



ALL SAINTS ANTIOCHIAN ORTHODOX CHURCH

Antiochian Orthodox Archdiocese of North America

4129 W. Newport Ave., Chicago, IL 60641

773-231-6177

www.allsaintsorthodox.org

Sunday, September 10, 2023

Saturday Vespers, 7pm • Sunday Orthros & Divine Liturgy, 8:30am

After-Feast of the Nativity of the Theotokos

Sunday before the Elevation of the Holy Cross



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Troparion for the Resurrection (Tone 5): Let us believers praise and worship the Word, coeternal with the Father and the Spirit, born of the Virgin for our salvation. For He took pleasure in ascending the cross in the flesh to suffer death, and to raise the dead by His glorious resurrection.

Troparion for the Nativity of the Theotokos (Tone 4): Thy nativity, O Theotokos, hath proclaimed joy to the whole universe. For from thee did shine forth the Sun of Justice, Christ our God, annulling the curse, bestowing the blessing, abolishing death, and granting us life everlasting.

Kontakion for the Nativity of the Theotokos (Tone 4): By thy nativity, O most pure Virgin, Joachim and Anna are freed from barrenness; Adam and Eve from the corruption of death. And we thy people, freed from the guilt of sin, celebrate and sing to thee: The barren woman gives birth to the Theotokos, the nourisher of our life!

Troparion of All Saints (Tone 4): Adorned in the blood of Thy martyrs, throughout all the world as in purple and fine linen, Thy Church through them doth cry unto Thee, O Christ God: Send down Thy compassion upon Thy people! Grant peace to Thy habitation and great mercy to our souls.

THE EPISTLE

For the Sunday before the Elevation of the Holy Cross

O Lord, save Thy people and bless Thine inheritance.

To Thee, O Lord, I have cried, O my God.

The Reading from the Epistle of St. Paul to the Galatians (6:11-18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new

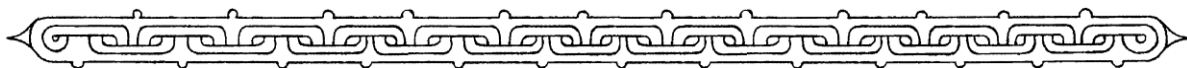
creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

THE GOSPEL

For the Sunday before the Elevation of the Holy Cross

The Reading from the Holy Gospel according to St. John (3:13-17)

The Lord said: No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him.



Volunteer Schedule

Date	Reader	Prospora	Greeter	Coffee	Food
Sun., Sept. 10	Michelle C	Cristina P	Azizeh C	Domitille	L-P
Wed., Sept. 13* <i>Holy Cross</i>	Sd Joseph	Dn Walid	Nancy L	n/a	n/a
Sun., Sept. 17	Doug J	Sandy A	Domitille	Alina S	R-Z
Sun., Sept. 24	Jim K	Debbie K	John O	Lydia A	A-F

For Sunday coffee hour, the church has been divided into four parts alphabetically (A-F, G-K, L-P, and R-Z). On your assigned week, please bring something simple to share with everyone for coffee hour.

*If you have children, please monitor them as they go through the coffee hour line, and help them clean up after themselves. **Weekly clean-up will be the responsibility of those providing coffee hour.** And of course, things go faster when we all pitch in and help!*

**Shaded dates are fasting days. No meat or dairy products should be served at the church on these days.*

Announcements and Upcoming Events

For a full calendar of events and services at All Saints, see our website www.allsaintsorthodox.org

Today:

- Coffee hour, downstairs after Divine Liturgy
- Ladies group meeting during coffee hour

Tuesday, Sept. 12:

- Morning prayers, 9am

Wednesday, Sept. 13:

- Morning prayers, 9am
- Homeschool classes, 10am-4pm
- Holy Cross procession and Vesperal Divine Liturgy, 7pm. *Please note we will begin with the Procession & Elevation of the Cross at 7pm. Make sure you're on time! Bring fresh basil to adorn the cross and the church if you are able. Since the day itself is a strict fast day, any potluck food afterwards should be fasting.*

Thursday, Sept. 14:

- Orthros for the Elevation of the Holy Cross, 9am

Friday, Sept. 15:

- Morning prayers, 9am

Saturday, Sept. 16:

- Vespers, 7pm.

Next Sunday, Sept. 17:

- Orthros & Divine Liturgy, beginning 8:30am, followed by coffee hour.
- Church School begins for children teens and adults! Adult Church School will meet upstairs in the church.
- A Teen SOYO social event will follow Church School.

PAN-ORTHODOX RETREAT: Sts. Peter and Paul Greek Orthodox Church in Glenview is hosting a retreat next weekend (Sept. 15-17), open to all Orthodox ministry leaders, parents, teens, and young adults. Please see www.theoym.org/events for more information.

CONVOCATION: Our all-church annual meeting will take place **Sunday, Oct. 1** after Liturgy and a potluck dinner. The purpose of this meeting is to hear from all of our ministry leaders, review the budget for the coming fiscal year, and elect a new parish council member. All members of All Saints Church should plan to attend!

PARISH COUNCIL NOMINATIONS: Our parish council is made up of laypeople who assist the pastor of the church in managing our finances, property, and coordinating our ministries. Would you like to nominate anyone for a three-year term to this important ministry? Nominees must be at least 21 years old, and active members in good standing of All Saints Church for at least one year. Nominations may be submitted between now and Sept. 24 to this year's nomination committee: Fr. Andrew, Jeneson Abraham, or Eric Pope.

TOUCHSTONE CONFERENCE: Touchstone magazine's 2023 conference "The Crisis of Authority" will take place Oct. 12-14 in Deerfield, Ill. Fr. Patrick is one of the featured speakers! Register at <https://www.touchstonemag.com/conference/>.

Our **DIocese OF TOLEDO FALL GATHERING** will be held in Toledo, Ohio, Oct. 20-22. See the Toledo Diocese page at www.antiochian.org for registration & information.

THE FASTING OF THE EYES

By Metropolitan Saba (Ispër)

The image has invaded our current world and has now become the basis of our world. The image now occupies the widest space in all fields. The era of the printed word has passed, giving way to an age where words must accompany images to be taken seriously.
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The danger of images in this era comes from addiction to the use of social media, which demands constant engagement of the eyes and other senses. Information is now inseparable from one or more images, often accompanied by sensational or explicit news.

This kind of content, driven by human curiosity and the thirst for knowledge, garners high readership. Information is conveyed through visuals, audio, and explanations, often accompanied by emotionally charged music, compelling the viewer to store what they see, hear, and read.

This constant storage, combined with the rapid flow of information, is a deliberate attempt to embed messages in the human mind, and the impact begins directly and involuntarily.

What makes matters worse is that we rarely hear joyful and positive news that contributes to optimism and raising morale. Instead, the majority of the information circulated is often personal, insignificant, if not absurd, or unconstructive. This includes the dissemination of news related to celebrities, deviants, or criminal activities. This kind of information is fleeting.

Images provide fuel for the imagination, which extracts from them what feeds the passions and drives individuals towards sinful acts. Persistent thoughts triggered by emotions, awakened by images, lead individuals into sin.

In our spiritual teachings concerning impure thoughts, we distinguish three levels. The first involves external attacks on our thoughts, where impure ideas seem to intrude from outside, for which we are not held responsible unless we intentionally invite these ideas into our minds. The second involves entertaining these impure thoughts or accepting their presence, marking the beginning of the path towards sinful acts. The third involves embracing these thoughts and committing the sin itself.

The onslaught, joined with various other factors, incites the imagination to attract impure thoughts and delve into their details, starting from what has already accumulated in the mind.

Living in this age of information consumption places new burdens on us as humans, subjecting us to a different form of enslavement. After grappling with the accumulation of material possessions and market offerings, we are now burdened with something even more challenging, as information consumption enslaves our minds, alters our convictions, and takes root deep within our subconscious minds against our will. This makes falling into tribulations a matter that is constantly present and easy.

Material consumption is relatively easy to manage since it exists outside of us, compared to information consumption. When we recognize material consumption's dangers, we can

discard it, rid our house of it, and distance ourselves from it. Your empty pocket, or your inability to buy a product due to financial struggles, aid in that struggle. However, managing information consumption, particularly images, necessitates a genuine spiritual, physical and intellectual battle to prevent it from gaining control. It requires God's grace and time to cleanse our memory.

We often waste time chasing the endless stream of information, most of which revolves around gossip. People nowadays spend a significant portion of their time using their smartphones and similar devices, preoccupied with trivial matters that keep them distant from meaningful interactions with their loved ones. It has become commonplace for a group of people to gather in a café or at home, each engrossed in their own cell phones, even as they sit together.

What is strange is that people lament a lack of time for activities that would truly benefit them or aid in ridding them from their addiction. They also complain of boredom despite being occupied with an abundance of information. Their problems take a back seat in their lives as they immerse themselves in unproductive pursuits. They remain adrift at sea, unwilling to dive beneath the surface in search of the pearls hidden in its depths, returning to the spiritual emptiness that slowly erodes them.

Why do I say this? Because the situation raises various concerns: epistemological, psychological, social and spiritual. It is imperative for believers and their conscious to recognize these issues and find ways to free themselves from this addiction while mitigating its negative effects.

As believers, our fasting and abstinence from food are not enough. Fasting must extend to many other aspects of our lives. In the past, fasting of the eyes from impurity was not emphasized as strongly because images were not as prevalent as they are today. Moreover, the direct and explicit nature of sin was more apparent then.

We need to introduce ascetic practices related to the use of modern media and information consumption. We might consider setting specific times for information consumption, limiting it before and after receiving Holy Communion and on fasting days, utilizing this time for prayer, beneficial reading, or acts of love.

Being human, created in the image of God, demands that we live with inner freedom that makes us masters of our actions, rather than followers led by external influences.



DAILY BIBLE READINGS

SEPTEMBER 10-16, 2023

ADAPTED FROM THE
LECTIONARY OF THE ANTIOCHIAN ARCHDIOCESE

For our daily Old Testament readings, we will be reading straight through the Minor Prophets, according to the order and numbering of the Orthodox Study Bible. Note that the book order and chapter numbering differs from other English translations.

Sunday, September 10: Sunday before the Exaltation of the Holy Cross

Mark 16:9-10 / Galatians 6:11-18 / John 3:13-17

Monday, Sept. 11: St. Euphrosynos the Cook

Zechariah 5 / Galatians 2:11-21 / Matthew 24:29-31

Tuesday, Sept. 12: Autonomos the Martyr

Zechariah 6 / Galatians 3:1-14 / Matthew 24:32-44

Wednesday, Sept. 13: Cornelius the Centurion & Martyr

Zechariah 7 / Galatians 3:15-29 / Matthew 24:45-51

Thursday, Sept. 14: Exaltation of the Holy Cross

Exodus 15:22-16:1 / Proverbs 3:11-18 / Isaiah 60:11-16

John 12:28-36 / 1 Corinthians 1:18-24 / John 19:6-35

Friday, Sept. 15: Nikitas the Great Martyr

Zechariah 8 / Galatians 4:1-31 / Matthew 25:1-30

Saturday, Sept. 16: Euphemia the Great Martyr

Galatians 5:1-10 / Matthew 25:31-46

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