

From the Fathers (and others):

In order to be perfectly pleasing to God, we must also for His sake be perfectly indifferent to our flesh; for instance, when, during prayer, notwithstanding our slothfulness and strong inclination to sleep, we force ourselves not to yield to it, then we are indifferent to our flesh. The martyrs and ascetics had this perfect indifference for their flesh.

St. John of Kronstadt

To deny oneself means: to give up one's bad habits, to root out of the heart all that ties us to the world; not to cherish bad desires and thoughts; to quench and suppress bad thoughts; to avoid occasions of sin; not to do or desire anything from self-love, but to do everything out of love for God. To deny oneself means, according to the Apostle Paul, to be dead to sin and the world, but alive to God.

St. Innocent of Alaska

To possess grace, a man must be temperate in all things - in his gestures, in speech, and in what he lets his eyes look upon, in his thoughts and in the food he eats. And every form of temperance is furthered by meditation in the word of God. It is written, 'Man doth not live by bread alone, but by every word that proceeds out of the mouth of the Lord.'

St. Silouan of Mount Athos

"The soul should be provided with the word of God. For the word of God, as Gregory the Theologian says, 'is the bread of angels, which feeds the soul that is hungry for God. But, above all, one should read the New Testament and the Psalter. From this proceeds illumination of the mind...'"

St. Seraphim of Sarov

A belly refined by fasting and self-control... necessarily refines the mind as well... with this in view we should flee gluttony, embrace self-control, and welcome these days of fasting with open arms, because they make the body obedient to the soul and lighten the mind in its ascent to God.

St. Gregory Palamas

A single good word made the thief pure and holy, despite all his previous crimes, and brought him into paradise. A single ill-advised word prevented Moses from entering the promised land (Num 20:12). We should not suppose, then, that garrulity is only a minor disease.

St. John of Karpathos

Do not cheat your conscience, for it knows your secrets, and at the hour of your death it will accuse you and in time of prayer it will be a stumbling-block to you.

St. Maximos the Confessor

St. John Orthodox Church

A Parish of the Antiochian Orthodox Christian Archdiocese of North America



~ January 13, 2019 ~
Sunday after Theophany

ST. JOHN ORTHODOX CHURCH
1663 TUTWILER AVENUE
MEMPHIS, TN 38107
(901) 274-4119

www.stjohnmemphis.org

www.orthodoxtupelo.com

His Eminence Metropolitan JOSEPH
Archbishop of New York and Metropolitan of all North America

His Grace Bishop NICHOLAS
Auxiliary Bishop of the Diocese of Miami and the Southeast

V. Rev. Fr. Philip Rogers, Pastor

V. Rev. Fr. Basil Cushman, Associate Pastor

V. Rev. Fr. John Troy Mashburn, Jr., Pastor Emeritus

V. Rev. Fr. Donald Berge, Attached

GREAT VESPERS
Saturday, 6:00 p.m.

ORTHROS and CHURCH SCHOOL
Sunday, 9:00 a.m.

DIVINE LITURGY
Sunday, 10:00 a.m.

Antiochian Orthodox Christian Archdiocese of North America
"...the Disciples were called Christians first in Antioch!"
Acts 11:26

Sunday after Theophany

Epistle: Ephesians 4:7-13

Gospel: Matthew 4:12-17

The Holy Bread for Eucharist is offered by **Lori O'Brien**.

Welcome to all those visiting St. John Orthodox Church. We are honored by your presence.

It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church.

If you are from a non-Orthodox background you may see new things such as icons, incense, the sign of the cross, the veneration of saints, and a great deal of standing. These can be perplexing to the uninitiated eye. Rest assured that everything we do has a solid biblical foundation and a long history among Christian people. Please feel free to participate where you feel comfortable and feel equally as free only to observe when you prefer.

The Orthodox Church understands the Eucharist, or Lord's Supper, to be – among other things – the paramount expression of Christian unity. While it is our deepest hope that Christendom will one day fulfill Christ's desire for true unity among all those who claim His name (John 17:21), the unfortunate reality of our day is that the various segments of Christendom are not unified with the historic Orthodox faith. *Since participation in the Eucharist expresses a unity with all the dogma and practice of the Orthodox Church, non-Orthodox guests do not receive Holy Communion.* The Holy Eucharist is reserved for those members of the Orthodox Church who have prepared themselves by prayer, fasting, and recent confession. All visitors and unprepared Orthodox are invited to partake of the blessed bread as they come forward to venerate the cross at the end of the Liturgy. Thank you for your understanding.

ST. JOHN CALENDAR

January 13 - 20 (Fast: Wed & Fri.)

- Sunday** - Teen Group
- Sons of Thunder, 6:00 p.m., Dn. James' home
- Monday** - First Hour, 6:45 a.m.
- Tuesday** - Third Hour, 9:00 a.m.
- Catechumen/Inquirers class, 7:00 p.m., Orthodoxy and the End Times
- Wednesday** - Third Hour, 9:00 a.m.
- Parish Meal, 5:30 p.m.
- Teaching, 6:15 p.m., Time: Daily Cycle of Services
- Small Compline, 7:00 p.m.
- Thursday** - Third Hour, 9:00 a.m.
- Friday** - First Hour, 6:45 a.m.
- Third Hour, 9:00 a.m.
- Sixth Hour, 12:00 p.m.
- Saturday** - Ninth Hour and Great Vespers, 5:50 p.m.
- Sunday** - **Church School & Orthros, 9:00 a.m.**
- **Divine Liturgy, 10:00 a.m.**

Upcoming Memorial

Jan. 20 - Sue Ingram, 3 years

Upcoming Churchings

Jan. 20 - Lavinia and Philip

DIVINE LITURGY

Sunday, January 20, 10:00 a.m.

- PRIEST:** Fr. Philip
READER: John Cameron
USHER: John Sneed
HOLY BREAD: Dn. Charles
ALTAR SERVERS: Alex, Nicholas, Eli, Gabe, Jd
COFFEE HOUR: Margaret McKelroy, Anna Pashchinskaya

COMMEMORATIONS

January 13: Martyrs Hermylos and Stratonikos of Belgrade; Martyrs Pachomios and Papyrinos of Greece; Venerable Maximos Kafsoalyvitis of Athos; Venerable Eleazar of Anzersk Island; Hilary, bishop of Poitiers.

January 14: The holy fathers slain at Sinai and Raithu; Virgin-martyr Agnes; Venerable Theodoulos and Neilos of Sinai; Nina, equal-to-the-Apostles and enlightener of Georgia.

January 15: Venerable Paul of Thebes and John the hut-dweller; Venerable-martyr Pansophios of Alexandria; Venerable Gabriel of Lesnovo.

January 16: The veneration of the precious chains of the Apostle Peter; Peusippos and Neonilla, and the martyrs of Cappadocia; Hieromartyr Damaskinos of Hilandar monastery on Athos; Honoratos, archbishop of Arles and founder of Lerins Monastery; Romil of Ravanica.

January 17: Venerable Anthony the Great; Anthony the New, ascetic of Berrea in Macedonia; New-martyr George of Ioannina.

January 18: Athanasios and Cyril, patriarchs of Alexandria; Martyr Theodoulis; Maximos, Serbian despot.

January 19: Venerable Makarios the Great; Arsenios, bishop of Kerkyra; Venerable Mark Eugenikos, metropolitan of Ephesos, pillar of Orthodoxy.

January 20: Venerable Eutymios the Great; New-martyr Zachariah of Moreah.



ST. JOHN COMMUNITY



Annual Parish Business Meeting during coffee hour today. Make every effort to attend!

Theophany House Blessings – The sign-up sheet for house blessings can be found on the table downstairs across from the elevator. Choose all times slots that are convenient for your family. Fr. Philip will then schedule accordingly and contact you with the actual date and time of your blessing.

Catechumen/Inquirers Class – Classes will resume on Tuesday, January 15 at 7:00 p.m. Catechumen/Inquirers class is open to anyone interested in learning more about our faith whether you are brand new, catechumen, or long-time member. The next session will focus on Orthodoxy and the End Times.

Bible Study – The bible study on the book of Ephesians, led by Dn. Sidney, will next meet on Jan. 26, at 4:30 p.m.

Parish Retreat – Examining the Telos of the Parish - "Telos" means fulfillment or completion. This wonderfully timed parish retreat will focus on how the work of the parish is completed or fulfilled. Our Church has different organizations and different age groups all doing different things. How can they be brought together? What is the focus of the parish? What role do each of the groups play in the parish community? Join us as we hear the answers to some of these questions from Kh. Jenny Mosher, the director of the Telos Project at Hellenic College. Kh. Jenny is also a trained catechist in the Catechism of the Good Shepherd Program.

Don't let childcare be a hindrance to your attendance, let us know and child care will be provided both Friday evening and Saturday afternoon!

Opportunities – There are slots available for those who would like to host **coffee hour**. Check the white board downstairs to see which date works for your family. Also, check the sign up for dates to pick up **Wednesday night meals**.

Sons of Thunder Men's Book Club – The men will meet at 6pm on Sunday, January 13th at Dn. James's home to discuss *The Aviator* by Eugene Vodolazhkin. All men are welcome.

Parish Council Update – Today is our Annual General Assembly Meeting! Stay and hear about the progress of the Church in 2018 and looking ahead to 2019. May God continue to guide and bless our community!

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**DAILY SCRIPTURE READINGS**

**Jan. 13-20**

|           |               |                |      |          |
|-----------|---------------|----------------|------|----------|
| Sunday    | Ephesians     | 4:7-13         | Matt | 4:12-17  |
| Monday    | Acts          | 2:38-43        | Luke | 4:1-15   |
| Tuesday   | Galatians     | 5:22-26; 6:1-2 | Luke | 12:32-40 |
| Wednesday | Acts          | 12:1-11        | John | 21:14-25 |
| Thursday  | Hebrews       | 13:17-21       | Luke | 6:17-23  |
| Friday    | Hebrews       | 13:7-16        | Matt | 5:14-19  |
| Saturday  | Galatians     | 5:22-26; 6:1-2 | Matt | 8:5-13   |
| Sunday    | 2 Corinthians | 4:6-15         | Luke | 17:12-19 |

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Pray for our catechumen: Frank Pompa, Sharon Woelm-Taylor

Please remember in your prayers – Sister Olga, Mary Clark, Ann Hicks (Dianna Hildebrand's mother), Nicholas Hill, Leah Shull (pregnant), Ashley Powell (pregnant), Sarah Elliott (pregnant), Ernestine Pruitt (Nicholas Hill's mother), Dot Lawson (Pam Bowick's mother & Lawson's grandmother), Lisa Catlett (Fr. Don & Kh. Martha's daughter), Chris Hodges, Mickey Hodges, those suffering in the Middle East, most especially the Christians.

Women of St. John Calendar

- Monday, 2/7** **AWSJ Book Club** – 7:00 p.m., Kh. Pamela’s home.
We will be discussing *Copy Boy* by Vince Vawter
The 2019 book list can be found on the website for those
interested. Parish – AWSJ – Book Club
- Thursday, 2/** **Women’s Teaching** - 10:00 a.m.,
We are studying “Prayer: Encounter with the Living
God” by Metropolitan Hilarion Alfeyev
- Saturday, 2/9** Save the date! Baby Shower for Leah Shull!

*The AWSJ invites the Women of St. John to a
Baby Shower honoring*

Leah Shull

*Saturday, February 9 at 1:00 p.m.
Reem Mansour’s home*



As you know, Leah and Ben are expecting twin boys! Let’s shower them with the love of St. John. Leah is registered at Amazon.com. If you would like to contribute to the group gift, please contact Sarah Finley. Contact Reem if you would like to help in any other way.

Library Lines

St. Nina (1/14) is known as Equal-to-the-Apostles and the Enlightener of Georgia. She was born in the third century and was raised in the Faith. Her guardian told her that Christ’s robe, woven by the Theotokos, was kept in Georgia, then a country of pagans. In a dream, The Mother of God appeared to her with a grapevine in her hands and promised to take her there. She awoke to find a cross made of a grapevine in her own hands. She traveled throughout the whole country gaining the love of the people and making converts. Check out *The Life of St. Nina, Equal to the Apostles* (KID STS NIN) and *St. Nina, Equal to the Apostles, Enlightener of Georgia* (HAG NIN HOL).

St. John the Hut-Dweller (1/15), a fifth century saint, was the son of wealthy parents. Although highly educated, he desired the monastic life and secretly left his parents’ home. He began a life of strict asceticism having only one possession, a gold Gospel book which was given to him by his father and mother. After six years, he was greatly tempted by the Devil to return to his former life of wealth and ease. He received a blessing to return home, but disguised himself as a beggar and lived in poverty in a hut near his family’s home. Near death three years later, he revealed his identity to his parents by showing them his Gospel book. He asked them to bury him dressed in his rags underneath his hut.

This week we commemorate a group of “the Great Saints.” Thursday is the feast day of St. Anthony the Great (1/17), the father of monasticism. His pious parents brought him up to be serious about church services and the Holy Scriptures. From his youth, he engaged in strict asceticism and was attacked by demons, sometimes in the form of wild beasts. At age thirty-five, he began his monastic life as a hermit, which was unheard of at the time. He lived in the desert eighty-five years and died peacefully in 356 A.D. at age 105. According to the OCA website, *The Life of Anthony* (PAT ANT ATH) by St. Athanasius of Alexandria is the first biography of a saint who was not martyred. St. John Chrysostom urged every Christian to read the book. Also, take a look at *The Letters of Saint Anthony the Great* (PAT ANT), *Athanasius...The Life of Anthony and the Letter to Marcellius* (HAG ATH ANT), *Talks on St. Anthony*, CDs, (HAG ANT HOP) and *Saint Anthony the Great: Angel of the Desert* (KID STS ANT).

Birthdays, Anniversaries, & Namedays

- Monday, 1/14:** Isabelle Mansour
Anniversary: John & Lisa Curry
- Thursday, 1/17:** Dashiell Ortwein
St. Anthony the Great: Nawar Mansour, Anthony Garas
- Friday, 1/18:** Clare Freeman, Cindy Karnaghon, Zach White, Rana
Khlaifat
- Saturday, 1/19:** Mary Clark, Luke Heisig