

# Sts. Peter and Paul Albanian Orthodox Church

*First-enthroned of the apostles, teachers of the universe: Entreat the Master of all to grant peace to the world, and to our souls great mercy!*

Rev. Nicholas Dellermann (*Rector*) (860) 861-7468 - Very Rev. H Gregory DuDash - Very Rev. Dennis Rhodes

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November 1, 2020

21ST SUNDAY AFTER PENTECOST: HOLY WONDERWORKERS AND  
UNMERCENARIES COSMAS AND DAMIAN  
TONE 4

Today ..... 10:00am Divine Liturgy  
Wed. 04 ..... 7:15pm Bible Study via Google  
Sun. 05 ..... 10:00am Divine Liturgy

**One must be baptized and chrismated an Orthodox Christian to receive Holy Communion. Guests are invited to receive a blessing at the chalice and partake of the post-Communion bread (Antidoron).**

**Fast Days:** Strict fast Wednesday and Friday.(fasting from meat, fish, eggs, dairy, oil, wine and hard spirits as you are able.)

**Troparion – Tone 4**  
**(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!”*

**Kontakion – Tone 2**  
**(Unmercenaries)**

*Having received the grace of healing, you grant healing to those in need. Glorious wonder-workers and healers, Cosmas and Damian, visit us and put down the insolence of our enemies, and bring healing to the world through your miracles!*

**Prayers for those** in our Sts. Peter and Paul community (parishioners, family, friends) can be listed for remembrance in our litanies during the Liturgy. Feel free to give names to Fr. Nicholas - please indicate how each person listed is connected to us (parishioner, family, friend, etc.), as well as why we are praying for them (health, memory, travel, etc.).

**Confessions can be heard** by appointment. If you need, I will come to you during the week. Please do not hesitate to call for a time to drop by the church or to have me visit you.

**Remembrances** for both the living and the dead during the prayers of preparation of the Eucharistic Lamb and during the Augmented Litany should be given the week before the desired remembrance so that the names can be put into the bulletin and given to the Deacons for the prayers. Any names of the living that are not marked as sick or traveling will be listed under general prayers.

SCRIPTURE THIS WEEK

## Church Lectionary

### Today

Galatians 2:16-20  
Luke 8:26-39

### Monday

Colossians 2:13-20  
Luke 11:29-33

### Tuesday

Colossians 2:20-3:3  
Luke 11:34-41

### Wednesday

Colossians 3:17-4:1  
Luke 11:42-46

### Thursday

Colossians 4:2-9  
Luke 11:47-12:1

### Friday

Colossians 4:10-18  
Luke 12:2-12

### Saturday

2 Corinthians 5:1-10  
Luke 9:1-6

## Reading the Bible in a Year

Nov 01: Luke 22-24  
Nov 02: John 1-3  
Nov 03: John 4-6  
Nov 04: John 7-9  
Nov 05: John 10-12  
Nov 06: John 13-15  
Nov 07: John 16-18

**Our Annual Parish Meeting Has been pushed back to Sunday, November 15. If you would like to attend and take part, you may do so by coming to Church or via an online meeting forum from your own home. If you plan on taking part, please let Fr. Nicholas know as soon as possible, as well as whether you wish to attend live or over the internet so we can make sure as many people as possible can participate. Please email Father Nick at: [frnicholas490@aol.com](mailto:frnicholas490@aol.com) with the subject line: Parish Annual Meeting**

### **What do we do when our prayer becomes dry?**

When we find ourselves struggling with prayer, and feel that it has become dry and lifeless, we are sometimes tempted to stop praying. When our prayer has become a struggle, it is good to remember that God knows our needs, and even knows what we want to say when we don't seem to

know. This is the time we need to just pray without worrying about it. When we find we can't keep our minds focused on the formal morning and evening prayers, as found in our prayer book, it is perfectly acceptable to simply light our lampada (hanging oil lamp), sit quietly before our icons, and let silence be our voice.

God wants to enter into our heart, and requires only our permission and cooperation. This relationship does not require an emotional response, for, like all relationships, we are not always open to an emotional response. Being real with God is far more important than being emotional, since emotions can be contrived and fleshly. As in all relationships, there are times when we do feel moved by emotions, but the lack of such feelings in no way represents a lack of love for God, because God cares for us, and God knows we love him, even when suffering in those dry times.

With love in Christ,  
Abbot Tryphon

**“Wherever God is — there is peace. And the opposite is self-evident: where there is envy, enmity, impatience, self-love — there is the devil. Wherever the devil is — there, everything is ruinous, proud and hostile.”**

**- St. Anatoly of Optina**

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***Let all involuntary suffering  
teach you to remember God,  
and you will not lack occasion  
for repentance.***

- St. Mark the Ascetic

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**November Events**

### **November**

1 – 10:00am Divine Liturgy  
***Annual Parish Meeting***  
4 – 7:15pm Bible Study  
8 – 10:00am Divine Liturgy  
11 – 7:15pm Bible Study  
15 – 10:00am Divine Liturgy  
18 – 7:15pm Bible Study  
22 – 10:00am Divine Liturgy  
25 – 7:15pm Bible Study  
29 – 10:00am Divine Liturgy

## **Galatians 2:16-20 (Epistle)**

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.

## **Luke 8:26-39 (Gospel)**

Then they sailed to the country of the Gadarenes, which is opposite Galilee. And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness. Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. And they begged Him that He would not command them to go out into the abyss. Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned. When those who fed them saw what had happened, they fled and told it in the city and in the country. Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen it told them by what means he who had been demon-possessed was healed. Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned. Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, "Return to your own house, and tell what great things God has done for you." And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

## **Children's Word**

### **Christ in us**

What color did you wear after you were baptized? You probably don't remember your own baptism. But if you've seen a baptism, you know the new Christian wears white. All white. Pure and clean white. That's because after you are baptized, everything is new. Everything is different. You might look like the same person, but you are really different. You follow Christ.

In the Epistle reading today, we hear what Saint Paul says about when he started to follow Christ. He writes, "I have been crucified with Christ; it is no longer I who live, but Christ who lives in me."

Does Christ live in you? Yes, He does! But how do you show it? When we know that our Lord Jesus Christ lives inside of us, we start to act differently. We try to be more like Him. We try to do the right thing. We try to treat others in a Christ-like way. Maybe sometimes we do what other people want instead of what we want.

Is that hard to remember? Yes, of course! But the next time you are feeling grumpy or mean or angry at everybody, try to remember those words from the Bible. "It is no longer I who live, but Christ who lives in me."

### **SAINTS KOSMAS AND DAMIAN THE HOLY DOCTORS**

Have your parents ever taken you to the doctor? Well, of course they have. Sometimes we go for check-ups to make sure everything is going ok. Other times we might get hurt or sick, and we need a doctor to help us.

Today, we celebrate two doctors who were brothers, and they are saints too! When the two boys were young, their father died, and their mother did everything she could to raise her sons as strong Christians. She also gave them the best medical training, too. Kosmas and Damian knew that being a Christian is not just something for Sundays at church! They practiced their Christian faith every day, and especially while they worked as doctors. They refused to accept payment for their work. They helped many, many people to become well again, especially the poor, who had nobody else to help them.

You can read about many miracles of Saints Kosmas and Damian. They helped while they were still alive, and also after they died, and they even have healed people who are alive today! When we hear about these awesome miracles, we know that God is with us. We know He is listening to us and working through His saints!

By the way, listen for the names of these saints in some of our church prayers. We ask for the prayers of Saints Kosmas and Damian, the holy unmercenaries (doctors who didn't get paid).

We celebrate Sts Kosmas and Damian today, Nov. 1st.

# Watering The Barren Places of Our Lives

October 30, 2020 · Fr. Barnabas Powell

Life is simple.

It is. Life is not complicated. Life is not hard to figure out. I know, amazing statements given the complexities of our daily lives, but it is true. Notice I didn't claim life was easy! And that, dear one, is the difference. But it amazes me how much I complicate life, my life. I complicate my life in all kinds of ways by assuming that life is not simple. But life is simple because God created life. In fact, He is Life Himself, and God is simple (again notice I did not say easy). God made Life, He IS life and His simplicity is woven into all of life. But we humans, ever seeking out that "secret shortcut" that "hidden benefit" that will get us to the front of the line, complicate life with all manner of delusions and excuses about "grey" in life that seems to excuse our habits of self-centered choices.

And it always makes things worse for us, and even those around us. Our excuse-making only proves all our "complications" are smokescreens to hide our own desires. Ugh! Time for confession!

But why do we complicate our lives so? Why do we seem to end up being our own worst enemy? Well, just look at the first man and his stumble. Our "immature" parents in the Garden, even though they had all the advantages, they exercised their freedom to deny what was plain before them. Their Creator loved them, provided for them, and all He asked was not to eat of one tree. But our parents chose to believe that God was not truly good; that He was hiding something from them, keeping something "good" from them, and they chose to "take matters in their own hands" thinking they were being shortchanged by their Maker. The rest is (a very sad) history.

Look at our Gospel Lesson today. It's in Luke 11:23-26:

*The Lord said, "He who is not with me is against me he who does not gather with me scatters. When the unclean spirit has gone out of a man, he passes through waterless places seeking rest; and finding none he says, 'I will return to my house from which I came.' And when he comes he finds it swept and put in order. Then he goes and brings seven other spirits more evil than himself, and they enter and dwell there; and the last state of that man becomes worse than the first."*

Look at what the Lord said: "He who is not with me is against me he who does not gather with me scatters." Simple. Not easy! But it makes perfect sense. The Author of life knows true life better than all of us, and He extends His hand in love to you and me and declares the simplicity of life in one phrase – Walk with Me and be free; walk by yourself and descend into the slavery of your desires. This constant invitation to freedom and fulfillment begins with (sometimes) a moment by moment choice, and exercise of my will to choose to stand with the Author of life. And in this communion, this intimate relationship, I am empowered by this closeness with my Creator to simplify my life to its most basic reality – Be with Him and be free. Choose to try this on my own and watch as the complications of life multiply and my life becomes barren like a desert and the end of my life is worse than the first.

Today, are there "desert places" in your life; places that are barren and dry without the joy of true life? It's time to "water" those barren places with the wisdom of centuries of intimacy with the Lord Who loves you more than you, yourself, know how to love. It's time to turn from the desert and return to the Source of the simple life of love and communion. That's the life you were meant to live. That's the life you were created to enjoy forever. There is no reason for your life to move from bad to worse. It's time to turn, to change your mind, and embrace the "simple" life of Jesus Christ, to be Orthodox on Purpose.

### **От Луки 8:26-39**

И приплыли в страну Гадаринскую, лежащую против Галилеи. Когда же вышел Он на берег, встретил Его один человек из города, одержимый бесами с давнего времени, и в одежду не одевавшийся, и живший не в доме, а в гробах. Он, увидев Иисуса, вскричал, пал пред Ним и громким голосом сказал: что Тебе до меня, Иисус, Сын Бога Всевышнего? умоляю Тебя, не мучь меня. Ибо [Иисус] повелел нечистому духу выйти из сего человека, потому что он долгое время мучил его, так что его связывали цепями и узами, сберегая его; но он разрывал узы и был гоним бесом в пустыни. Иисус спросил его: как тебе имя? Он сказал: легион, --потому что много бесов вошло в него. И они просили Иисуса, чтобы не повелел им идти в бездну. Тут же на горе паслось большое стадо свиней; и [бесы] просили Его, чтобы позволил им войти в них. Он позволил им. Бесы, выйдя из человека, вошли в свиней, и бросилось стадо с крутизны в озеро и потонуло. Пастухи, видя происшедшее, побежали и рассказали в городе и в селениях. И вышли видеть происшедшее; и, придя к Иисусу, нашли человека, из которого вышли бесы, сидящего у ног Иисуса, одетого и в здравом уме; и ужаснулись. Видевшие же рассказали им, как исцелился бесновавшийся. И просил Его весь народ Гадаринской окрестности удалиться от них, потому что они объята были великим страхом. Он вошел в лодку и возвратился. Человек же, из которого вышли бесы, просил Его, чтобы быть с Ним. Но Иисус отпустил его, сказав: возвратись в дом твой и расскажи, что сотворил тебе Бог. Он пошел и проповедывал по всему городу, что сотворил ему Иисус.

### **К Галатам 2:16-20**

однако же, узнав, что человек оправдывается не делами закона, а только верою в Иисуса Христа, и мы уверовали во Христа Иисуса, чтобы оправдаться верою во Христа, а не делами закона; ибо делами закона не оправдается никакая плоть. Если же, ища оправдания во Христе, мы и сами оказались грешниками, то неужели Христос есть служитель греха? Никак. Ибо если я снова созидаю, что разрушил, то сам себя делаю преступником. Законом я умер для закона, чтобы жить для Бога. Я сораспялся Христу, и уже не я живу, но живет во мне Христос. А что ныне живу во плоти, то живу верою в Сына Божия, возлюбившего меня и предавшего Себя за меня.

## **Galatasve 2:16-20**

duke ditur se njeriu nuk shfajësohet me anë të veprave të ligjit, por me anë të besimit në Jezu Krishtin, besuam edhe ne në Jezu Krishtin, që të shfajësoheshim me anë të besimit në Krishtin dhe jo me anë të veprave të ligjit, sepse asnjë mish nuk do të shfajësohet me anë të veprave të ligjit. Dhe, në qoftë se duke kërkuar të shfajësohemi në Krishtin, u gjetëm edhe ne mëkatarë, mos vallë Krishti qënka shërbenjës i mëkatit. Kurrresi jo! Sepse, në qoftë se unë ndërtoj përsëri ato gjërat që prisha, unë bëhem vetë shkelës, sepse përmes ligjit, vdiqa për ligjin, që unë të rroj për Perëndinë. Unë u kryqëzova bashkë me Krishtin dhe nuk rroj më unë, po Krishti rron në mua; dhe ajo jetë që tani jetoj në mish, e jetoj në besimin e Birit të Perëndisë, që më deshi dhe dha veten për mua.

## **Luka 8:26-39**

Pastaj lundruan drejt krahinës së Gadareasve, që ndodhet përballë Galilesë; dhe, porsa Jezusi zbriti në tokë, i doli përpara një njeri nga ai qytet, i cili prej shumë kohe ishte pushtuar nga demonët, nuk vishte rroba, nuk banonte në shtëpi, por ndër varreza. Kur e pa Jezusin, lëshoi një britmë, iu hodh ndër këmbë dhe tha me zë të lartë: “Ç’ka mes meje dhe ty, Jezus, Biri i Perëndisë Shumë të Lartë? Të lutem, mos më mundo!” Sepse Jezusi po i jepte urdhër frymës së ndyrë të dilte nga ai njeri, sepse shumë herë e kishte pushtuar dhe ndonëse e kishin lidhur me zinxhirë e me pranga dhe e ruanin, ai i këpuste prangat dhe shtyhej prej demonit nëpër shkretëtirat. Dhe Jezusi e pyeti duke thënë: “Si e ke emrin?” Dhe ai u përgjigj: “Legjion.” Sepse shumë demonë i kishin hyrë në të. Dhe ata e lutnin të mos i urdhëronte të shkonin në humnerë. Dhe aty ishte një tufë e madhe derrash që kullotnin në mal, dhe këta demonë iu lutën t’i lejonte të hynin në ta. Ai ua lejoi atyre. Atëherë demonët, si dolën nga ai njeri, hynë te derrat, dhe ajo tufë u turr nga gremina në liqen dhe u mbyt. Kur panë ç’ndodhi, ata që i ruanin derrat ikën dhe e çuan lajmin në qytet e nëpër fshatra. Atëherë njerëzit dolën për të parë ç’kishte ndodhur dhe erdhën te Jezusi, dhe gjetën atë njeri, nga i cili kishin dalë demonët, të ulur te këmbët e Jezusit, të veshur dhe me mendje në rregull, dhe patën frikë. Ata që e kishin parë ngjarjen, u treguan atyre si ishte shëruar i idemonizuari. Atëherë gjithë popullsia e krahinës së Gadareasve, i kërkoi Jezusit të largohej prej tyre, sepse i kishte zënë një frikë e madhe. Dhe Jezusi hyri në barkë dhe u kthye mbrapa. Ndërkaq njeriu prej të cilit dolën demonët, i lutej të rrinte me të; por Jezusi e përcolli duke i thënë: “Kthehu në shtëpinë tënde dhe trego çfarë gjërash të mëdha ka bërë Perëndia për ty.” Dhe ai shkoi anëmbanë qytetit duke treguar gjërat e mëdha që Jezusi bëri për të.