

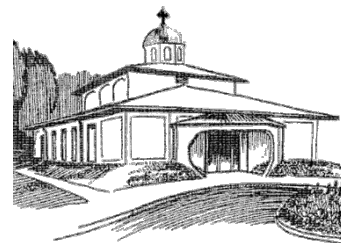


St Nicholas Orthodox Church

*A Parish of the Diocese of the Midwest
of the Orthodox Church in America*

9650 Johnnycake Ridge Road, Mentor, OH 44060

<https://saintnicholas-oca.org/>



Parish Rector: Fr Mark Therrien + (216) 678-8181 + fr.mark.therrien@gmail.com



Services & Events Beginning Sunday, November 10, 2024

- Sunday, Nov. 10** *20th Sunday after Pentecost*
8:35a 3rd & 6th Hours, Churching, Divine Liturgy || **After Liturgy:** Annual Meeting
6–7:30p Teen Group
- Monday, Nov. 11** 6p Celebration of St Martin (Brief Moleben, Hymns and Lantern Walk, Potluck)
- Tuesday, Nov. 12** 10a Cleveland Deanery Meeting || **5:30p** Great Vespers || **6:30p** Choir Practice
- Wednesday, Nov. 13** *St John Chrysostom*
9a Divine Liturgy
- Thursday, Nov. 14** 6p Unction Service (at St Innocent Church in Olmstead Falls)
- Friday, Nov. 15** *The First Day of the Nativity Fast*
7a Matins or Hours (Confession available afterwards) || **6p** Book Group & Compline
- Saturday, Nov. 16** 10a Panikhida || **4p** Catechism Class || **5:30p** Great Vespers (followed by confession)
- Sunday, Nov. 17** *21st Sunday after Pentecost*
9a Church School || **9:35a** Hours, Prayers at the Making of a Catechumen, Div. Liturgy



ATTENDANCE & STEWARDSHIP FOR NOVEMBER 3, 2024

Attendance: 167 (125 adults + 42 children); **Operating:** \$3,687; **ZOE:** \$20; **Capital Maintenance:** \$115; **Diocesan Dues:** \$186.25; **Candles:** \$67; **Uganda:** \$75; **Parish Charities:** \$90

“Again we pray for those who bring offerings and do good works in this holy and all-venerable temple . . .”
(from the final petition of the Augmented Litany)



WEEKLY CATECHETICAL NOTES

A General Reminder about Proper Etiquette at the Time of Communion

Over the last several weeks, I have noticed that many people have again been leaving the temple after receiving holy Communion.

As a reminder: The reception of the holy and life-giving Mysteries, the true Body and Blood of our Lord, God, and Savior, Jesus Christ, is the most holy event that we experience in this life. Indeed, in taking the Lord’s true Body and Blood into us—and so in becoming mingled with him—we are given a foretaste of heaven itself, where God’s presence will be perceived in all things immediately. And so, after receiving holy Communion, we should either meditate upon this great Gift in silence and stillness, we should sing “Receive the Body of Christ” with the choir, or we should read the Prayers after holy Communion with love and compunction. If we have small children, this is a good time to offer them some instructive words about What they have just received, reminding them of our Lord’s great love for us. In any event, we should not, in general, leave the holy temple while the holy Gifts are out. Rather, we should remain within it, thanking God for the gift of eternal life that he gives us in the holy Mysteries.



This Friday: The Beginning of the Nativity Fast

As I have been mentioning for several weeks now, the Nativity Fast begins this Friday, November 15. What are the general rules for this fast? Basically:

- We refrain from eating meat, dairy products, eggs, and other animal products from Nov. 15 through Dec. 24.
- On Monday, Wednesday, and Friday, we also refrain from partaking of oil or wine.
- On Tuesday and Thursday, we may consume oil and wine, but not fish.
- On Saturday and Sunday, we may consume oil, wine, and fish until Dec. 20. But from that day until Dec. 25, we do not consume fish, even on Sunday.

An easy way of remembering this: Refrain from eating meat, dairy products, eggs, and other animal products on all days. But, to see if oil, wine, or fish is allowed on any particular day, look at your wall calendar (or look at the monthly calendar that I sent out). If there is some relaxation of the fast, it will be noted there.

Some people have asked me about resources to help with fasting at home. These inquiries are very timely because a while ago I posted some various articles on keeping the fasts on our parish website. They can be found on the page "[Catechetical Resources](#)" (go there and scroll down to the sub-heading that says: "Resources for Entering the Church's Fasting Tradition). If you are looking for some recipes, I know that there are some collections floating around the parish, and many recipes can be found online. But if you need some help finding some, please be in touch with me and I'll be glad to help you.



What is a "Day of Alleluia"?

On the monthly calendar, I have marked various days as being "Days of Alleluia." By way of explanation: A "Day of Alleluia" is weekday during one of the lesser fasts on which offer the services might be offered according to a modified version of the Lenten order. And so, this means the following for prayer at home: If you see a day marked on the calendar as "A Day of Alleluia," this is a day on which you should add the **Prayer of St Ephraim** to your prayer rule. This is an especially good thing to do with children to mark the special nature of this season.



A Reminder about Confession

To echo what I wrote in a recent parish email: Parishioners are expected to confess during the Nativity Fast. To facilitate this, I have scheduled a number of blocks of time throughout the period of the Nativity Fast, starting already on the very first day. In looking ahead, then, please take note of the times offered and start to plan accordingly. Of course, if you cannot come to any time offered, please be in touch with me so that we can find a time that works for you. And, as I noted: If you are truly not able to be at St Nicholas to confess on a weekday, I will be glad to hear your confession on Sunday after Divine Liturgy.

As a general reminder: **One of the most important things to do in preparing for confession is to make a thorough self-examination of conscience.** Indeed, in my view, doing this is far, far more efficacious in helping the grace that is given in this sacrament to bear fruit than anything that I could possibly say after you confess. To facilitate the process of making this self-examination, then, I have posted a number of different guides on our website. They can be found on the page "[Catechetical Resources](#)" (go to where it says: "Resources for Preparing for Confession"). Before you confess, pick whichever one works best for you, and go through it thoroughly.

In addition, so that your confession might be as fruitful as possible, **I want everyone to review the following list of what to do and what not to do when confessing:**

1. Do not say that you have committed all the sins, or that you have committed so many sins that you can't possibly mention them. This approach is entirely inappropriate to the point of the sacrament.
2. When you make your examination of conscience, make a list of what you did, and bring this list with you to confession. Bring a written list; do not bring your list on a phone or any kind of electronic device. In fact, during confession phones should be left elsewhere, or they should be turned off.
3. When you confess, do not use general terms; do not speak about general patterns of behavior; do not speak about struggles in general; do not confess the problems that you have in life. Rather, confess the *individual* sinful acts that you committed, and the *individual* sinful thoughts that you engaged in.
4. Be direct about naming the sins that you committed; do not beat around the bush; do not use euphemisms. **Be ruthless here:** "I committed ___!"
5. Do not discuss the sins of others. Confess only the sinful deeds that *you* have committed, and the sinful thoughts that *you* have thought.

6. Do not get into details of your sins; do not speak about the circumstances that led to them. Rather, confess the sin that you committed, say how many times you did it, and then continue to the next sin. If I have a question, I will ask. But do not give details unless asked: no stories, no background, etc.



UPCOMING SERVICES AND EVENTS

November 11: Celebration of St Martin (With procession and potluck)

On Monday, November 11, at 6p, we have a celebration for St Martin the Merciful, bishop of Tours. Please consider coming to this evening celebration for this marvelous saint. Please sign up to bring a dish to share here: <https://tinyurl.com/murp42mc>. One of the carols we will sing is found here: <https://tinyurl.com/ew6c8w2j>



Pulled Pork for St Herman's House

Thank you to everyone who has already donated pulled pork for St Herman's. As a reminder: The last day to drop off anything else is **November 11**.



November 14: Unction Service at St Innocent

The Mystery of Unction will be served this **Thursday, November 14, at 6p, at St Innocent Church**. Receiving this holy Mystery for the healing of soul and body is a wonderful way to begin the Fast for the Lord's Nativity. And so, all parishioners of St Nicholas parish have a blessing to go (provided that you have made a recent).



Reminder: Book Group Starts on November 15

As a reminder: The book group that I will run during the Nativity Fast will start meeting this Friday evening at 6p. We will read *A Christian Ending: A Handbook for Burial in the Ancient Christian Tradition*. Copies of this book may be purchased online. I've been told that it is out of stock at some of the usual places. If all else fails and you cannot find it, please note that it may be purchased on the resource website that goes with the book: <https://www.achristianending.com/purchase>.

As I announced a few weeks ago, we will read the book together for an hour or so. Then, around 7:15 or 7:30, we will serve Small Compline in the temple. During it, I will read a **Canon to the Theotokos**. Chanted simply

and somberly, and with the temple illumined only by candles and the lamps, it will be a beautiful way to complete another day of grace in our Lord.



Next Sunday: The Making of New Catechumens

God willing, three people will be made catechumens this coming Sunday, November 17: Erin Dunn, Joshua Tichel, and Christina Rausch. Erin has been inquiring since around the time of Holy Week. Joshua has been inquiring for about 3 ½ months. And Christina needs no introduction to the parish.

With this group of catechumens, I am starting two new practices: Rather than waiting until they are nearly ready for reception to choose a sponsor and a name, I am having them choose their names from the beginning, and I am assigning them sponsors from day one. Why? First, I want them to choose their names from the beginning because, in the Church's Tradition, one of the prayers that we use to make a catechumen is the same prayer that we use to bestow a Christian name upon a newly born child. For me, then, it makes sense to have adult catechumens choose their saints' names from the beginning so that the initiation process for adults and infants is parallel. Second, I am assigning their sponsors from the beginning since, in earlier times, sponsors had a larger role in the formation process of catechumens. As I envision it, by having a sponsor from the beginning, each catechumen will have a mentor in the faith: someone to turn to with questions, in the inevitable moments of struggle or doubt, and especially for prayer. That said, as always, I expect all parishioners to pray regularly for all of our catechumens—especially since, as I tell each one of them before taking this step, they are sure to encounter more struggles the closer that they come to being fully received into the holy Church.



Next Sunday: Collection for City Mission

As announced by Nick Covelli last week, this coming Sunday, November 17, we will have a special collection to benefit City Mission as it prepares for Thanksgiving.



WomenSafe Donations

We are currently taking donations for WomenSafe, which provides emergency shelter and support services to survivors of domestic violence throughout Northeast Ohio. We are asking the parish to donate new hats,

gloves or scarves for women, boys and girls. We will be collecting these items **until November 17**. Everyone in the parish is welcomed to participate. If you keep the plastic hook that stores use to hang their merchandise with, you will be able to hang it on the wood tree (this is located in the parish hall). Otherwise, you can set items at the base of the tree. Thank you for your help.



November 30: Mel Tintor Blood Drive

The 9th annual Mel Tintor memorial blood drive will be held on **Saturday, November 30**, from 9a to 2p. We need support staff to assist with check-ins, donations of baked goods, and donors to donate. No prior experience is required for any of these jobs.

To sign up, go to RedCrossBlood.org and search for a blood drive by our zip code (44060). Scroll down (they are organized by date!) to the date of the drive (Saturday, November 30th, 2024) and click on the "SEE TIMES" button next to our church. Remember to ensure your account information is current, to prevent frustrations.

If you wish to sign up and need assistance, or any questions arise, please contact Mike Abernathy via (preferably) text message or phone call at 805-796-7623. If we have not texted before, please include who you are.



PARISH PRAYER LIST

If you know of someone who is in special need of prayer at the moment, please email me so that I might add the person to the prayer list. Please also email me to make changes to this list (e.g., to remove a name).

Perry Capitan, Julian, Sarah Crivella, Joella (LuAnn Dzura's daughter), **Emily Finazzo**, (friend of the Rendas), **David Campbell** (Debbie Clements' brother), **Patrick Leahy** (Dave K.'s brother-in-law), **Joseph Chuppa, Mary Ann Sheranko, Kevin, Declan, and Teagon** (husband and children of the reposed, Kristen), **Andrew Dzura, Rich Cook** (Cindy Renda's brother), **Daniel Conger** (friend of Jim Renda); **the residents of St Herman's House, as well as those who serve them**; our seminarian, **Cole (Paul) Schlafer**, and his family members: **Sarah, Simon, Michael, & Nikolai**; the members of the **Bagley family, especially Joseph, Rosemary, Isaac, Lucia, & Julian; Jim Barkas; Delphine** (mother of Sean Kiernan); **Jennifer, Janice** (Laurie Alexander's mother); **Maria** (friend of Anna Kozikov, wife of newly-repose Boris); **Michael** (cousin of Anna Kozikov); **Katarina** (relative of Natalie Antonoff); **Aleksey Byltsov** (son of Natalie

Antonoff); **Willie Gomer** (in baptism: **Alexander**); **Nancy** (Leah Woodruff's mother); **Archpriest Jan, Matushka Jana, and the parishioners of St Theodosius Cathedral; Theodore Tollefson; James Horabik; Dolores Kessler** (friend of Suzanne Gubser); **Carol Lehman** (Darlene Horabik's sister, wife of newly-reposed George); **Joe Dzura** (brother of Andy Dzura); **Viktor and Dominik Povozahev; Vincent** (Thomas Alexander's father); **Renee Kirouac** (goddaughter of Ruth Bede) & **Tristan Scott** (newly crowned); **Hank & Diane** (Jim Horabik's brother-in-law and sister); **Gail** (friend of Maureen Medakovich); **Julia & Dan** (newly crowned); **Alexander** (friend of Anna Kozikov) & his wife **Olena; Dana Wagner; the suffering Christians of Ukraine, the Middle East, and Armenia; all those affected by the recent hurricanes**

Birthdays this week: 11/12: Thomas Alexander, Natalie Antonoff, Nick Monda; 11/16: LuAnn Dzura

Anniversaries this week: 11/12: David & Michelle Schroeder; 11/15: Dennis & Gloria Hocevar

Expecting Parents: Theodore & Jessica; Elizabeth & Patrick

Catechumens: Dalton Moses, Alex Wittie, Scott Salzgeber

Infants Awaiting Holy Illumination: Gianna Denise (daughter of **Jake & Allison**); **Charlotte Xenia** (daughter of **Subdeacon David & Michelle**); **Michael Roman** (son of **Brian & Katya**)

Newly illumined: Kennedy Anne; Margaret Lee

Serving in the military: Kenneth Hockenberry; Patrick Miller; Edward (Matushka Olena's father)

Departed: Joseph Demanski, Cathy Ubancic (friend of the Rendas), **Patricia** (Michael Abernathy's grandmother), **Nun Elizabeth** (of Holy Transfiguration Monastery), **Kristen** (Michelle Hoover's cousin), **Jane Hunt** (great grandmother of Sofia Kiernan), **Patricia Wilcoxson** (Rosemary Bagley's mother); **Joseph Naymik; Pauline Demanski; Theodore Kisha** (father of Ted Kisha); **Daniel** (infant son of Fr Peter and Matushka Sophie Ries); **John** (father of Sean Kiernan), **Ronald** (in baptism, **Thomas**) (Collin Moore's father); **Priest James Bernstein; Carol Wright; Paul Webb** (friend of Abby Goodell); **George** (Bim) Lehman (Darlene Horabik's brother-in-law); **Anna Mae Sokol** (Darlene Horabik's cousin); **Janet Evans** (friend of Ruth Bede); **Olga** (Nicholas Covelli's mother); **Helen** (Jan Ursinyi's mother); **Rick Wagner** (Merrick and Mia's grandfather); **Boris** (friend of Anna Kozikov)