

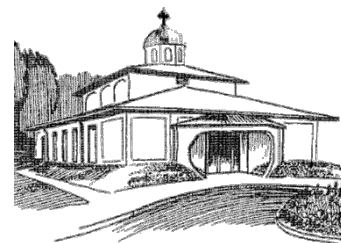


# St Nicholas Orthodox Church

*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 24, 2024

- Sunday, Nov. 24     *22nd Sunday after Pentecost, the Holy Great-Martyr Catherine of Alexandria*  
9a Church School || 9:05a Hours || 9:30a Baptism & Divine Liturgy
- Monday, Nov. 25     6:30p Parish Council Meeting (*open to all parishioners*)
- Wednesday, Nov. 27 4p Confessions || 6p Daily Vespers
- Thursday, Nov. 28     *Thanksgiving*  
9a Divine Liturgy
- Friday, Nov. 29     6p Book Group & Small Compline
- Saturday, Nov. 30     9a–2p Mel Tintor Annual Blood Drive || 3:30p Confessions || 5:30p Great Vespers
- Sunday, Dec. 1     *23rd Sunday after Pentecost*  
9a Church School || 9:35a Hours & Divine Liturgy



### ATTENDANCE & STEWARDSHIP FOR NOVEMBER 10, 2024

**Attendance:** 154 (106 adults + 48 children); **Operating:** \$2,753.46; **ZOE:** \$20; **Capital Maintenance:** \$85; **Holy Day:** \$25; **Diocesan Dues:** \$482.50; **Candles:** \$80; **Uganda:** \$81; **Parish Charities:** \$90; **City Mission:** \$630; **Turkey Project:** \$20

“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

#### Christian Life as a Path to Humility: Instructive Words from St John Cassian

*As I have said many times, everything that we do in the Church has one goal: our healing. Another way of saying this: Everything that we do in the Church is so that we can learn humility. That is because, in our post-fallen state, it is only through learning humility that we become more like*

*Christ, and thus find our healing and salvation.*

*In thinking about the central importance of the virtue of humility as Christians—especially during this grace-filled season of the Nativity Fast—the following remarks from St John Cassian are helpful to consider. They come from a work of his called The Institutes. In this work, St John speaks about each of the eight passions (these are what are called in western theological vocabulary the deadly sins). The following remarks come from his section on the passion (deadly sin) of pride. St John has been speaking here about how pride brought about the fall of Lucifer from his blessed state, and how, to heal demonic pride, Christ comes to us in his humility. Here he juxtaposes the boastful statements of Satan with the humble words of Christ:*

God, the Creator and Healer of all, knowing that pride is the cause and fountain head of evils, has been careful to heal opposites with opposites, that those things which were ruined by pride might be restored by humility. For the one says, “I will ascend into heaven” (Isaiah 14:13); the other, “My soul was brought low even to the ground” (Psalm 44:25). The one says, “And I will be like the Most High” (Isaiah 14:14); the other,

“Though He was in the form of God, yet He emptied Himself and took the form of a servant, and humbled Himself and became obedient unto death” (Philippians 2:6-8). The one says, “I will exalt my throne above the stars of God” (Isaiah 14:13); the other, “Learn from me, for I am meek and lowly of heart” (Matthew 11:29). The one says, “I know not the Lord and will not let Israel go” (Exodus 5:2); the other, “If I say that I know Him not, I shall be a liar like you: but I know Him, and keep His commandments” (John 8:55). The one says, “My rivers are mine and I made them” (Ezekiel 29:3); the other: “I can do nothing of myself, but my Father who abides in me, He does the works” (John 14:10). The one says, “All the kingdoms of the world and the glory of them are mine, and to whomsoever I will, I give them” (Luke 4:6); the other, “Though He were rich yet He became poor, that we through His poverty might be made rich” (2 Corinthians 8:9). The one says, “As eggs are gathered together which are left, so have I gathered all the earth: and there was none that moved the wing or opened the mouth, or made the least noise” (Isaiah 10:14); the other, “I have become like a solitary pelican; I watched and became as a sparrow alone upon the roof” (Psalm 102:6-7). The one says, “I have dried up with the sole of my foot all the rivers shut up in banks” (Isaiah 37:25); the other, “Cannot I ask my Father, and He shall presently give me more than twelve legions of angels?” (Matthew 26:53).

*[St John then concludes by saying that, if we want to be healed of this vice, we must imitate the humility of our Lord, Jesus Christ:]*

If we look at the reason of our original fall, and the foundations of our salvation, and consider by whom and in what way the latter were laid and the former originated, we may learn, either through the fall of the devil, or through the example of Christ, how to avoid so terrible a death from pride.

*[And so, when we find ourselves tempted to pride, St John sets forth some of the Scriptural verses that we can call to mind to pray in those moments:]*

And so we can escape the snare of this most evil spirit, if in the case of every virtue in which we feel that we make progress, we say these words of the Apostle: “Not I, but the grace of God with me, and by the grace of God I am what I am” (1 Corinthians 15:10), and “it is God that works in us both to will and to do of His good pleasure” (Philippians 2:13). As the author of our salvation Himself also says: “If a man abide in me and I in him, the same bears much fruit; for without me you can do nothing” (John 15:5), and “Unless the Lord

builds the house, they labor in vain that build it. Unless the Lord keeps the city, the watchman wakes but in vain.” and “Vain is it for you to rise up before light” (Psalm 126:1-2), “for it is not of him that wills, nor of him that runs, but of God that has mercy” (Romans 9:16).

(From Nicene and Post-Nicene Fathers, Second Series, vol. 11. Translated by C.S. Gibson.)



## UPCOMING SERVICES AND EVENTS

### 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](http://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.



### December 7: Brushstrokes and Balance

On Saturday, December 7, St Innocent Parish in Olmstead Falls is hosting a special event: “Brushstrokes and Balance.” This event will be a free opportunity for young adults aged 20 to 30 to explore “the intersection of art, faith, and mental wellness” through painting. For more information (including on how to RSVP), please see the flyer attached to this week’s bulletin.



## MISCELLANEOUS NOTES

### ZOE for Life Donations during the Nativity Fast

During the Nativity Fast, we are collecting diapers to send to ZOE House. There is a pack-and-play set up in the hall. Our goal is to fill the entire pack and play. (ZOE currently has an overflow of size two diapers. So,

please refrain from buying that size. But of course, if you have some that your child has outgrown, you can donate them.) Thank you in advance for your help.



### Yes, We Have a Facebook Page

A number of people recently asked me about our parish having a Facebook page. So, as an FYI/Public Service Announcement: Yes, our parish has a Facebook page. The creation of this new page was announced a number of months ago. The link to this page can be found on our website (click on the Facebook logo on the top right-hand corner). Thanks to Abrea for managing it.



### Bulletin Ministry: Request for Help

As some of you know, dating to the time of COVID there has been a ministry in the parish of sending out bulletins to those who are home-bound (and of distributing hard copies in church to those who need them). Help is needed for this ministry. If you would like to offer your time, please get in touch with me.



### 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; 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; Bob Wick; the suffering Christians of Ukraine, the Middle East, and Armenia; all those affected by the recent hurricanes**

**Birthdays this week:** 11/24: **Patrick Miller**; 11/28: **Donna Heim**; 11/30: **Mary Ann Clouse (Valko)**

**Expecting Parents:** **Theodore & Jessica; Elizabeth & Patrick**

**Catechumens:** **Dalton Moses, Scott Salzgeber, Erin (Xenia) Dull, Joshua Peter Ticel, Christina Rausch**

**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; Alex (John) Wittie**

**Serving in the military:** **Kenneth Hockenberry; Patrick Miller; James Chongris; 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 Ursiny's mother); **Rick Wagner** (Merrick and Mia's grandfather); **Boris** (friend of Anna Kozikov)

