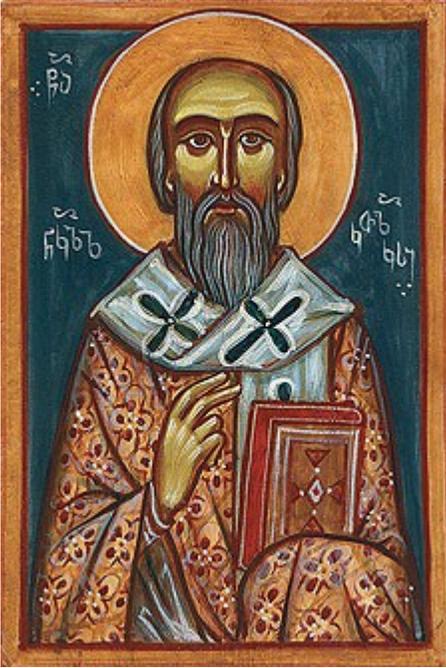
According to ancient tradition, the Tikhvin icon of the Mother of God is one of several painted by St. Luke the Evangelist. In the fifth century, the icon was taken from Jerusalem to Constantinople, where it was enshrined in the Church of Blachernae, which was built especially for this purpose. In 1383, seventy years before the fall of Constantinople, fishermen on Lake Ladoga in the principality of Novgorod in northern Russia witnessed the icon miraculously hovering over the lake's waters amidst a radiant light. Shortly thereafter, the icon appeared in several neighboring towns, including the village of Motchenitsy on the bank of the Tikhvinka River, before it finally appeared near the town of Tikhvin. A wooden church dedicated to the Dormition of the Mother of God was built on the site. In 1560, by order of Tsar Ivan the Terrible, a men's monastery was established near the church. Over the centuries, the icon's fame spread far and wide, with copies of the original adorning countless churches throughout Russia and beyond.

During the World War II German occupation, the Nazis removed the icon from the Tikhvin Monastery, from whence it was taken to Pskov and subsequently to Riga, Latvia. When Riga was evacuated, His Grace, Bishop John [Garklavs] of Riga — later Archbishop of Chicago and Minneapolis — in whose care the icon was placed, took the icon to Bavaria, where it was venerated by Orthodox faithful who had been displaced because of the war. While Soviet agents had spotted the icon, Bishop John was permitted to take the icon to the US in 1949, where it was venerated for many years at Chicago's Holy Trinity Cathedral. After Archbishop John's repose in 1982, Archpriest Sergei Garklavs, his adopted son and Dean of Holy Trinity Cathedral, became the icon's guardian. In July 2004, the icon was returned to Russia and once again enshrined in the Tikhvin Monastery.



Photo: domoca.org

Saint Nicholas, Catholicos of Georgia



Nicholas Batonishvili was the son of Levan I, King of Kakheti (1520-1574). He lived during the grievous period of the Persian invasion of eastern Georgia. The young prince chose the path of monastic life and bravely helped his elder brother, King Alexandre II (1574-1605).

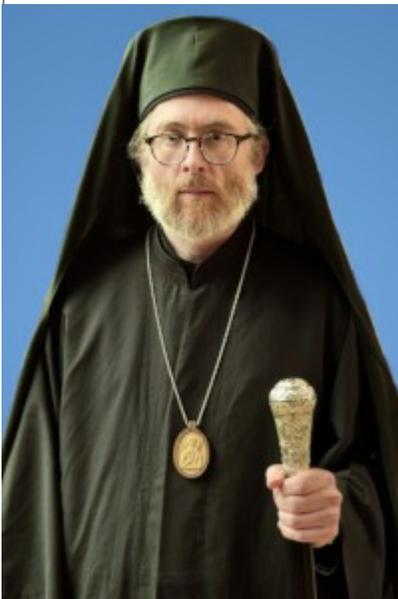
Despite his royal blood, he preferred the monk's habit and the sweet, light yoke of Christ to the glamour and opulence of his inheritance. According to God's will, Nicholas was enthroned as Catholicos of All Georgia. The Georgian chronicle *Life of Kartli* (Kartlis Tskhovreba) relates the date of his enthronement as Saturday, February 28, 1584.

Armed with the highest hierarchical rank, royal blood, and personal integrity, Catholicos Nicholas was an exemplary leader for the Georgian nation. He struggled to plant the seeds of Christian love between countries of like faith.

He corresponded with Patriarch Job of Russia (1586-1590) and even sent him a horse. He also donated a leather-bound illuminated manuscript of the Gospels, copied in 1049, to the Metekhi Church of the Theotokos.

In his book *Pilgrimage*, the renowned eighteenth-century historian Archbishop Timote (Gabashvili) reports that there is an icon of Holy Catholicos Nicholas hanging in the refectory at the Ivéron Monastery on Mt. Athos. Bishop Timote also describes another refectory, built by Ashotan Mukhran-Batoni, and notes, "There, I believe, Catholicos Nicholas Batonishvili reposed."

First Official Hierarchical Visitation of His Grace Nikodhim to Ss. Peter and Paul's



Brothers and Sisters, it is with great pleasure that I announce our Bishop, His Grace Nikodhim, is coming for a Hierarchical visit to our parish!

His Grace will be involved in several activities on the weekend of his visit. **Saturday, March 2 His Grace will join us for the Altar Server and Reader Retreat from 11:00am to 3:00pm.** All who wish to learn how to serve in the Altar (Orthodox males age 10 and up) and anyone who wishes to learn how to read in the church (any tonsured readers or interested laity) are encouraged to attend! Lunch will be provided.

Vespers will be held at 6:00pm Saturday evening, followed by a pot-luck dinner with His Grace.

His Grace will celebrate a Hierarchical Divine Liturgy with us on Sunday, March 3. He will be received at the door at 10:00am, so please arrive no later than 9:50am in order to venerate icons, light candles and get settled. A reception will follow Liturgy.

NEXT WEEK IS THE LAST COLLECTION WEEK FOR DONATIONS FOR THE IOCC SOUP-ER BOWL EVENT

Our Sunday School children have been collecting non-perishable food items to donate to our local food-bank in an effort to fight hunger and food scarcity in our community. Please help them by bringing in items for them to donate. Next week (Sunday, February 25) is the last day for donations before the items are delivered to the food-bank.