



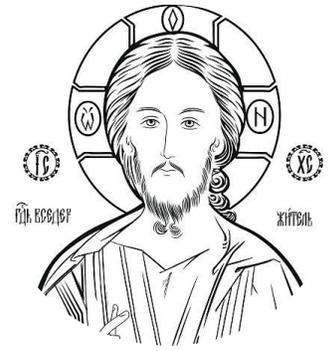
# The Forerunner

Weekly Parish Bulletin

Sunday, September 26, 2021

## DORMITION OF ST. JOHN, THE THEOLOGIAN

Apostle and Evangelist



### RESURRECTIONAL APOLYTIKION

(Tone 5)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

### APOLYTIKION OF ST. JOHN THE EVANGELIST

(Tone 5)

O Apostle John, beloved of Christ our God, hasten to deliver a defenseless people. He that allowed thee to recline on His breast receiveth thee bowing in intercession. Implore Him, O Theologian, to dispel the persistent cloud of the heathen, and ask for us His peace and Great Mercy.

### ORDINARY KONTAKION

(Tone 5)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.



### PROKEIMENON

For St. John the Evangelist

*“His voice has gone out into all the earth.  
The heavens declare the glory of God”*

(Ps. 19:4;1)

### THE READING FROM THE FIRST EPISTLE OF ST. JOHN

(1Jo. 4:12-19)

Brethren, no one has ever seen God. If we love one another, God abides in us, and His love is perfected in us. By this we know that we abide in Him, and He in us, because He has given us of His Spirit. And we have seen, and do testify that the Father has sent the Son to be the Savior of the world. Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. And we have known and believed the love which God has for us. God is love; and he who abides in love abides in God, and God abides in him. In this is love perfected with us, that we may have boldness in the Day of Judgment; because as He is, even so are we in this world. There is no fear in love, but perfect love casts out fear, because fear has torment; but he who fears is not perfected in love. We love God, because He first loved us.

### THE READING FROM THE HOLY GOSPEL ACCORDING TO ST. JOHN

(Jo. 19:25-27; 21:24-25)

At that time, standing by the Cross of Jesus

were His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw His mother, and the disciple whom He loved standing near, He said to his mother, "Woman, behold, your Son!" Then He said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own. This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. But there are also many other things, which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Amen.

### **KOINONIKON (COMMUNION HYMN)**

*For St. John the Evangelist*

His sound hath gone forth into all the earth; and his words to the ends of the world. Alleluia.

### **A MESSAGE FROM THE PRIEST**

*By: Fr. Michael Gillis*

A confusing aspect of our Christian growth is that we can, sometimes even at the same moment, have a very peaceful, godly thought full of love for God and neighbour, and then have a terribly sinful and embarrassingly nasty thought. How can this be? If God is alive in us, how can such terrible thoughts keep appearing in our minds? How do we combat this?

One unhelpful way to combat this experience of good thoughts followed by bad thoughts is to become angry with ourselves, thinking that we must just try harder. Trying harder not to think bad thoughts only increases our bad thoughts.

A Father of the Philokalia, St. Diadochos of Photiki, said that our mind is like a man facing the rising sun on a cold winter morning. His

face feels the warmth of the sun, but his back still feels the chill of the cold. Similarly, the Holy Spirit shining in our hearts warms our mind helping us to have thoughts of humility, thanksgiving and love for neighbour. However, because we have a habit of thinking wicked, judgemental and angry thoughts—like the cold of winter—we still feel and experience these ungodly thoughts.

So how do we increase the good thoughts and decrease the bad ones? Like the cold man in winter, we continue to face the sun. By paying attention to our thoughts that tend toward the fruit of the Spirit (love, joy, peace, patience, kindness, gentleness, goodness, faith, self control), we increase the warmth of God in ourselves. By paying attention to our wicked, angry, and judgemental thoughts and memories, we turn away from the sun, step into the shade—like Adam and Eve hiding in the fig trees—and thus our wicked thoughts increase. Our thoughts are a bit like muscles: the ones you exercise get bigger and stronger.

So what do you do with the bad thoughts? You ignore them. You don't fight them or argue with them, you ignore them. One Desert Father said that arguing with a thought is like trying to drive a dog away by throwing biscuits at it. You are actually feeding the thought by arguing with it. If a nasty thought is so persistent that you can't ignore it, then confess it to a priest, or a counsellor or a trusted spiritual friend (not to the person the thought is about!). It might be a bit shameful to confess, but confessing a persistent bad thought is one of the surest ways to deprive it of its power over you.

And most importantly, keep facing the sun. Keep nurturing those disciplines and activities that tend to produce the fruit of the Spirit, and

work to avoid those activities or relationships or situations that stir up your passions. This is what the Church calls asceticism. God bless and help us all.

### DISMISSAL

**Priest:** May He Who rose from the dead; Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross; by the protection of the honorable Bodiless Powers of Heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious and all-laudable apostles; of our father among the saints John Chrysostom, archbishop of Constantinople, whose Divine Liturgy we have now celebrated; of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; **of the holy, glorious, and all-laudable Apostle and Evangelist John the Theologian**, whose memory we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us. +

**Choir:** Amen.

### PARISH ANNOUNCEMENTS

- As we move forward into Autumn, we have our youth meetings on Thursday evening and Sunday School and both are off to a great start.
- Through October we will continue with Saturday and Sunday Matins (9:00 am) and Divine Liturgy (10:00 am). Vespers Saturday (6:00 pm) and Wednesday (7:00 pm). Daily Matins (7:00 am) Monday, Wednesday and Friday mornings.
- Fr. Michael plans to take five days at the Monastery in October, Monday the 18 to Friday the 22.
- Finally, if you do not feel comfortable coming to Church due to health concerns, you may watch Saturday Vespers and Sunday Liturgy on the Church's Facebook page and receive Holy Communion at the Church after the Liturgy.
- Also, Fr. Michael is willing to offer a mid-week Divine Liturgy just for your family upon request. The bishop has instructed that priests cannot bring the presanctified Holy Mysteries to your home unless you are too sick to come to Church.

For pastoral care, please contact:

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This Bulletin is a publication of:

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*Thank you for your presence today!*

## PRAYERS FOR THE DEPARTED

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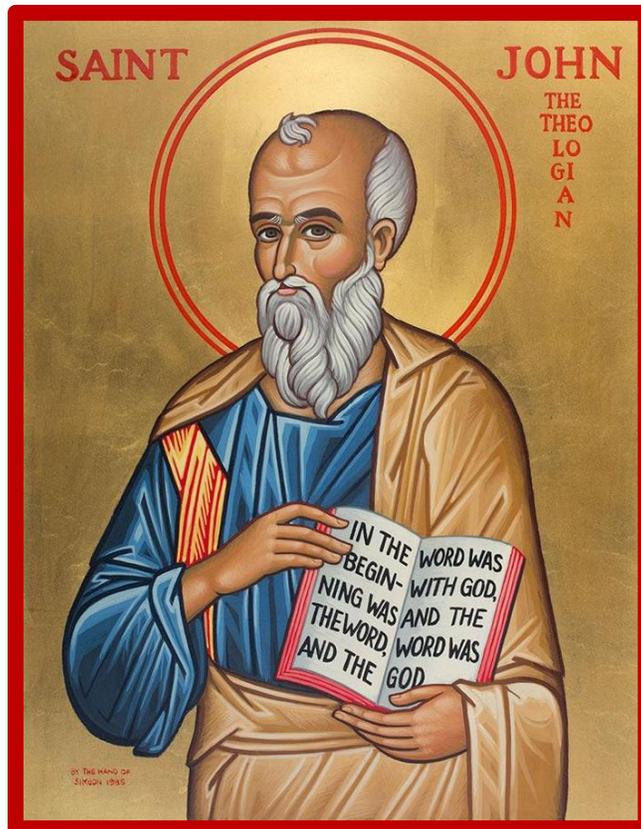
## PRAYERS FOR THE LIVING

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Icon: St. John the Theologian: Apostle and Evangelist