



The Sunday Messenger

HOLY TRINITY ORTHODOX CHURCH - WILKES BARRE, PA

November 30th, 2025 + 25th Sunday after Pentecost + Holy Apostle Andrew the First-called. Ven. Sebastian Dabovich



Hymns for This Week

Thou didst descend from on high, O Merciful One! Thou didst accept the three day burial to free us from our sufferings! O Lord, our Life and Resurrection, glory to Thee!

O Andrew, first-called of the Apostles, and brother of the foremost disciple, entreat the Master of all to grant peace to the world, and to our souls great mercy!

By rising from the tomb, Thou didst raise the dead and resurrect Adam. Eve exults in Thy Resurrection, and the world celebrates Thy rising from the dead, O greatly Merciful One!

Let us praise Andrew, the herald of God, the namesake of courage, the first-called of the Savior's disciples and the brother of Peter! As he once called to his brother, he now cries out to us: "Come, for we have found the One Whom the world desires!"

Please Sing Along!

Singing the hymns and responses to the litanies along with the choir throughout the Divine Liturgy is encouraged!

Epistle Reading - Ephesians 4:1-6

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.

Gospel Reading - Luke 13:10-17

Now He was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day." The Lord then answered him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound – think of it – for eighteen years, be loosed from this bond on the Sabbath?" And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

DEAR GUESTS AND FRIENDS: A most sincere and heartfelt welcome to you from our community. According to the ancient tradition of the Orthodox Church, the Sacrament of Holy Communion is to be administered only to Orthodox Christians who have prepared to receive the Holy Sacrament through prayer and fasting. Speak w/ Fr. Innocent if you would like to learn more!



This Week's Schedule

Doly TRINITY ORTHODOX CHURCH

The Church's Nativity Fast is

November 15th-December 25th after Liturgy

See Fr. Innocent if you have questions concerning the fast or to discuss your particular circumstance.

THIS WEEKEND

Saturday, Nov 29th

Great Vespers @ 5 PM, Confessions

Sunday, Nov 30th

Matins @ 8 AM, Hours @ 8:40 AM, Divine Liturgy @ 9 AM,
Parish Potluck, Church School, Hospitality Committee
Brief Parish Council Meeting regarding Roof Project

Nov. 30th Parastas

In Memory of David Voda

Offered by Delores Voda

In Memory of Walter, Helen, Thomas, Leanne

Offered by Elena Cherkis

+++

If you would like to submit names for the Parastas, please give them to Fr. Innocent or bring them to the service.

+++

THIS WEEK

Wed @ 10 AM: Bible Study - Epistle to the Romans

Wed @ 11 AM to 1 PM: Church Open for Prayer

Wed @ 6 PM: Akathist - St. Nicholas of Myra

Wed @ 6:40 PM: Orthodoxy 101

+++

NEXT WEEKEND

Saturday, Dec 6th

Feast of St. Nicholas of Myra

Deanery Retreat at St. Nicholas in Olyphant, PA @ 9:30 AM

HTOC: Great Vespers @ 5 PM, Confessions

Sunday, Nov 7th

Matins @ 8 AM, Hours @ 8:40 AM, Divine Liturgy @ 9 AM,
Coffee Hour, Church School



ANNOUNCEMENTS

& Upcoming Parish Events

+++ Weekly / Monthly +++

Bible Study Wednesdays at 10 AM. Everyone is welcome. We are reading through the Epistle to the Romans with discussions.

ORTHODOXY 101 Wednesdays @ 6:40 PM following the Akathist Service (6 PM): Orthodoxy 101 is for visitors, inquirers, catechumens or anyone interested in learning more about the foundations of our faith.

Parish Potlucks are usually the last Sunday of each month. Our next potluck is **Sunday, November 30th**

Friends of the Poor is usually the second Saturday of each month. The next FOP is **Saturday, December 13th**

Holy Trinity Parish Council is usually the second Sunday of each month. The next Parish Council is **Sunday, December 14th.**

WANTED: Coffee Hour Teams - Sponsor a Sunday Coffee Hour with a friend. Speak with Joanne Dutko to learn more and sign up.

December 6th, St. Nicholas Day Deanery

Retreat: The Wilkes-Barre Deanery and the community of **St. Nicholas Orthodox Church in Olyphant PA** invites the faithful of our region to join together for a one day Pre-Nativity retreat on Saturday, December the 6th, the Feast of St. Nicholas the Wonderworker. The day will begin at 9:30am with Divine Liturgy concelebrated by the gathered local clergy. Following will be a light, but festive meal in the parish hall. After which we will have a guest speaker, Gary Cattell, to discuss his experience as an Orthodox evangelist in modern America. Gary is often referred to as "The Willard Preacher" and has spent over four decades evangelizing to the college students on the campus of The Pennsylvania State University. St. Nicholas Orthodox Church in Olyphant is honored to host this event that coincides with their Patronal Feast Day.

NATIVITY FAST SEASON GIVING OPPORTUNITIES:

B&B Food Pantry operating out of Noxen Health Center provides food for residents of Wyoming county. This year we will be collecting food for them throughout the Nativity fast until Sunday, December 28th. Please bring the following and place them in the boxes on the Narthex / Vestibule: Canned veggies, cereal, pasta, pasta sauce, instant potatoes, ramen, stuffing, mac and cheese, toiletries such as toothpaste, deodorant, denture cleaner,

shampoo. No extra large containers please. If you have any questions please see Joanne Dutko.

Donations for Friends of the Poor: Each year during the Nativity Fast our own Friends of the Poor ministry makes an appeal for monetary donations to help sustain the program throughout the next year. If you would like to make a donation please leave it at the candlestand marked for Friends of the Poor through Sunday, Dec. 28th. Checks can be made out directly to "Friends of the Poor".

Parish Nativity Fast Retreat

The Book of

REVELATION

AN ORTHODOX PERSPECTIVE

BY FR. MICHAEL AZAR

Professor of Biblical Studies Scranton University

Saturday, December 20th

Divine Liturgy at 9 AM

Followed by Lenten Meal &

Presentation on the Book of Revelation

Birthdays & Anniversaries

December Birthdays: David Clark (12/1), Stephen Dutko (12/8), Nina Grymko (12/10), Andrew Kondratick (12/11), Lydia Dutko (12/12), Andrew Conklin (12/13), Renee Spinghel (12/17), Joan Austin (12/18), Christa Talpash (12/19), Dcn Lawrence Worlinsky (12/19), Patrick Tutella (12/19), Susan Goobic Howell (12/19), Jeri Basarab (12/21), Mary Ann Kudey (12/21) Dolores Rilko (12/21), Anessa Cardoni (12/28)

Anniversaries: N/A

This Week: Birthdays – Candice Dutko (11/30), David Clark (12/1)



Words of Wisdom From the Saints & Teachers

+++

Prayer, Fasting, Almsgiving

An series from The Orthodox Faith on oca.org

ON PRAYER

All of the virtues and powers of God are attained primarily by prayer. Without prayer, there is no spiritual life. As the Russian bishop, Theophan the Recluse, has said, "If you are not successful in your prayer, you will not be successful in anything, for prayer is the root of everything" (Theophan the Recluse, 19th c., *The Art of Prayer*, Igumen Chariton, ed.).

And when you pray, you must not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, that they may be seen by men. Truly, I say to you, they have their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you (Mt 6.5–6).

Prayer must be in secret. This is the first rule given by Christ. The person who prays must do so in such a way that he would not be seen by men to be praying.

In the spiritual tradition of the Church, the words of Christ "go into your room" have been interpreted in two ways. First of all, they have been understood to be a literal commandment. The praying person must close himself off physically during times of prayer in order to pray secretly and to avoid being seen.

Secondly, these words of Christ have been understood to mean that the praying person must enter within himself, praying secretly in his mind and heart at all times, without displaying his interior prayer to others. Thus the "room" which one must "go into" is the "room of the soul."

The room of the soul is the body; our doors are the five bodily senses. The soul enters its room when the mind does not wander here and there, roaming among the things and affairs of the world, but stays within, in our heart. Our senses become closed and remain closed when we do not let them be passionately attached to external sensory things and in this

PARISH PRAYER LIST // Homebound: Evelyn, Vladimir, Jeri, David, Paul, Archpriest Theodore, Mat. Elizabeth, Mary, Patricia, Barbara, Jeri, Joan, Irene, Alice // **Sick & Suffering:** Cynthia Dulsky, Nadine Breisch, Elizabeth Hutz, Mary Hutz, David Lezinsky, Tom Vaskalis, Tom O'Brian, David, Delores Tressa, Sylvia Dreater, Pearl Tutko, Marie Dutko, Elaine & Forrest Hanson, Alexandra, Jody, Michael Noice, Paul Loftus, Santo, Susan Shiposki // **Recently Departed:** Rosalie Romanuski // **Pray for our Catechumens:** Tom, Gail, Jaqueline, DeJare, Eric, John, Adrienne, Michelle, Jesse, Katie, Lisa // **Inquirers:** James, Raven, Aaric, Tyler, Tonia, Damian

way our mind remains free from every worldly attachment, and by secret mental prayer unites with God its Father.

God who sees all secret things sees mental prayer and rewards it openly with great gifts. For that prayer is true and perfect which fills the soul with divine grace and spiritual gifts (Saint Gregory Palamas, 14th c., *How All Christians Must Pray Without Ceasing*).

Thus, in the spiritual tradition of the Christian teachers of prayer, the unification of the mind and the heart within the soul is seen to be the fulfillment of the basic condition of prayer as commanded by Christ (cf. *The Art of Prayer*, Igumen Chariton, ed.).

And in praying, do not heap up empty phrases as the heathen do; for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask Him (Mt 6.7–8).

God knows the needs of His people. Man prays in order to unite his mind and heart with God. He prays in order that God's will would be done in his life. He prays so that whatever he needs from God would be given. He prays so that he would consciously and with full awareness express the fact that all that he is, has and does is dependent on God. It is man who needs to pray. It is not God who needs man's prayers.

True Christian prayer must be brief. It must be simple and regular. It must not be many-worded. Indeed it need not have words at all. It may be the totally silent inner attitude of the soul before God, the fulfillment of the words of the psalmist:

Commune with your hearts ... and be silent. Be still, and know that I am God (Ps 4.4, 46.10).

The teaching about brevity and silence in prayer is found in all of the spiritual teachers. Saint Dimitry of Rostov sums up this teaching when he says that the publican prayed only "God be merciful to me a sinner" and was justified; the repentant thief prayed only "Remember me ..." and received paradise; and the prodigal son and the tax-collector, Zacchaeus, said nothing at all, and received the mercy of the Father and the forgiveness of Christ (Lk 15.20, 18.13, 19.5, 22.42; cf. St Dimitry of Rostov, 17th c., *The Art of Prayer*, Igumen Chariton, ed.).

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks, finds, and to him who knocks it will be opened... If you who are evil know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

Whatever you ask in My name, I will do it, that the Father may be glorified in the Son; if you ask anything in My name, I will do it (Jn 14.13–14).

Truly, truly I say to you, if you ask anything of the Father, He will give it to you in My name. Until now you have asked nothing in My name; ask, and you will receive, that your joy may be full (Jn 16.23–24).

Whatever one asks in the name of Jesus will be given. This does not mean that man can ask God for anything at all. He cannot ask for what is not needed, or for what is evil. He can ask, however, and must ask for "good gifts," for whatever can be asked in the name of Christ, for whatever is holy and sinless and good. If one asks for good things in faith, he will certainly receive them if God thinks that he should have them for his life and salvation. This is the promise of the Lord Himself.

If you abide in Me and My words abide in you, ask whatever you will, and it shall be done for you (Jn 15.7). And whatever you ask in prayer, if you have faith, you will receive (Mt 21.22, cf. Lk 18.1–8).

Every prayer directed to God in faith is answered. This does not mean that what is asked is always given, for God knows better than the person who prays what is good for him. For this reason the spiritual teachers warn man against being too long and insistent in his concrete demands of the Lord. God knows best what is needed, and in order to prove this to His servants, He may at times yield to their insistent demands and give what they want, but should not have, in order to show them quite clearly that they should have trusted in His wisdom. Thus it is always best to be silent and brief in prayer, and not too specifically demanding. It is always best to pray: "Give what is needed, O Lord. Thy will be done."

<p>Monthly Cost to Keep the Church Open: \$12,305 Weekly Cost to Keep the Church Open: \$2,840 Last Week's Collection (11/23/25) : \$3,878</p>
