

**PRAYERS ARE REQUESTED FOR ...**

*The health and salvation of –*

Abducted Bishops Paul & John	Pauline
Bishop-Elect Irenei	Ann
Hieroschemamonk Ambrose	Stefan
Archpriest Ian	John
Archpriest Eugene	Vivian
Archpriest Seraphim	Jung Sook
Protodeacon Alexis	Thomas
Deacon John	Cheyenne
Reader Aleksei	Nancy
Monk Philaret	Randall
Matushka Mary	Rose
Elizabeth • Virginia	Don
Kapitolina • Thomas	Norma
John • Jacqueline	
Euphrosynos	
John • Samuel	
Catechumen Rebecca	

*The repose and salvation of –*

Shamassy Marie (August 18)

*Please let Father know if there are any names you would like added to the list.*

**THIS TUESDAY, SEPTEMBER 13 – 6:30 PM GREAT VESPERS**

**FOR THE EXHALTATION OF THE CROSS OF THE LORD**

**THIS WEDNESDAY, SEPTEMBER 14 – 7:00 AM DIVINE LITURGY**

**FOR THE EXHALTATION OF THE CROSS OF THE LORD**

**Next Sunday, September 18 – Parish Council**

**Saturday, September 24 – 9:00 AM Parish Strategic  
Planning + 5:30 PM Great Vespers**

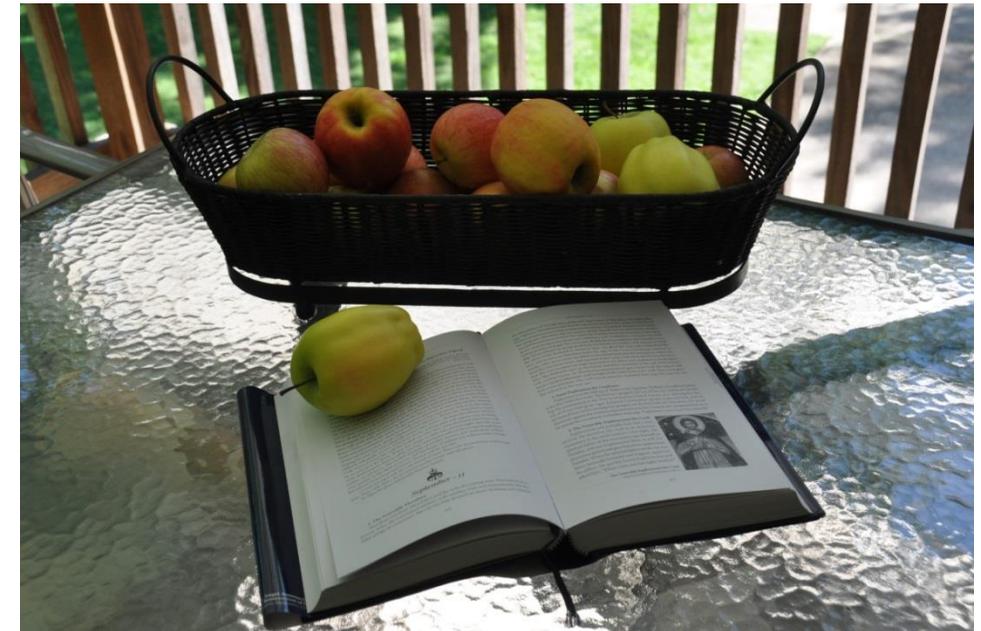
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*A mission parish under the omophorion of His Eminence Benjamin,  
Archbishop of San Francisco and the Diocese of the West,  
Orthodox Church in America*



*St. Euphrosynos the Cook*

*Afterfeast of the Nativity of the Theotokos*



Sunday Hours & Divine Liturgy at 9:10 AM, followed by agape potluck  
Other services as announced

Rev. Alexander Vallens, *Rector*

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## Saint Euphrosynus the Cook of Alexandria

Saint Euphrosynus was from one of the Palestinian monasteries, and his obedience was to work in the kitchen as a cook. Toiling away for the brethren, he did not absent himself from thought about God, but rather dwelt in prayer and fasting. He remembered always that obedience is the first duty of a monk, and therefore he was obedient to the elder brethren. The patience of the saint was amazing: they often reproached him, but he made no complaint and endured every unpleasantness. St Euphrosynus pleased the Lord by his inner virtue which he concealed from people, and the Lord Himself revealed to the monastic brethren the spiritual heights of their unassuming fellow-monk.

One of the priests of the monastery prayed and asked the Lord to show him the blessings prepared for the righteous in the age to come. The priest saw in a dream what Paradise is like, and he contemplated its inexplicable beauty with fear and with joy. He also saw there a monk of his monastery, the cook Euphrosynus. Amazed at this encounter, the presbyter asked Euphrosynus, how he came to be there. The saint answered that he was in Paradise through the great mercy of God. The priest again asked whether Euphrosynus would be able to give him something from the surrounding beauty. St Euphrosynus suggested to the priest to take whatever he wished, and so the priest pointed to three luscious apples growing in the garden of Paradise. The monk picked the three apples, wrapped them in a cloth, and gave them to his companion. When he awoke in the early morning, the priest thought the vision a dream, but suddenly he noticed next to him the cloth with the fruit of Paradise wrapped in it, and emitting a wondrous fragrance. The priest found St Euphrosynus in church and asked him under oath where he was the night before. The saint answered that he was where the priest also was. Then the monk said that the Lord, in fulfilling the prayer of the priest, had shown him Paradise and had bestowed the fruit of Paradise through him, “the lowly and unworthy servant of God, Euphrosynus.”

The priest related everything to the monastery brethren, pointing out the spiritual loftiness of Euphrosynus in pleasing God, and he pointed to the fragrant paradisaical fruit. Deeply affected by what they heard, the monks went to the kitchen, in order to pay respect to St Euphrosynus, but they did not find him there. Fleeing human glory, the monk had left the monastery. The place where he concealed himself remains unknown, but the monks always remembered that their monastic brother St Euphrosynus had come upon Paradise, and that they in being saved, through the mercy of God would meet him there. They reverently kept and distributed pieces of the apples from Paradise for blessing and for healing.

**Also this week:** *Leavetaking of the Nativity of the Most-Holy Theotokos; Hieromartyr Antonomous, Bp in Italy (September 12); Forefeast of the Exhaultation of the Cross; Commemoration of the Founding of the Church of the Resurrection (Holy Sepulchre) at Jerusalem (September 13); UNIVERSAL EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS; Repose of St John Chrysostom (September 14); Greatmartyr Nicetas the Goth (September 15); Greatmartyr Euphemia the All-Praised (September 16); Martyr Sophia and her three daughters Faith, Hope, and Love (September 17).*

**\* “regular” fasting all week, except strict fast on Wednesday with wine and oil allowed \***

**Epistles:** Galatians 6:11-18 (Sunday before the Elevation) / I Corinthians 15:1-11 (Sunday)

**Gospels:** John 3:13-17 (Sunday before the Elevation) / Matthew 19:16-26 (Sunday)

### Troparion – Tone 3 (Resurrection)

Let the heavens rejoice! / Let the earth be glad! / For the Lord has *shown* strength with his arm! / He has trampled down death by death! / He has become the first-born of the dead! / He has delivered us *from* the depths of hell, / And has granted to the world /// Great mercy!

### Troparion – Tone 4 (Feast)

Thy nativity, O Virgin, / Hath proclaimed joy to the whole universe! / The Sun of Righteousness, Christ our God, / Hath shone from thee, O Theotokos / By annulling the curse / He bestowed the blessing. /// By destroying death, He hath granted us eternal life.

### Troparion – Tone 8 (St. Theodora)

The image of God was *truly* preserved in thee, O mother, / For thou didst take up thy *cross* and follow Christ / By so doing thou didst teach us to *disregard* the flesh, for it passes away / But to care instead for the *soul*, since it is immortal /// Therefore thy spirit, O holy Theodora, rejoices with the angels.

### Troparion – Tone 4 (St. Euphrosynos)

With a humble heart Father Euphrosynos, / Thou didst offer thy service as a cook, / And thou wast truly filled with the Holy Spirit, / Therefore the glory of God became known in thee through a venerable priest; /// Make us also partakers of the same, O God-bearer, through thine intercessions.

### Kontakion – Tone 3 (Resurrection)

On this day Thou didst rise from the *tomb*, O Merciful One, / Leading us from the gates of death. / On this day Adam exults as *Eve* rejoices; / With the prophets and patriarchs /// They unceasingly praise the divine majesty of Thy power.

### Kontakion – Tone 2 (St. Theodora)

Praying for the forgiveness of thy sin / Thou didst spend thy bodily strength in fasting and abstinence / And thy nights in continual vigils before God. /// Thus thou didst receive forgiveness and become an example of repentance for us all.

### Kontakion – Tone 4 (St. Euphrosynos)

Thou didst partake of heavenly gladness, / Which came to pass Euphrosynos, / Due to thine angelic life, / And thou wast seen to be equal in honor to the Angels, /// With them do thou beseech on behalf of those who honor thee.

### Kontakion – Tone 4 (Feast)

By thy nativity, O most-pure Virgin, / Joachim and Anna are freed from barrenness; / Adam and Eve, from the corruption of death. / And we, Thy people, are freed from the bondage of sin, celebrate and cry out to thee: /// The barren woman gives birth to the Theotokos, the nourisher of our Life.