



THE SECOND SUNDAY AFTER EPIPHANY
THE MARRIAGE FEAST AT CANA OF GALILEE
JANUARY 17, 2016

At the wedding in Cana, Mary knew the embarrassment of the young couple over the shortage of wine, at once sympathized with them, and quite naturally went to her Son, Jesus, about the problem. With the delicacy of perfect prayer, she simply told Him the need. Power at the disposal of love, serving immediate needs, is also the point in the Epistle of today's Mass. Power without love corrupts and destroys. Love keeps power flowing outward in a purifying stream, for it demands both self-forgetfulness, and a respect for those in want.

By seeking the intercession of the Mother of God for those whom we serve, our charity is marked with tenderness. Through her eyes, we look upon the world's millions and make it our missionary aim to unite all men to her Son. "We, the many, are one body in Christ, members of one another" (Rom. 12:5).

PRELUDE
 ASPERGES ME (a weekly reminder of our Baptism) plainsong
(We KNEEL as the priest quietly begins the Prayers at the Foot of the Altar, pg. 8)
 INTROIT (KNEEL) Omnes terra adoret Ps. 65:4; 1-2
 KYRIE (KNEEL) Missa Marialis plainsong
 GLORIA (STAND) plainsong
 COLLECTS
 THE LESSON (SIT) Rom. 12:6-16
A Christian community is leavened with perfect love when each member takes upon himself the difficulties and joys of his brothers and sisters, as Jesus and Mary shared those of others at Cana.
 GRADUAL (SIT) Ps. 106:20-21
 ALLELUIA (SIT) Ps. 148: 2
 THE HOLY GOSPEL (STAND) John 2:1-11
The presence and miracle of Jesus at Cana blessed the sacred union of marriage and sanctioned the natural joys of wedding celebrations. The marriage union is a

symbol of the union of Christ with His Church made manifest at every celebration of the Mass.

SERMON (SIT) Msgr. John Mangels
 NICENE CREED (STAND) plainsong
 OFFERTORY VERSE (STAND) Ps. 65:1-2, 16
 HYMN (STAND) CHARLOTTE Hymnal No. 215
 SURSUM CORDA (pg. 22) & PREFACE OF THE TRINITY (pg. 23) (STAND)
 SANCTUS (KNEEL pg. 33) plainsong
 THE CANON OF THE MASS (KNEEL) Missal pg. 35
 THE LORD'S PRAYER (STAND) Missal pg.44
 AGNUS DEI (KNEEL pg.46) plainsong
 PRAYER BEFORE COMMUNION Missal pg. 50a
 COMMUNION VERSE John 2:7,8,9,10-11

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 *The 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 & BLESSING (KNEEL)
 LAST GOSPEL (STAND) John 1:1-14
 HYMN (STAND) SALZBURG Hymnal No. 53
 POSTLUDE



ANNOUNCEMENTS

WELCOME to all our guests and visitors. 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: Cece Scott, Nils, John, Hal Ogle, Kim Peoria, Charlie Hester, Charles Rubey, Victoria & John Lopp, Megan Hines, Mark Ainsworth, the special intentions of Alexandra Eddy, Margaret Lyman, Don Clair, Lily Calderon, the Setah family in Syria, Abraham Martinez, Neville Gaggiani, Phyllis Roberts, Bob Hester, Ray Rendoff, 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 in honour of all of our people who have entered in to the estate of Holy Matrimony that they may be given all graces for their married lives.

PLEASE USE YOUR KING SOOPERS GIFT CARDS AS OFTEN AS YOU CAN

One of the GREAT FINANCIAL BENEFITS to our parish is the King Soopers Gift Card program that was initiated by Debbie Braun a few years ago. It is a way were you can shop—like you always do, pay nothing more and have 5% if your bill come back to St. Augustine's! It is a **wonderful way to increase our revenue without costing you ANYTHING!** If your card has not been used for 90 day, please get another one from Debbie and begin using it again!! \$25.00 gets you a card and you are free to spend all of that money any way you like at any King Soopers store. When it's gone, fill it up again with however much you like and get to spending and helping out beloved Parish!

EPIPHANY WATER

The Holy Water blessed for the Epiphany **is available in the Holy Water receptacle in the Narthex of the Church.** Please feel free to take some home with you. According to Orthodox doctrine, holy water has the power to sanctify and heal. Have each family member drink a small amount of the holy water from Epiphany. Keep the unused holy water in your home prayer corner for future use: times of adversity, before starting a new venture or trip, to give thanks, or when someone is ill. You may drink it or anoint yourself when you feel spiritually afflicted. To rid the house of evil spirits, it should be sprinkled in the four corners of each room. We have Holy Water Bottles available in the Book Store.

THANK YOU!

We are so grateful to all of our parishioners who stayed after Coffee Hour to remove the Christmas decorations and clean. It was a joyous task because of all the good will expressed!

Think about it: ...as sages have observed one way or another, political correctness is the speech of those who are terrified by what might happen if they spoke the truth. *Rev. George W. Rutler*

THE SACRED & THE PROFANE

On the one hand, there is pop music, which is certainly no longer supported by the people in the ancient senses (populous). It's aimed at the phenomenon of the masses, is industrially produced, and ultimately has to be described as a cult of the banal. "Rock," on the other hand, is the expression of elemental passions, and at rock festivals it assumed a cultic character, a form of worship, in fact, in opposition to Christian worship. People are, so to speak, released from themselves by the experience of being part of a crowd and by the emotional shock of rhythm, noise, and special lighting effects. However, in the ecstasy of having all their defenses torn down, the participants sink, as it were, beneath the elemental force of the universe. The music of the Holy Spirit's sober inebriation seems to have little chance when self has become a prison, the mind is a shackle, and breaking out from both appears as a true promise of redemption that can be tasted at least for a few moments.

SOME UP-COMING EVENTS: MARK YOUR CALENDARS.

- **The Presnetation of Our Lord and the Purification of His Mother, February 2** We will have Mass and the blessings of Candles on "Candlemas Day, Tuesday, Fr. 2 at 7pm.
- **Ash Wednesday** Orthodox Christians of the Western Rite begin the Great Lent on Wednesday, march 16 with Mass and distribution of ashes at 7:00pm.

The Church Fathers Speak: We must remember that we should do God's will, not our own...we are simply living in this world as guests and strangers. What person placed in a foreign country would not hurry to return to his own native country? It is an empty show of faith when there is no danger. Sufferings, struggles and adversity are what test the truth about our faith, and the tree that is deeply rooted is not swayed by the onset of storms and strong winds. *St. Cyprian* (+258)

PICK UP YOUR CALENDARS 2016 in the Bookstore! The calendar gives all the Fasts & Feasts so that you can prepare and be aware!

From the Holy Fathers: Passions are brought either by images or by sensations devoid of images and by memory, which at first is unaccompanied by passionate movements or thoughts, but which later produces excitation." One way to deal with these passions, continued St. Isaac: "... their thought must become attached to nothing except their own soul." *St. Isaac the Syrian* (+700)

GOOD MARRIAGE

Pastorally and clinically I have found four factors are especially insidious in undermining marital relationships: mind-reading, reciprocity, entitlement, and constant urging (colloquially known as "nagging") (Burns, 1989).

- Mind-reading is the unrealistic cognition that one's partner should be able to know what the one is thinking, feeling or desiring. (All individuals perceive the world differently; it is the individual's responsibility to communicate to their spouse what their wants and needs are.)
- Reciprocity is the unrealistic expectation that if one does something for someone they have the right to expect a return (even though the other may not be privy to this "unilateral contract.") Spouses should clearly state what they want from the other and attempt to come to a common agreement.
- Entitlement occurs when the spouse feels they *deserve* love, companionship, happiness, honesty, obedience, etc. Entitlement works hand in hand with *expectations*. When an event occurs in which one family member does not feel that others lived up to what was expected of them, feelings of anger and being used result.

Constant urging is the unrealistic expectation that if one urges (nags) one's partner enough, he will comply with what is wanted. Often the opposite is produced, people stonewall when feeling coerced. It is better to get individuals to voluntarily comply with requests on their own. *Fr. George Morelli*

Wisdom from the Church Fathers: I entreat you, beloved brethren, that each one should confess his own sins while he is still in this world—while his confession can still be received and while the satisfaction and remission made by the priests are still pleasing to the Lord. *St. Cyprian of Carthage* (+258)

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THIS WEEK AT SAINT AUGUSTINE'S

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| Monday, January 18 | Chair of St. Peter in Rome, <i>St Prisca, VM</i> | |
| Tuesday, Jan. 19 | <i>St. Marius, Martha, Audifax, & Abachum, M. St. Mark of Ephesus, B.C.</i> | |
| Wednesday, Jan. 20 | Ss. Fabian (Bishop) & Sebastian, MM | Mass 7:00pm |
| Thursday, Jan. 21 | St. Agnes of Rome, Virgin & Martyr | |
| Friday, Jan. 22 | Ss. Vincent & Anastasius, Martyrs | |
| | <i>abstinence</i> | |
| Saturday, Jan. 23 | <i>St. Emerentiana, Virgin & Martyr</i> | Mass 10:00am |
| Sunday, Jan 24 | Second Sunday after Epiphany | High Mass 10:00am |

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