

## St Innocent Orthodox Church

The Church St Innocent of Irkutsk is a parish of the Diocese of the West,  
The Orthodox Church in America (OCA)

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[stinnocenttarzana.org](http://stinnocenttarzana.org)

Fr. Yousuf Rassam

January 22<sup>nd</sup>, 2023

Today's commemorated feasts and saints:

32<sup>nd</sup> SUNDAY AFTER PENTECOST – Tone 7. New Martyrs and Confessors of Russia. Apostle Timothy of the Seventy (96). Monastic Martyr Anastasius the Persian (628). Monastic Martyr Anastásii, Deacon, of the Kiev Caves (Near Caves – 12th c.). Ven. Makáry of Zhabynsk, Wonderworker (1623). 377 Martyred Companions in Bulgaria (ca. 817).





## LIVING LIFE ONE DAY AT A TIME

**W**e are an anxious generation, excelling in the dubious art of “making mountains out of molehills.” Yes, worry, anxiety and fear occupy a large percentage of our time. We worry about our finances, our jobs and our health. Thoughts of our material possessions cause us great anguish, and the prospect of growing old frightens some of us to death!

For Christians, however, excessive worry must be viewed as a definite weakness in our faith. We are called upon to place our trust in the Lord and to obediently and willingly accept whatever comes our way each day. In His Sermon on the Mount, our Lord reminds us how pointless it is to worry. “Which of you, by worrying, can add a single cubit to his stature?” (Matthew 6:27) He is quick to point out that our Heavenly Father knows our needs, and He chides us for doubting His ability to take care of them. Christ also provides us with this timely advice: “Do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” (Matthew 6:34)

Are we people of FEAR or of FAITH? In all of life’s difficult moments, we are reminded that Christ is there to strengthen us in our weakness. We must also remember St. Paul’s wonderful words of comfort: “God will not allow you to be tested above your powers, but when the test comes, He will provide you with a way out by enabling you to sustain it.” (1 Cor. 10:13) May we all “seek first the Kingdom of Heaven.” If we do, all of our concerns will vanish, for we will have everything that we could possibly want.

*The Orthodox Weekly Bulletin* . . . . . Vestal, Cliffwood, New Jersey . . . . . Litho in U.S.A.

### SCHEDULE ALL SERVICES LIVE STREAMED.

**Matins Gospel:** John 21: 1 - 14 (*10<sup>th</sup> Matins Gospel*)

**This Week’s Epistle:** 1 Timothy 1:15-17 **Gospel:** Luke 18:35-43

**Reader:** Matthew

**Today** 9:30 am Liturgy

Wednesday 6:00 pm Moleben with Kontakion the Forerunner

Saturday 5:30 pm Vespers

Sunday 9:30 am Liturgy

**Next Week’s Epistle:** 1 Timothy 4:9-15 **Gospel:** Luke 19:1-10 (*Zacchæus*)

Romans 8: 28 - 39 Luke 21: 8 - 19

**Reader:** James

**Office Hours:** Tuesday & Thursday, 10:30 am - 12:00 noon. **Confessions:** After Saturday Vespers and by appointment.

**Receiving Holy Communion:** We should draw near to our Lord and God and Savior, Jesus Christ, and receive Holy Communion often. Orthodox Christians, who have prepared themselves through prayer and fasting, and are at peace with all men, and have attended the Divine Liturgy from the beginning, (or, at the very least, have not missed the Gospel), and have made a recent Confession, should draw near.

Others should diligently seek to be properly disposed and prepared as soon as possible.

### Announcements:

Our Bulletins (\$60.00)	Alla Slobodskaya
	Izolda (Zoya) & Vladimir Sogokon
Our Altar Wine (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Candles (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Incense (\$20.00)	Gabriela Broncă & family good health & help in our needs.
Vigil – Golgotha I (\$7.00 /wk)	Caratās family
Vigil – Golgotha II (\$7.00 /wk)	Caratās family
Vigil – Prothesis (\$7.00 /wk)	Caratās family
- Broncă: Gabriela, Robert, & Carmen Iuliana. Good health, & help in need. Repose: Tasiē.	
- Sogokon: for the health of Zoya, Vladimir, Irina, Anastasia, Vladimir, Vladimir.	

**2023 Wall Calendars** are here at the Candle stand. Requested donation this year, \$8.00. While more are on order, we have a limited number now and request that they be limited to one per household at this time.

### Today is Sanctity of Life Sunday

A **House blessing** request may be obtained from Fr Yousuf.

**Adult Education** returns on Wednesdays

**Coffee Hour** please consider signing up in the New Year.

**Lectionary.** The Church Lectionary is reading from 1 Timothy & Luke. Weekday epistles are from James & Mark.

**Coffee Hour, This Week: - Next Week: -**

Fr Yousuf & family thank everyone for their prayers and kindness

### USEFUL INFORMATION

**Donations** We now have a [Tithe.ly](https://tithe.ly) page to make donating to the parish easy. Just click this link: <https://tithe.ly/give?c=1324837>. Thank you and God bless!

**Streamed serices can be viewed** at our website <https://stinnocenttarzana.org/livestream> or <https://stinnocenttarzana.org/facebook>, the streamed services are also uploaded here <https://www.youtube.com/channel/UCEnhqUqTI5kDekOrPPERcy5g>.

The daily readings and saints may be found here: <https://stinnocenttarzana.org/dailyreadings>.

### Troparion, Resurrection – Tone 7

By Thy Cross Thou didst destroy death! / To the thief thou didst open paradise! / For the myrrhbearers, Thou didst change weeping into joy! / And Thou didst command Thy disciples, O Christ God, / to proclaim that Thou art risen, // granting the world great mercy!

### Troparion, New Martyrs – Tone 4

Today the Churches of Rus' joyfully forms a chorus, / praising her new martyrs and confessors; hierarchs and priests, royal passion-bearers, right-believing princes and princesses, / venerable men and women, and all Orthodox Christians. / Having laid down their life for faith in Christ during the days of godless persecution, / they preserved the truth by the shedding of blood. // By their protection, O long-suffering Lord, preserve these lands in Orthodoxy till the end of the age.

### Kontakion, Resurrection – Tone 7

The dominion of death can no longer hold men captive, / for Christ descended, shattering and destroying its powers! / Hell is bound, while the prophets rejoice and cry: / The Savior has come to those in faith! // Enter, you faithful, into the Resurrection!

### Kontakion, New Martyrs – Tone 3

Today the new martyrs of Rus' stand in white robes before the Lamb of God, / and with the angels they sing to God the hymn of victory: / "Blessing, and glory, and wisdom, and praise, and honor, / and power, and strength be to our God // unto the ages of ages. Amen."

**Of our charity, remember in your prayers:**January 22<sup>nd</sup>, 2023**Special Intentions:**

Christians of Syria, Egypt; Met. Paul, Abp. John, in captivity.  
 Natalya & Alla in Donetsk  
 Metropolitan Onuphry of Kiev

sister Oksana McGovern &amp; family

**The Sick and those in need of health:**

Archbishop Benjamin;  
 Archpriests Paul Waisanen, George Gray, Michael Regan, Andrew Jacobs; Moses Berry; John Armstrong.  
 Abbess Susanna; Protodcn Nicholas Jannakos;  
 Matushki Alexandra Safchuk, Elizabeth Powell, Clara Mancantelli, Suzanne Senyo; Maria Vallens, Priscilla Shipley, Jean Moore;  
 Monk John. Deacon Mark Story, Robert Peterson, Marios Perez, Barbara Anderson, Monika Cleenewerck, Marea Kuolt. OCA-DOW  
 Manya Prybyla, Gregory Theophan Hoffberg; Virginia, Levon; Edmund Roschak, Darka Raicevich; Karen Olds;  
 Alla Miller, Mike Shinkarik, Andrew Sturmer; Bridget Merrydy Strand, Assia Alexander, Scott T. Karen T., Dmitri G., Kyra;  
 Bill & Linda Phillips; Ed Salm; Raphael; Magdalena Elizabeth; Ludmilla, Anna, Margarita Maximova, Gayle Anne, Our Parish  
 Nick Davidovich.  
 Basil Rosiczka  
 Lea Ann (Leah) Bochnak Laura Bochnak  
 Vladimir Anya  
 Laura, Eladia Manya Prybyla  
 Matthew, Alison. Thaddeus Wojcik  
 Mildred Sturmer, Susan + Raissa Dulian  
 Patricia Hungerford, Barbara Johnson Yarbrough family  
 Martha Yarbrough Banescu family  
 Margaret Banescu, Vona Leslee Christie, Hope Peacock and family. John Ambrose Cox  
 Euphemia Marie Cox Maria Caratás  
 George. Mihai Florentina  
 Mary, George Laurentiu, cancer treatment. Scott & the Thompson family  
 Barbara, Steve Constantine Apostol  
 Angela Apostal Lydia  
 Yekaterina Manya Prybyla  
 Lydia Fr. Yousuf  
 Hieromonk Ambrose (Young), Nicholas Juried & Amy. Archriest Michael Carney, Protodeacon George Haloulakos  
 Matushka Sophia Haloulakos Deacon Nicholas Denysenko & family  
 Christina Dudchenko, Dcn. Sergius Miller, Kevin, Cecilia Gonzalez-Andrieu.  
 Michael Rogozik  
 Yulia.  
 Lya, Marie, Yvonne Gay Butu  
 Timofey Dilaria  
 Kristina DeBree Kevin Patrick DeBree  
 Reader John, Catherine, Dianna Bowen. Danks family  
 Ruben Richard & Yolanda Durham  
 Walter Irina  
 Larry & Emma Abbe Kulhanek  
 Anna Elena  
 Pearl Ruggiero. Sheena Wickens, Veronica Clarkson, Anna Cruz, Anna Rossiter; Ward; Griselda Leon. Diane Rhodes  
 Bruce Anderson, Audrey Anderson. Subdeacon Polycarp Anderson & family  
 Larry McHargue; Laura; Robert; Kenny Anne McHargue Witz & family

**Those Serving in the Armed Forces**

Peter, Elijah Hoffberg, Ronnie (Barnabas) Austin, Basil, Shae, Ian &amp; Henry.

**For the Health and Salvation of the servants of God:**

Catechumen: Dalen, Kelly, & Jamie, & Timothy Muster; Bryce; Cameron; Melanie.  
 New born Orion Igor & Luda  
 newly Illumined Nikolina Jovanna & Ilja  
 Zlata Okunev, Artemi & Erica  
 Chelsea Claire Nordstrom Matthew & Chloe Nordstrom  
 Sebastian James Siskos Presvytera Wiborada Vickie Hoffberg Siskos & Priest Christian Siskos  
 Charlotte, parents Jonathan & Michaela Durham  
 Vitaly, Lyubov, Ella, Karen, Oksana, Valentina, Irina, Sofiya, Vladimir, Olga, Natalya, Tatyana, Irina, Elena, Evgeny. Tikhvin icon donors  
 Alla, Dmitriy Jr., Dmitriy, Igor, Elena, Juliya, Tamara, Fredi. Alla Slobdoskaya  
 Elena, Marisa, Dimitrios (Jimmy), Nicholas, Alexander, Dimitrios, Dionisius. + Lola Macrina  
 Sherri, Nathanael, & Christopher, Amelia Marie.  
 Aiden Frederick Parrish, Micah Parrish, new born Chloe Alyssa & Cyprian Parrish  
 New born Thomas John Martin Lawman. Verity Annabelle Mary; Constance Alexandra. Alicia & Joshua Lawman  
 Newly illumined Matthew; Nicholas Damiano, Magdalena Elizabeth. Stephen & Marisa Thompson  
 Elijah, parents Aika & Dmitri Goudkov  
 new born Rowan. Galina. Yelena, Anna, Wolfgang  
 Margarita, Christopher, John, Lauren, Ekaterina. Margarita Maximova  
 Catalina, Sofia, Florentina, Doina. Calugaru family

Of our charity, remember in your prayers:

For the repose of the souls of the departed servants of God:

January 22<sup>nd</sup>, 2023

Newly Departed Mary  
Newly Departed Irina Lototskaya Oksana  
Newly Departed Hormuzd (Emmanuel) Rassam, + Dec 21, 2022. wife Kaye Rassam, son Fr Yousuf Rassam, daughter Najma Fowner & family  
Newly Departed Grigory Irina  
Newly Departed Andrew Korpita, +Nov. 13, 2022 Andrea Korpita & family  
Newly Departed Nataliya Kvichko, +Nov. 13, 2022  
Newly Departed Oleg Mirnyy family  
Mitred Archpriest Sergei Glagolev, +Sep 1, 2021, Matushka Gerry (Evgenia) Glagolev. +May 23, 2022. Christia, Marina, John & family  
Matushka Anisia Boldireff +Sep 1, 2021 Archpriest Nicholas, Nathalie, Tamara, Marina, Michael & family  
Matushka Tresja Denysenko Deacon Nicholas & Sofia Denysenko & family  
+Jan 22: Protopresbyter Alexis Yonov, 1977; Mitred Archpriest Nicholas Zytinski, 1986; Archpriest John Surducun, 2007;  
Layman Alexis S. Troubetzkoy 2017; +Jan 22: Abbess Alexandra (von Hohenzollern-Sigmaringen), 1991. OCA  
anniversary, Valery, +Jan 21, 2022; Tatiana, +Jan 22, 2022; Aleksandr, +Jan 2, 2022. Mirnyy family  
Germogen & Olga Stephanenko Larissa, Tatiana  
Valentina Irina Jackson  
Cor Brevet Delabruinene Natalya Slusar Nosa & family  
Rodney Lake + May 20, 2021. son-in-law & daughter Thaddeus & Jacqui Wojcik  
Paul Prybyla. +Jan, 10, 2021 Many & family  
Barbara Johnson daughter Nancy Smollen  
Stanislava Mihich daughter Milena Mihich; family  
Nun Seraphima (Anna Kremenetskaya) Konstantin, Taissia, Vladmir, Ioann Kremenetsky  
Nun Nonna (Verna Harrison)  
Igor  
Lola Macrina  
Edward Michael & Joan Sutyak Tamara, Christina, Michael, Anne & family  
Leon & Claudine Snyder daughters Laura & Carol, & family  
Dmitri Boris  
David Mitred Archpriest Ian & Matka. Nina MacKinnon, DOW  
Deacon Hennok Soot DoW, Matushka Mariamna Soot, Fr Stephen Soot family, Mark & Olga Soot family  
Evdokiya, Anatoliy, Domnikiy, Semen, Feodosiy, Ella, Grigoriy, Nadejda, Konstantin, Svetlana,  
Valentina, Anna, infant Anatoliy, Olga, Anna, Peter. Alla Slobdoskaya  
Anne Lewandowski + Raissa Dulian  
Marina, Alexandra, Petr, Boris, Tatiana. Margarita Maximova  
Priest Anatoly + Sep 9.  
Rebecca Svetlana (Photini) Gushard son Wade Aiden Greer, Fr Yousuf

#### Troparion, Apostle Timothy - Tone 4

Having learned goodness and maintaining continence in all things, / thou wast arrayed with a good conscience as befits a priest. / From the chosen Vessel thou didst draw ineffable mysteries; / thou didst keep the faith and didst finish a course equal to His. // Bishop-martyr Timothy, entreat Christ God that our souls may be saved!

#### Kontakion, Apostle Timothy & Martyr Anastasius - Tone 1

Let us the faithful praise the Holy Apostle Timothy, / the companion of Paul in his travels; / and, together with, him let us honor the wise Anastasius, / who came as a star from Persia // for the healing of the passions of our souls and the diseases of our bodies.

#### Troparion, Martyr Anastasius - Tone 4

Thy holy martyr Anastasius, O Lord, / through his suffering has received an incorruptible crown from Thee, O our God. / For having Thy strength, he laid low his adversaries, / and shattered the powerless boldness of demons. // Through his intercessions save our souls!

# Epistle of Metropolitan Tikhon on Sanctity of Life Sunday 2023

To the Clergy, Monastics, and Faithful of the Orthodox Church in America,  
My Beloved Children in the Lord,

From the earliest times, Christians have been at variance with the world because of their reverence toward sexuality, marriage, and human life at all its stages. In the post-apostolic Epistle to Diognetus, very possibly from the pen of St. Polycarp, the disciple of St. John the Theologian, we read that Christians ‘marry, as do all others; they beget children; but they do not destroy their offspring. They have a common table, but not a common bed. They are in the flesh, but they do not live after the flesh’ (ch. 5).

Rather than viewing pleasure and fleeting happiness as the supreme good, Christians know that virtue, a rightly-ordered relationship with God and the world which he created, is what leads up toward true goodness, which is God himself. Another word for this right relationship with the Creator is life.

Jesus Christ, the Son of God and incarnate Word came to tear down the dividing wall of hostility between God and man and restore us to our friendship with the Divinity, which friendship had eroded because of sin (Eph. 2:14). Thus he is revealed to be the Life and Light of the world (Jn. 8:12, 11:25, 14:6), the one in whom and through whom we enter into a rightly-ordered relationship with existence and the Source of existence, and who shows us what that relationship—virtue—is, and where it leads—eternal life, eternal relationship with the Lord and his saints.

Life, for Christians, means far more than biological life. And yet this deeper and broader conception of life should only increase our reverence for biological life. For, in Christ, we understand that every human being is created in the image of God, and that every human life is a free gift of the Father, from whom comes every good and perfect gift (Gen. 1:27, Jam. 1:17).

Thus, we understand that there is no opposition between reverence for life and true human flourishing. Or, to cast the matter more bluntly, we can never accept abortion and infanticide as a solution for other human ills. Rather, we must see the sins of abortion and infanticide as manifestations of the same evils that underlie other social injustices.

This year, Sanctity of Life Sunday has taken on a new meaning. The Supreme Court has undone, as far as lies in its power, the injustice wrought by its decision in the case of *Roe v. Wade*. But this means that our work in defense and promotion of life is only just beginning.

We know that, as soon as Christians gained a voice in the Roman Empire, that used that voice to speak against the enormities that the Empire committed against

human dignity: slavery, gladiator and beast fights, and, yes, abortion and infanticide. As long as we Orthodox Christians have some voice in this pluralistic, democratic society, it is right that we use this voice to defend the weakest among us, including especially the unborn children who still lie under threat of legalized abortion in many jurisdictions.

But we must never, ever allow ourselves to become focused solely on political, and much less partisan and ideological, pursuits. Instead, the defense and promotion of life must start and end with our personal commitment: in our hearts, in our families, in our parishes, in our communities, with alms of time and treasure and talent and effort. With whatever resources God may give us, we must promote true human flourishing, starting with the right to life for all people, at all stages of life. And we must do what we can to orient our life toward God through virtuous living, encouraging the same in our brethren and neighbors wherever and however it is possible. In so doing, we might hope to attain to the everlasting life and bountifulness of the heavenly kingdom, where Christ the Lord reigns with his Father and his All-holy and life-giving Spirit.

Yours in Christ,

+TIKHON

Archbishop of Washington

Metropolitan of All America and Canada

#### **Sanctity of Life Sunday Petitions**

– Again we pray that Thou wilt grant to the people of this nation the will to do good, to flee from evil, and to practice all righteousness, making us respectful of life and sharers of Thy blessings, caring for one another in mercy and truth.

– Again we pray that Thou wilt banish all evil from our hearts and wickedness from our laws, enabling us to be servants of Thy holy will and performers of Thy love.

– Again we pray that Thou wilt kindle in our hearts the will to care for the needy, to show kindness to the poor, to aid the homeless and help the helpless.

#### **Sanctity of Life Sunday Prayer**

O Lord Jesus Christ, the only-begotten Son, Who art in the bosom of the Father, True God, source of life and immortality, Light of Light, Who camest into the world to enlighten it: Thou wast pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Thine All-Holy Spirit. O Master, Who camest that we might have life more abundantly, we ask Thee to enlighten the minds and hearts of those blinded to the truth that life begins at conception and that the unborn in the womb are already adorned with Thine image and likeness; enable us to guard, cherish, and protect the lives of all those who are unable to care for themselves. For Thou art the Giver of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Thy divine goodness and providence through the evil act of abortion. May they, and all of us, come to the life of Thy Truth and glorify Thee, the Giver of Life, together with Thy Father, and Thine All-Holy and Life-giving Spirit, now and ever and unto ages of ages. Amen.