

*Sunday Before Theophany  
Holy Prophet Malachi, Martyr Gordius*

---

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

*Mailing address* 1411 Wilson Avenue

*and rectory:* Ames, Iowa 50010

(515) 337-1192 (*rectory*)

---

**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!

---

*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

---

621 Kellogg Avenue, Ames, Iowa 50010  
*(corner of 7<sup>th</sup> and Kellogg)*

*Resurrectional Troparion – Tone 6*

The angelic powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You took hell captive,//  
not being tempted by it.  
You came to the Virgin, granting life.//  
O Lord, Who rose from the dead, glory to You.

*Troparion of the Forefeast – Tone 4*

Prepare, O Zebulon;  
and adorn yourself, O Naphtali!  
River Jordan, cease flowing  
and receive with joy the Master coming to be baptized!  
Adam, rejoice with our First Mother  
and do not hide yourself as you did of old in Paradise;  
for having seen you naked,  
He has appeared to clothe you with the first garment.//  
Christ has appeared to renew all creation.

*Troparion for Martyr Gordius – Tone 4*

Your holy martyr Gordius, O Lord,  
through his suffering has received an incorruptible crown from You, our God.  
For, having Your strength, he laid low his adversaries,  
and shattered the powerless boldness of demons.//  
Through his intercessions save our souls!

*Kontakion for the Prophet Malachi – Tone 4*

Endowed with the gift of prophecy, O Malachi,  
you clearly proclaimed the saving coming of Christ to the world.//  
His brightness has brought light to the whole universe.

*Kontakion for the Martyr Gordius – Tone 4*

Holy Gordius, the earth has received the sweat of your labors;  
the blood you shed has made the universe rejoice.  
Save by your prayers those who sing of your glory in faith,//  
fittingly honoring you, divine and glorious martyr, worthy of all praise.

*Glory to the Father and to the Son and to the Holy Spirit,*

*Kontakion for the Forefeast – Tone 4*

Today the Lord enters the Jordan and cries out to John:  
“Do not be afraid to baptize me.//  
For I have come to save Adam, the first-formed man.”

*now and ever and unto ages of ages, amen*

*Resurrectional Kontakion – Tone 6*

When Christ God the Giver of Life,  
raised all of the dead from the valleys of misery with His mighty hand,  
He bestowed resurrection on the human race.//  
He is the Savior of all, the Resurrection, the Life, and the God of all.

---

*Epistle: (298) – 2 Timothy 4:5-8 (Sunday before the Theophany)*

*Prokeimenon, Tone 6*

*Reader:* The Prokeimenon, in the 6<sup>th</sup> Tone: O Lord, save Your people, and bless Your inheritance!

*Choir:* O Lord, save Your people, and bless Your inheritance!

*Reader:* To You, O Lord, will I call. O my God, be not silent to me!

*Choir:* O Lord, save Your people, and bless Your inheritance!

*Reader:* O Lord, save Your people, ...

*Choir:* ... and bless Your inheritance!

*Deacon:* Wisdom!

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

*Deacon:* Let us attend!

*Reader:* My son Timothy, be vigilant in all things, endure afflictions, do the work of an evangelist, fulfill thy ministry. For I am now ready to be offered, and the time of my departure is at hand. I have fought a good fight, I have finished my course, I have kept the faith. Finally, there is laid up for me a crown of righteousness, which the Lord, the Righteous Judge, shall give to me on that day, and not to me only, but also unto all them that have loved His appearing.

*Priest:* Peace be to you.

*Alleluia: Tone 8*

*Reader:* **And to Your spirit.** In the 8<sup>th</sup> Tone: Alleluia, Alleluia, Alleluia!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* O God, be bountiful to us and bless us, show the light of Your countenance upon us, and have mercy on us!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* That we may know Your way upon the earth, and Your salvation among all nations.

*Choir:* Alleluia! Alleluia! Alleluia!

---

*Gospel: (1) – Mark 1:1-8 (Sunday before the Theophany)*

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

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

*Priest:* Let us Attend!

The beginning of the gospel of Jesus Christ, the Son of God. As it is written in the Prophets: "Behold, I send my messenger before your face, who will prepare your way before you." "The voice of one crying in the wilderness: 'prepare the way of the lord; make his paths straight.'" John came baptizing in the wilderness and preaching a baptism of repentance for the remission of sins. Then all the land of Judea, and those from Jerusalem, went out to him and were all baptized by him in the Jordan River, confessing their sins. Now John was clothed with camel's hair and with a leather belt around his waist,

and he ate locusts and wild honey. And he preached, saying, "There comes One after me who is mightier than I, whose sandal strap I am not worthy to stoop down and loose. I indeed baptized you with water, but He will baptize you with the Holy Spirit."

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

---

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

---

**Theophany Service:** Tuesday evening, January 5, Great Vespers with the Lesser Blessing of the Water, 6:30 pm

---

**Wisdom! Let us attend!**

Nobody has ever gained more in this world than a plate of food, a garment to wrap himself in and a roof over his head. This is all the material wealth that you truly need. All the other things aren't immediately important to our biological existence. People today are always running... and if you ask them why, they don't know. (*Based on Elder Joseph of Vatopaidi*)

---

We shouldn't blackmail God in our prayers. We shouldn't ask Him to release us from something, like an illness or whatever. Nor to solve our problems for us. We should just ask for strength and support from Him, so that we can bear these. (*St. Porphyrios of Kavsokalyvia*)

---

It is very easy to lead the world. First, one needs to lead the nation, which is a much easier thing. In order to rule the nation, one needs to lead one's family, which should be even easier. But ultimately, only one thing is really needed: to lead and rule over one's self; to repress one's passions and sins. This, believe it or not, is impossible for a human being. Only God can achieve it. One needs a lot of prayer, patience, repentance and the simplicity of hope. (*based on St. Mark the Ascetic*)

---

A Christian must not be fanatical; he must have love for and be sensitive towards all people. Those who inconsiderately toss out comments, even if they are true, can cause harm. I once met a theologian who was extremely pious, but who had the habit of speaking to the secular people around him in a very blunt manner; his method penetrated so deeply that it shook them very severely. He told me once: "During a gathering, I said such and such a thing to a lady." But the way that he said it, crushed her. "Look", I said to him, "you may be tossing golden crowns studded with diamonds to other people, but the way that you throw them can smash heads, not only the sensitive ones, but the sound ones also." Let's not stone our fellow-man in a so-called "Christian manner." The person who – in the presence of others – checks someone for having sinned (or speaks in an impassioned manner about a certain person), is not moved by the Spirit of God; he is moved by another spirit. The way of the Church is love; it differs from the way of the legalists. The Church sees everything with tolerance and seeks to help each person, whatever he may have done, however sinful he may be. (*Saint Paisios the Athonite*)