

November Notes: on the third of the month is the anniversary of *Subdeacon Paul's* ordination ... the 5th is *Michael & Robin Myers'* wedding anniversary ... Wednesday the 7th is *Joanne Zhang's* birthday ... on the 8th, both *Michael Vallens* and *Michael Saleeb* celebrate their name day (Archangel Michael) ... on Sunday the 11th *Wafaa Saleeb* celebrates her birthday ... Wednesday the 14th is *Miray Elkedwani's* birthday, as well as *Mike & Kyra Newsom's* anniversary ... the 19th is *Monk Philaret (Farley's)* name day (St Philaret of Moscow) ... there is *Great Vespers* at 6:30 PM on Tuesday the 20th and *Divine Liturgy* at 7:00 AM on Wednesday the 21st for the *Entrance of the Most-Holy Theotokos into the Temple* ... start *Thanksgiving Day* right by giving thanks to the Lord at the 9:30 AM *Divine Liturgy* ... *Father Alexander* has his name day (St Alexander Nevsky) on Friday the 23rd ; that day is also *Deacon John's* ordination anniversary ... and on the last day of the month *Andrew Zhang* has his name day (Apostle Andrew)!

O Lord and Savior, preserve the Orthodox Church throughout this entire world in unity and right-belief, granting her peace, tranquility, love, and harmony. Look down upon the Holy Orthodox Church with compassion and mercy, and preserve her from division and schism, from enmity and disorder, grant that her unity be not diminished nor shaken, but that Thy Thrice-holy name be ever-glorified within her. With Thy mercies make glad the hearts of them that govern us, and strengthen them by Thy might. Rise up to our help and set to naught the evil counsels purposed against us by the evil ones. For Thou art the Help and Victory and Salvation of them that put their hope in Thee unto ages of ages. Amen.



NOVEMBER 2018

Bread Which Strengtheneth Man's Heart



Prosphora, the word for the bread which we offer at the Divine Liturgy, comes from the Greek word for an offering. It is customary to offer the names of Orthodox Christian family members, friends, and relatives – both living and departed – with the prosphora, so that the priest may commemorate them at the Service of Preparation (Proskomedia). Because the commemorations are part of the Proskomedia, prosphora should be offered before the beginning of the Divine Liturgy, during the reading of the Hours. Note that we have small commemoration booklets in the bookstore, so you can have a permanent list at the church, and do not have to make up a new list each time you want to offer prosphora.

There are other practical reasons for using a commemoration book. First, we participate by paying full attention to what is being chanted or sung, which is not possible when we are writing names and such. Second, it is discourteous to both our Lord and ourselves to be doing other things when prayers are being offered up to God for us. Third, it distracts the priest from both his prayers at the Liturgy and for those whom we have asked him to commemorate. Particularly late commemorations may not be able to be made at all due to lack of time. In our parish practice, we take commemorations until after the reading of the Gospel, but it is important to remember that *this is an exception*; it is better all around if prosphora are offered before the Liturgy begins. It is a pious custom to keep some holy bread and holy water in one's icon corner—to begin the day, after morning prayers and before eating, by eating a piece of prosphora and drinking some holy water.

Relatedly, but separately, the loaf of bread from which the Lamb is taken is called the "antidoron." The word means "instead of the Gifts," i.e., instead of Holy Communion. Those who do not commune at Liturgy receive antidoron at the end of Liturgy. Since it is blessed, the antidoron should be carefully handled and no particles of it should be allowed to fall on the ground. This means that children ought to be carefully watched while consuming antidoron and taught to treat it with pious reverence. Since antidoron is given in place of the Gifts, it is also should be received after one has been fasting.



Charity of the Month

The Hogar Rafael Ayau in Guatemala is an Orthodox Christian home for youth, run by nuns of the Holy Trinity Monastery at Lake Amatitlán. The Hogar, founded in 1857, is traditionally an orphanage and has been home to hundreds of children over the years; now it operates in a limited capacity due to political conditions.

A dozen abandoned and orphaned children remain with the Hogar at this time, where they have lived most of their lives. Teen girls and younger children reside at the monastery, while teen boys are cared for by an Orthodox priest and his wife at the original Hogar in Guatemala City. All children are given a loving, supportive, family-like environment, with a strong focus on education and Orthodox life (confirmed by a member in our St. Tikhon community who went to the Hogar in 2014 with a mission group; photos here are from that visit). Several children who were raised at the Hogar now attend college and trade schools, while continuing to receive love and financial support from the Hogar.

Funding for the children's food, shelter, education, and everything else comes entirely from donations. The U.S.-based "Friends of the Hogar" is a 501(c)(3) charitable organization dedicated entirely to the children of the Hogar. A note from the Abbess, Mother Inés last Christmas: "Thank you all for your friendship, your love messages, your financial help. We need them all. We pray you will continue in 2018 to support our Monastery and the work we do for God's children with your financial help and your prayers."
www.friendsofthehogar.org

In the Bookstore

On the bottom shelf is a stack of back issues of *Orthodox Word*, which is published by the St. Herman of Alaska Brotherhood in Platina, California. The Brotherhood was founded with the blessing of St. John of Shanghai & San Francisco as a missionary brotherhood for the dissemination of the Orthodox Faith, primarily through the printed word. Although these are all several years old, the spiritual guidance and inspiration they contain is timeless. And best of all, they are **FREE** for the taking.

FINANCIAL SNAPSHOT

(unaudited)

	September Actual	September Budget	YTD Actual	YTD Budget
Total Income	5,663.23	4,245.00	51,035.17	39,705.00
Total Expense	4,256.70	3,780.35	40,370.04	38,133.51
Cash Flow	1,406.53	464.65	10,665.13	1,571.49
Building Fund (Net of Rent Reserves)		22,797.51		