

PRAYERS ARE REQUESTED FOR ...

The health and salvation of –

Abducted Bishops Paul & John	John
Hieroschemamonk Ambrose	Vivian
Archpriest Eugene	Jung Sook
Priest James	Thomas
Priest John	Randall
Reader Aleksei	Don
Monk Philaret	Norma
Matushka Priscilla	James
Elizabeth • Marie	Eileen
Marie • Virginia • Thomas	
John • Katherine • Roman	
Ignatius, Macrina & family	
Clergy & Parishioners of Holy Myrrhbearing Women Church	
Catechumens: Andrew, David, Michael, Sergio, Rachel, Jennifer, and Rebecca	

The repose and salvation of –

Daniel (August 7)	Betty (August 15)
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Please let Father know if there are any names you would like added to the list.

Orthodoxy 101 – Tuesdays at 6:30 PM through September
This Thursday September 13, 6:30 PM – Great Vespers & Litya
This Friday, September 14, 7:00 AM – Divine
Liturgy for the Exaltation of the Cross
Next Sunday, September 16 – Parish Council

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



Handle of Saint Kieran's Crozier, Clonmacnoise, Ireland

Sunday Hours & Divine Liturgy at 9:10 AM, followed by agape potluck
Wednesdays at 6:30 PM – Evening Prayers & Saints of the Day
Other services as announced

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Deacon John Manutes, *Attached*
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Holy Ancestors of God Joachim and Anna

St. Joachim was the son of Varpafir from the lineage of Judah and a descendant of King David. Anna was the daughter of Matthan the priest from the lineage of Levi. Her sister Mary married and lived in Bethlehem and gave birth to Salome; her other sister Zovia married and also lived in Bethlehem and gave birth to Elizabeth the mother of St. John the Forerunner; Anna married Joachim in Nazareth and, in their old age, gave birth to Mary, the Most Holy Theotokos. Joachim and Anna lived devoutly and quietly for 50 years; they spent one-third of their income on themselves, a third they distributed to the poor, and a third they offered to the Temple. Once, in their old age, when they came to Jerusalem to offer a sacrifice to God, the high priest Issachar reprimanded Joachim saying: “You are not worthy that a gift be accepted from your hands for you are childless.” Greatly grieved, they returned home, and gave themselves in prayer to God – asking that He work a miracle on them as He once did to Abraham and Sarah, and give them a child as a comfort in their old age. God sent His angel, who announced to them the birth of “a daughter most-blessed, by whom all nations on earth will be blessed and through whom the salvation of the world will come.” Anna immediately conceived and, in nine months, gave birth to the Holy Virgin Mary. St. Joachim lived for 80 years and Anna for 79 years and then presented themselves to the Lord.

St. Ciaran of Clonmacnoise

St Ciaran (Kieran) was born in 512 and raised in Connacht, Ireland, one of eight children. He had a special affinity for animals, and even had a fox for a pet. He left home as a boy, driving a cow before him to pay for his keep, and went to study with St Finnian of Clonard. There is a story that one day the students were studying the Gospel of Saint Matthew when St Ninnidh came into class without a book. He asked Ciaran to lend him his, which he did. So when Finnian tested the class, Ciaran knew only the first half of the Gospel. The other students laughed and called him “Ciaran half-Matthew.” St Finnian silenced them and said, “Not Ciaran half-Matthew, but Ciaran half-Ireland, for he will have half the country and the rest of us will have the other half.” After spending some time in Clonard, Ciaran visited other monasteries, including that of St Enda on Aran, where he was ordained to the holy priesthood. Then he went to Scattery Island to study under St Senan; and later, he went to visit his brothers Luachaill and Odhran at Isel. As St Ciaran left them he met a stag and placed his bag on its back. He followed the animal until he came to Lough Ree opposite Hare Island, where he founded a monastery. Leaving his brother Donnan as abbot, he went to dwell in the wilderness. With nine companions, St Ciaran founded another monastery at Clonmacnoise on the banks of the River Shannon. But soon he became ill and asked to be taken outside and laid on the ground. He looked up at the heavens and said something about the way being steep and difficult, and departed to the Lord at the age of 33. St Ciaran’s crozier survives to the present day.

Also this week: *Martyrs Menodora, Nymphodora, and Metrodora (September 10); St. Euphrosynus the Cook (September 11); Leavetaking of the Nativity of the Most-Holy Theotokos; Hieromartyr Autonomous, Bp in Italy (September 12); 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 (Nikita) the Goth (September 15).*

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

“According to the Fathers, this means a little nourishment with oil and one cup of wine for the glory of God.”

Epistles: Galatians 6:11-18 (Sunday before the Cross) / II Corinthians 4:6-15 (Sunday)

Gospels: John 3:13-17 (Sunday before the Cross) / Matthew 22:35-46 (Sunday)

Troparion – Tone 6 (Resurrection)

The angelic powers were at Thy tomb; / The guards *became* as dead men. /
Mary stood by Thy grave, / Seeking *Thy* most pure body. /
Thou didst capture hell, / Not being tempted by it. /
Thou didst come to the Virgin, granting life. ///
O Lord, Who didst *rise* from the dead: glory to Thee!

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 2 (Ancestors)

We celebrate the memory of Thy righteous ancestors, O Lord, ///
And through them we beseech Thee to save our souls.

Kontakion – Tone 6 (Resurrection)

When Christ God, the Giver of Life, /
Raised all of the *dead* from the valleys of misery with His mighty Hand, /
He bestowed resurrection on the human race. ///
He is the *savior* of all, the Resurrection, the Life, and the God of all.

Kontakion – Tone 2 (Ancestors)

Now that Anna is loosed from the bonds of barrenness /
She rejoices as she nourishes the most-pure one /
She calls us to sing a hymn of praise to Christ ///
Who gavest mankind the only ever-Virgin Mother.

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, 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.