



THE FOURTEENTH SUNDAY AFTER PENTECOST
SEPTEMBER 6, 2015

GOD made the human body sacred and beautiful, the procreator with God of new life, the instrument by which Christ redeemed all mankind, the essential implement of zealous apostles, the very temple of the Trinity, destined to be resurrected and glorified. On earth, however, the body is not to be idolized or pampered, not to be served as a domineering tyrant. Left to itself, each bodily instinct seeks its own satisfaction, often to the harm of the whole person. Restraint controls the body and frees the soul for joy in living Christian ideals.

PRELUDE	
ENTRANCE OF THE CELEBRANT <i>(STAND)</i>	
PRAYERS AT THE FOOT OF THE ALTAR <i>(KNEEL, making the responses.)</i>	Missal pg. 8
INTROIT <i>(KNEEL)</i> Protector noster	Ps. 83:10-11
KYRIE <i>(KNEEL)</i>	Missal pg. 12
GLORIA <i>(STAND)</i>	Missal pg. 12
COLLECTS <i>(STAND)</i>	
THE EPISTLE <i>(SIT)</i>	Gal. 5:16-24
<i>When a man sins and rebels against God, his own instincts rebel against reason. Only by denying unlawful pleasure does he conquer himself and become fully human and happily Christian.</i>	
GRADUAL	Ps. 117:8-9
ALLELUIA	Ps. 94:1
THE HOLY GOSPEL <i>(STAND)</i>	Matt. 6:24-33
<i>Jesus does not exclude thoughtful planning and regular saving for the future. He condemns only distracting anxiety that judges God to be a poor provide. But if God provides the body and its life, He will also grant the gifts of food and shelter.</i>	
SERMON <i>(SIT)</i>	Monsignor John Mangels
NICENE CREED <i>(STAND)</i>	Missal pg. 15
OFFERTORY VERSE	Ps. 33:8-9
It is proper to sit while the offering is made standing at the <i>SURSUM CORDA.</i>	
“PRAY BRETHERN”	Missal pg. 21
SECRET COLLECTS	
SURSUM CORDA (pg. 22) & PREFACE OF THE TRINITY <i>(STAND pg. 23)</i>	
SANCTUS & BENEDICTUS <i>(KNEEL)</i>	Missal pg. 33

THE CANON OF THE MASS *(KNEEL)*
THE LORD’S PRAYER *(STAND)*
AGNUS DEI *(KNEEL)*
PRAYER BEFORE COMMUNION
COMMUNION VERSE

Missal pg.35
Missal pg. 44
Missal pg. 46
Missal pg. 50a
Matt. 6:33

Following the reception of Holy Communion, it is proper to return to your pew, kneel, and make your **Thanksgiving after Communion**, (*Missal pg. 51 or St. Ambrose Prayer Book pg. 177*) If you have not received Holy Communion, you should make a **“Spiritual Communion”** (*St. Ambrose Prayer Book, pg. 187*). This is far more spiritually beneficial and preferable to “people-watching.”

POSTCOMMUNION COLLECT *(Stand)*
DISMISSAL AND BLESSING *(KNEEL)*
LAST GOSPEL *(STAND)*
PRAYERS AFTER LOW MASS *(KNEEL))*
POSTLUDE

John 1:1-14



ANNOUNCEMENTS

WELCOME to all our guests and visitors this morning. There are Service Books in the pews for your use. While Holy Communion may **only be received by prepared Orthodox Christians**, our non-Orthodox guests are welcome to come forward at Communion for a blessing and the *pain benit*—blessed bread. Please fill out one of the “visitor cards” found in the pew racks and take a moment to sign our guest book in the Narthex! Please join us for Coffee Hour in the Parish Hall (*downstairs*).

Orthodox Christians **must be prepared** for Holy Communion through Sacramental Confession, fasting, prayer, and being at peace with others. A prepared person must have been to Confession recently (*frequency established by his Pastor*), have abstained from food and drink from Midnight and have attended Mass regularly. Please seek and give forgiveness before receiving Communion.

THOSE WHO NEED OUR PRAYERS

Please pray for: Megan Hines, the special intentions of Alexandra Eddy, Jakob and Xenia, Kh. Suzanne Bundy, Laura Bundy, Joe Valdez, Margaret Lyman, Don Clair, Lily Calderon, the unborn baby of Brittany & Michael, the Satah family in Syria, Charles Moffett, Abraham Martinez, Lisa and Chris, Neville Gaggiani, Phyllis Roberts, Bob Hester, Ray Rendoff, Jacob Kakish, Mary Ann Kristoff, Sue Stanko, Robert Phillips, the suffering Christians in Syria and the Middle East, Randy Ortega, Maria Palucha, Margie Palucha, Patty Ann Zubricky, Metropolitan Boulos of Aleppo, Metropolitan Mar Gregorios Yohanna Ibrahim of Aleppo, Corinne Fierkens, Kh. Angela Keiser, Nate Redman, Patty Rendoff, Aaron Rendoff, Vanessa Taylor, Jim Sanders.

THE SANCTUARY LAMPS burn this week to God’s honour and glory and for the one year Memorial of Chuck Dole. A gift from Pauline Dole; and for the Marriage of John and Colleen Fiscus. A gift from Patty Rendoff.

Think About it: Devote yourself ceaselessly to the words of God. Reading and doing them destroys the passions! *St. Thalassios the Libyan* (7th century)

UPCOMING DATES and EVENTS

Here are some important upcoming things at St. Augustine’s Parish. Please mark your calendars.

- **Annual Novena** in honour of Our Lady of Sorrows: Monday, September 7-15.

FISCUS/DANAHER WEDDING TODAY AT 3pm

This afternoon, John Fiscus and Colleen Danher will be united in the Holy Mystery of Matrimony at Assumption Greek Orthodox Cathedral located at Alameda and Dahlia Street at 3:00pm. All of our parishioners are invited to come to the Service and share in the joy of our parishioners as they are united in the Sacrament of Holy Matrimony.

Think about it: The quality of a person's life is in direct proportion to their commitment to excellence. *Vince Lombardi*

OUR LADY OF SORROWS-"Softener of Hearts"

In the Western Rite of the Orthodox Church, there are two Feast Days dedicated to the mystery of Our Lady's Sorrows. The First is on the Friday before Palm Sunday and the second comes on the day after the Triumph of the Holy Cross (Sept. 14). Both Feast Days commemorate the role of our Blessed Lady in the Life of Her Son, Our Lord Jesus Christ and all feasts of the Mother of God, point towards Him.

On February 2, the same day as the Great Feast of the Meeting of the Lord, Orthodox Christians commemorate a wonder-working icon of the Theotokos (Mother of God) known as "the Softening of Evil Hearts" or "Simeon's Prophecy."

It depicts the Virgin Mary at the moment that Simeon the Righteous says, "Yea, a sword shall pierce through thy own soul also...." (Luke 2:35) She stands with her hands upraised in prayer, and seven swords pierce her heart, indicative of the seven sorrows. This is one of the few Orthodox icons of the Theotokos which do not depict the infant Jesus. The refrain "Rejoice, much-sorrowing Mother of God, turn our sorrows into joy and soften the hearts of evil men!" is also used.

In this Parish, for some time we have celebrated both of these Feasts with the *Via Matris*, the Way of the Sorrowful Mother of God and meditate upon her seven Sorrows. In the Fall, a Novena (a period of nine days of prayer) is held in which we offer our petitions to the Virgin Mother of God. It is hoped that all of our people will participate in this powerful prayer.

LADIES MEETING NEXT SUNDAY

It's time for us to meet and start another church year together. Please bring your thoughts, questions and comments for a short meeting after Mass on Sunday, Sept. 13. We'll review the result of this past year's efforts and begin to plan this year.

To start the discussion, here is a short list of topics from our last meetings:

- fundraising projects
- retreat
- hospitality support: serving, cleaning and supply purchase
- Easter and special event planning
- church cleaning days
- Antiochian Orthodox Women membership dues

Wisdom from the Church Fathers: If we want to fare well in this life and go to Paradise, and to call our God Lord and Father, we must have two loves: the love for God and the love for our neighbor. It is natural for us to have these two loves, and contrary to nature not to have them. Just as a swallow needs two wings in order to fly in the air, so we need these two loves, because without them we cannot be saved. *St. Cosmas of Aitolia* (+1779)

CHRISTIAN EDUCATION PROGRAM

Christian Education will begin again at St. Augustine's in the second week of September. The children's education program needs teachers. Please let Mark Flory know if you would like to take on that

blessed responsibility. We have materials for you to use, but we need your time and talent.

The adult education program will now be THE ST. AUGUSTINE ACADEMY. This change signifies a change in the way that Christian education will be done. Instead of regular Sunday classes after brunch, we will focus on special, themed classes; mini-retreats, like the one Fr. Bundy did for us a few months ago; and evening classes during the week. If you have ideas for classes or mini-retreats, please let us know - we are still in the process of scheduling these.

Patristic Wisdom: Neither despair nor cease from praying, but approach even though you are sinful, so that you may glorify the Master and give Him the opportunity to show His loving-kindness when He forgives your sins. Likewise, if you fear to approach, you have prevented His goodness and impeded His abundant kindness. *St. Basil the Great* (+379)



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THIS WEEK AT SAINT AUGUSTINE'S

Monday, Sept. 7	<i>feria</i>	
	Solemn Inauguration of the Novena in honour of O. L. of Sorrows	7:00pm
Tuesday, September 8	Nativity of the Mother of God	Mass 7:00pm
Wednesday, Sept. 9	<i>St. Gorgonius, M</i>	Mass 7:00pm
Thursday, Sept. 10	<i>feria</i>	
Friday, Sept. 11	<i>Ss Protus & Hyacinth, MM</i>	
	<i>abstinence</i>	
Saturday, Sept. 12	Saturday of our Lady	Mass 10:00am
Sunday, Sept. 6	The Fifteenth Sunday after Pentecost	High Mass 10:00am

CONFESSIONS: *The Sacrament of Confession is available after all weekday Services, and anytime by appointment.*

