



# Holy Transfiguration Orthodox Church

*a mission of the Orthodox Church in America*

*Twenty-second Sunday after Pentecost*

**Sunday, November 1, 2015**

*Holy Wonderworkers and Unmercenaries Cosmas and Damian*

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Fr. Martin D. Watt, Priest-in-Charge

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*and rectory:* Ames, Iowa 50010

(515) 337-1192 (*rectory*)

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**Welcome!** We are honored that you have joined us in our celebration of the Lord's resurrection this day.

If you are a first time visitor to our parish, we invite you to sign our guest book. If you have a question, a prayer request, or any need, please speak with Fr. Marty, or with any parish member.

For our friends present with us who are not Orthodox Christians, please note that we have specific disciplines regarding receiving Communion. We ask that you refrain from going to Communion until you have spoken with Fr. Marty and understand our discipline and piety regarding this sacrament and its implication for responsibility towards and membership in the Orthodox Church. The bread and wine offered after communion and the bread offered at the end of the service is available to all.

If you are an Orthodox Christian from another parish who has prepared in accordance with your discipline, and have a blessing from your home priest to do so, we invite and encourage you to partake of Holy Communion.

This booklet contains the variable hymns and readings specific to today. Please feel free to take it with you. There are coil-bound booklets with the text for the Divine Liturgy – if you find it useful, please feel free to take one of those as well, with our compliments.

We also hope you will stay and join us in our coffee and fellowship hour, which immediately follows the service. We want the opportunity to get to know you, and for you to get to know us. Again, welcome!

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*Regular services:*

**Great Vespers, Saturday at 6:30pm**

**Confession, immediately following Great Vespers, other times by appointment.**

**Third and Sixth Hour Prayers, Sunday at 9:40am**

**Divine Liturgy, immediately following the hours.**

**Music Rehearsals, Saturday at 6:00pm**

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621 Kellogg Avenue, Ames, Iowa 50010

*(corner of 7<sup>th</sup> and Kellogg)*

*Resurrectional Troparion – Tone 5*

Let us, the faithful, praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the Cross in the flesh,  
to endure death,  
and to raise the dead//  
by His glorious Resurrection.

*Troparion for Ss. Cosmas and Damian – Tone 8*

Holy Unmercenarys and Wonderworkers, Cosmas and Damian, heal our  
Infirmities!//

Freely you have received; freely you give to us.

*Kontakion for Ss. Cosmas and Damian – Tone 2*

Having received the grace of healing,  
you grant healing to those in need.  
Glorious wonder-workers and healers, Cosmas and Damian,  
visit us and put down the insolence of our enemies,//  
and bring healing to the world through your miracles!

*Glory to the Father and to the Son and to the Holy Spirit,  
now and ever and unto ages of ages, amen*

*Resurrectional Kontakion – Tone 5*

You descended into hell, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.  
You have delivered Adam from the curse, O Lover of Man,//  
and we cry to You: “O Lord, save us!”

*Epistle: (215) – Galatians 6:11-18*

*Priest:* Let us attend! +Peace be unto all!

*Reader:* And with your spirit!

*Priest:* Wisdom!

*Prokeimenon, Tone 5*

*Reader:* The Prokeimenon, in the 5<sup>th</sup> Tone: You, O Lord, shall protect us and  
preserve us from this generation forever.

*Choir:* You, O Lord, shall protect us and preserve us from this generation  
forever.

*Reader:* Save me, O Lord, for there is no longer any that is godly!

*Choir:* You, O Lord, shall protect us and preserve us from this generation  
forever.

*Reader:* You, O Lord, shall protect us ...

*Choir:* ... and preserve us from this generation forever.

*Deacon:* Wisdom!

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*Reader:* The Reading from the Epistle of the Holy Apostle Paul to the Galatians.

*Deacon:* Let us attend!

*Reader:* Brethren, See how large a letter I have written unto you with mine own hand! As many as desire to make a good showing in the flesh, these try to compel you to be circumcised, only that they may not suffer persecution for the Cross of Christ. For not even they themselves who are circumcised keep the law, but they desire to have you circumcised that they may glory in your flesh. But God forbid that I should glory, except in the Cross of our Lord Jesus Christ, by Whom the world is crucified unto me, and I unto the world. For in Christ Jesus neither circumcision availeth anything, nor uncircumcision, but a new creation. And as many as walk according to this rule, peace be on them, and mercy, and upon the Israel of God. From henceforth let no man trouble me, for I bear in my body the marks of the Lord Jesus. Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen.

*Alleluia:* Tone 5

*Reader:* **And to Your spirit.** In the 5<sup>th</sup> Tone: Alleluia, Alleluia, Alleluia!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation.

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* For You have said: "Mercy will be established forever; My truth will be prepared in the heavens."

*Choir:* Alleluia! Alleluia! Alleluia!

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*Gospel:* (83) – Luke 8:26-39

*Priest:* The reading from the Holy Gospel according to St. **Luke.**

*Choir:* Glory to You O Lord, Glory to You.

*Priest:* Let us Attend!

At that time, when Jesus came to the country of the Gadarenes, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness. Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. And they begged Him that He would not command them to go out into the abyss. Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. Then the

demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned. When those who fed them saw what had happened, they fled and told it in the city and in the country. Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen it told them by what means he who had been demon-possessed was healed. Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned. Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, "Return to your own house, and tell what great things God has done for you." And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

*Choir:* Glory to You O Lord, Glory to You.

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*Please join us in our fellowship hour immediately following the dismissal!*

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**Basics of Orthodoxy Discussion** – Wednesday, November 4, 6:30 pm.

**Annual Meeting** – Next Sunday, November 8<sup>th</sup> immediately following the Divine Liturgy.

**St. Demetrios Parish Slava** – This Saturday, November 7<sup>th</sup>, at St. George Greek Orthodox Church Parish Hall in Des Moines. Serbian food, drink, and dancing! Begins approximately 1pm.

**How often should I come to Confession?** This is a very legitimate question. But sometimes it is asked in the spirit of the Lawyer who asked Jesus, "What must I do to inherit the Kingdom of Heaven?" Underlying his question seems to be: "What is the LEAST I must do to enter the Kingdom of Heaven?" The man left disappointed, precisely because the Lord gave him a maximalist answer: "Sell all that you have, distribute to the poor, and come, follow Me."

Since the Christian life is a life of repentance, and since Confession brings reservoirs of Grace to assist us in the spiritual life and bring healing to the passions of our soul, we should avail ourselves of it often. We should avoid thinking in terms of the "minimum requirements." We reap what we sow. If we confess minimally, we will grow minimally. A good minimal rule is four times a year, during the four fasting seasons of the Church. However, as a way of avoiding the pitfalls mentioned above, once each month will serve our spiritual lives much better. Otherwise, we should come any time there is need or desire. While we should prepare sincerely for Confession, we must be careful not to use the need for preparation as an excuse for procrastination. Preparation (or the thought of preparation) for Confession should not be an overwhelming or exhausting experience.