



St. George Orthodox Church
2 Nottingham Terrace - Buffalo, NY 14216
(716) 875-4222
www.stgeorgebuffalo.com

THE WEEKLY MESSENGER

Published weekly in the interest of the parishioners and friends
of Saint George Orthodox Church, Buffalo, NY
a parish of the Diocese of New York and New Jersey
and The Orthodox Church in America

ST. GEORGE ORTHODOX CHURCH

2 Nottingham Terrace Buffalo, NY 14216

V. Rev. Jason Vansuch, Parish Priest

2 Nottingham Terrace 716-875-4222 Buffalo, NY 14216

Cell Phone: 609-851-3811 Email: jvansuch@hotmail.com

Rev. Peter Irfan, Attached

Mat. Katia Vansuch, Choir Director

Dr. Boris Kuvshinoff, Parish Council President

Home: 716-812-6132 Email: boris.kuvshinoff@gmail.com

21st SUNDAY AFTER PENTECOST — Tone 4. Monastic Martyr Anastasia of Rome (3rd c.). Ven. Abramius the Recluse, and his niece, Bl. Mary, of Mesopotamia (ca. 360). Ven. Abrámii, Archimandrite of Rostov (1073-77). Martyr Claudius, Asterius, Neon, and Theonilla of Aegæ in Cilicia (285). Righteous Anna of Constantinople (826). Monastic Martyr Timothy of Esphigmenou (Mt. Athos—1820).

EPISTLE:
Galatians 2:16-20

Liturgy of St. John Chrysostom

GOSPEL:
Luke 8:26-39

GLORY TO JESUS CHRIST!

GLORY FOREVER!

****FLOWERS FOR THIS WEEK****

In front of the Icon of Our Lord, In front of the Icon of The Theotokos,
and on the Center Icon Table are donated by St. George Orthodox Church!

Altar Vigil Candles are offered by Anthony DeNuovo in Loving Memory
of Thy Departed Servants of his family. May their memory be eternal.

TODAY'S WEEKLY MESSENGER IS SPONSORED BY:

St. George Orthodox Church

WELCOME TO ST. GEORGE ORTHODOX CHURCH

We welcome all of you to the Divine Liturgy this morning, especially those who are visiting with us here at St. George Orthodox Church. Everyone is invited to the Parish Fellowship Hall following the Divine Liturgy for Christian Fellowship. It is our prayer that your experience this morning was spiritually uplifting and you will return very soon to pray with our parish family. In the Orthodox Church, we do not practice open Communion. However we do invite everyone to come and participate in the Divine Liturgy. Hence only those Orthodox Christians who have properly prepared themselves through prayer and fasting may receive Holy Communion. May the Lord bless you with many years of good health and happiness.

HYMNS FOR THE DIVINE LITURGY

Tropar for The Resurrection, Tone 4

When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection, they cast away the ancestral curse and elatedly told the apostles: “Death is overthrown! Christ God is risen,// granting the world great mercy!”

Tropar for St. Anastasia, Tone 4

Thy lamb Anastasia calls out to Thee, O Jesus, in a loud voice: “I love Thee, my Bridegroom, and in seeking Thee I endure suffering. In baptism I was crucified so that I might reign in Thee, and I died so that I might live with Thee. Accept me as a pure sacrifice, for I have offered myself in love.”// Through her prayers save our souls, since Thou art merciful!

Tropar for St. Abramius, Tone 8

The image of God was truly preserved in thee, O Father, for thou didst take up the Cross and follow Christ. By so doing, thou taughtest us to disregard the flesh for it passes away; but to care instead for the soul, for it is immortal.// Therefore thy spirit, venerable Abramius, rejoices with the angels.

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

Kontakion for The Resurrection, Tone 4

My Savior and Redeemer as God rose from the tomb and delivered the earth-born from their chains. He has shattered the gates of hell, and as Master,// He has risen on the third day!

Now and ever and unto ages of ages. Amen.

Steadfast Protectress Tone 6

Steadfast Protectress of Christians, constant advocate before the Creator. Despise not the entreating cry of us sinners, but in Your Goodness come speedily to help us who call on You in faith! Hasten to hear our petition and to intercede for us, O Theotokos!! For You always protect those who honor You!

THE PROKEMEINON – TONE 4

O Lord, how manifold are Thy works; / in wisdom hast Thou made them all.

V. Bless the Lord, O my soul! O Lord, my God, Thou art very great!

ALLELUIA VERSES

Go forth, prosper and reign, for the sake of meekness, righteousness and truth!

For Thou lovest righteousness, and hatest iniquity.

THE HYMN TO THE THEOTOKOS

It is truly meet to bless You, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim. Without defilement, You gave birth to God the Word, true Theotokos, we magnify You!

COMMUNION HYMN

Praise the Lord from the heavens, praise Him in the highest! Alleluia! Alleluia! Alleluia!

EPISTLE LESSON FOR TODAY

Brethren:

Knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified.

But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not!

For if I build again those things which I destroyed, I make myself a transgressor.

For I through the law died to the law that I might live to God.

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

GOSPEL LESSON FOR TODAY

LET US ATTEND:

Then they sailed to the country of the Gadarenes, which is opposite Galilee.

And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!"

For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness.

Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. And they begged Him that He would not command them to go out into the abyss.

Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them.

Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned.

When those who fed them saw what had happened, they fled and told it in the city and in the country.

Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen it told them by what means he who had been demon-possessed was healed.

Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned.

Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying,

“Return to your own house, and tell what great things God has done for you.” And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

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=== Scriptural Readings for the Week ===

PLEASE REFER TO THE OCA WEBSITE...www.oca.org

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THE SCHEDULE OF WEEKLY SERVICES and ACTIVITIES

SUNDAY OCTOBER 29, 2023

General Confession – **9:30 AM**

Divine Liturgy – **10:00 AM**

Church School Class in Parish Fellowship Hall following The Divine Liturgy!

Cornish Hen Luncheon in Parish Fellowship Hall following The Divine Liturgy!

Trunk of Treat Festival in Church Parking Lot!

MONDAY OCTOBER 30, 2023

Monthly Healing Prayer Service – **6:00 PM**

FR. JASON AWAY AT ANNUAL DIOCESAN ASSEMBLY (Nov. 1-4)

Fr. Jason will be away in South River, NJ attending the Annual Diocesan Assembly from Wednesday November 1 and will be returning on Saturday November 4. If there is an emergency or need of a priest, please contact Fr Vladislav or Fr. Raphael. If there is anything in the parish that needs immediate attention, please contact Dr. Boris. You can also contact Fr. Jason on his cell phone as well.

SATURDAY NOVEMBER 4, 2023

NO VESPERS TODAY

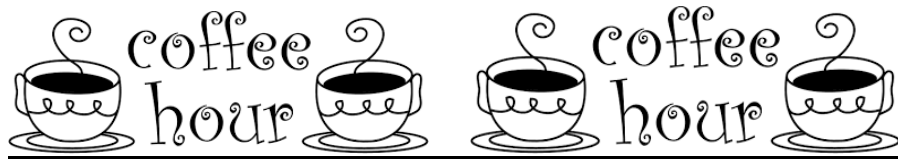
SUNDAY NOVEMBER 5, 2023

Matins – **9:00 AM**

Divine Liturgy – **10:00 AM**

Q&A with Fr. Jay in Parish Fellowship Hall following The Divine Liturgy!

Coffee Hour Fellowship in Parish Fellowship Hall following The Divine Liturgy!



If anyone has any questions about fasting or restrictions when hosting coffee hour, please see Fr. Jason and he will help you and guide you!

When hosting coffee hour, please check the refrigerators in the Parish Fellowship Hall the week before we are hosting to see what supplies we will/may need.

We will also be using real coffee cups for coffee hour. If anyone needs assistance with cleaning them or using the dishwasher following Coffee Hour, please see or contact Mat. Katia.

**If there is no host for coffee hour,
then we will not have coffee hour on that particular Sunday.**

If anyone would like to host coffee hour or has any questions regarding one's preparations for Coffee Hour, please see or contact Mat. Fran
([610.698.1666](tel:610.698.1666)/frances.vansuch@yahoo.com)

****The 2024 Coffee Hour Schedule will be available at the end of October !****



FIND YOUR SPIRITUAL HOME In The Orthodox Christian Church

SATURDAY Great Vespers 4:00 PM

SUNDAY Divine Liturgy 10:00 AM (Sept-May)

9:30 AM (May-September)

~ All are Welcome ~

Do we have questions about our life, its meaning, purpose, destiny?

Are we desiring to know Jesus Christ, the Son of the living God?

Are we seeking forgiveness, healing, and wholeness?

Do we wonder where to go to find answers?

We can find the answers to these questions and so many other questions
in The Holy Orthodox Church through Her Sacred Tradition,
Holy Scriptures, Her Teachings and Dogmas.

The Orthodox Church is the original Christian Church, the Church founded by the Lord Jesus Christ and described in the pages of the New Testament. Her history can be traced in unbroken continuity all the way back to Christ and His Twelve Apostles, empowered and sent forth on the day of Holy Pentecost. Incredible as it seems, for over twenty centuries she has continued in her undiminished and unaltered faith and practice. Today her apostolic doctrine, worship, and structure remain intact. The Orthodox Church maintains that the Church is the living Body of Jesus Christ. Many of us are surprised to learn that for the first 1000 years of Christian history there was just one Church.

Where is "**The Church**" to be found and experienced today? Come Taste and See How Good The Lord is every Sunday by joining us for The Divine Liturgy at 10:00 AM.

What is Orthodox Christianity all about? How does it differ from other Christian confessions? This section will attempt to answer these questions and many more.

For a visual introduction to the Orthodox Church, please view the video link below:

http://www.youtube.com/v/Gj4pUphDitA&color1=0xb1b1b1&color2=0xcfcfcf&feature=player_embedded&fs=1

For a brief introduction and in depth study to The Orthodox Faith and to find answers to: 'What we Believe?', 'Who we Are?', and 'How we Live?', please view the PDF link below:

<http://orthodoxdelmarva.org/files/studies/InquirersClassV1final.pdf>

or you may visit the OCA website by clicking the link below:

<http://oca.org/orthodoxy/the-orthodox-faith>

or you can begin a Journey Through Orthodoxy by clicking the link below:

<http://journeytoorthodoxy.com>

To learn more ways that we can teach our children about the Orthodox Faith, The OCA has provided a wonderful website for us to use that provides great resources such as (handouts, texts, articles, stories, and much more)! To see this great website, please view the PDF link below:

<http://dce.oca.org/page/resources/>

If you have any questions or would like to know more about The Orthodox Faith or needs and help or assistance, please contact our parish priest: V Rev. Jason Vansuch (jvansuch@hotmail.com) or 716.875.4222 and he will be able guide you.

To visit our parish website, please click on the QR Code below:



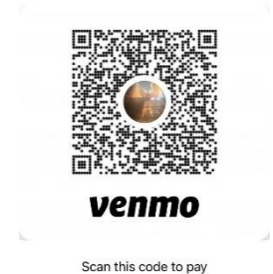
Come and See how we are all called to be Stewards of The Church!

- Stewardship is our active commitment to use all our time, talent and treasure for the benefit of humankind in grateful acknowledgment of Christ's redeeming love.
- Stewardship is caring for the needs of others.
- Stewardship is offering one's self to God as He offered Himself to us.
- Stewardship is what a person does after saying "I Believe . . . ", as proof of that belief.
- Stewardship is learning how to be a responsible and concerned caretaker of Christ's Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God.

If you would like to make a donation to our parish, please feel free to use the QR Code or link to our parish website donation page below. Thank you for your continued support and generosity for our parish in bringing The Love and Faith of Our Lord Jesus Christ to all! May God continue to bless and guide you and keep all of you in His loving care today and always!



St George Orthodox Churc...
@StGeorgeOrthodoxChurch



https://www.paypal.com/donate/?hosted_button_id=E5X6YTVC9DF3W

MONTHLY HEALING PRAYER SERVICE The Supplicatory Canon Prayer Service to St. Nektarios MONDAY NOVEMBER 27, 2023 –6:00 PM



LET ALL THAT YOU DO BE DONE IN LOVE. 1 Cor.16:14

**YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART,
AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND. Matt.
22:37**

YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF. Matt. 22:39

**LOVE YOUR ENEMIES AND PRAY FOR THOSE WHO PERSECUTE
YOU. Matt. 5:44**

**LOVE IS PATIENT, LOVE IS KIND, LOVE DOES NOT ENVY, LOVE
DOES NOT BOAST, LOVE IS NOT PROUD, LOVE IS NOT SELFISH,
LOVE IS NOT PROVOKED. 1Cor. 13:4**

**LOVE BEARS ALL THINGS, LOVE ALWAYS HAS FAITH, LOVE
ALWAYS HAS HOPE, LOVE ENDURES ALL THINGS. LOVE NEVER
FAILS! 1Cor. 13:7,8**

**ST. GEORGE SENIOR/RETIREE DAY
TUESDAY NOVEMBER 14
10:00 am to 12:00 PM**

**We invite all Seniors and Retirees to come and join us as we
spend a morning together in prayer and Christian
fellowship!**

- A morning filled with prayer, fellowship, education and fun for all of our retired parishioners to come together and spend time together
- Coffee, tea, juice and snacks will be provided
- Held 1-2x a month



**ST. GEORGE ORTHODOX CHURCH SETWARDSHIP SUNDAY
CHILI/SOUPS COOK-OFF
SUNDAY NOVEMBER 12**

**ST. GEORGE ORTHODOX CHOWDER SALE
SATURDAY NOVEMBER 18**

**ST. GEORGE ORTHODOX CHURCH CHRISTMAS COOKIE TRAY
SALE/BASKET RAFFLE
SATURDAY DECEMBER 16 and SUNDAY DECEMBER 17**

- ** Parish Family Night – Friday November 10
- ** Annual Parish Meeting -- Sunday November 19
- ** Outing to Fatima Shrine – Friday December 15
- ** Christmas Caroling – Sunday December 18

PARISH FAMILY NIGHT



FRIDAY NOVEMBER 10, 2023

6:30 to 9:30 PM

Little Compline (6:15 PM)

S'mores ~ Movie ~ Pizza ~ Games

Fun ~ Christian Fellowship

ST. GEORGE ORTHODOX CHURCH (Buffalo, NY)
PARISH OUTREACH MINISTRIES

To the Glory of God, every year our beloved parish family answers The Call of Our Lord of ministering to those in need by fulfilling The Gospel of Our Lord God and Savior Jesus Christ with participating in 5 on-going Parish Outreach Ministries within the local Buffalo Area on an on-going basis and especially during the Nativity Season.

Every year, we look forward to another wonderful blessed Nativity Season of bringing the joy, the love, and the peace of The Nativity of Our Lord to everyone especially through the following the outreach ministries:

Hearts for The Homeless – which is a mobile soup kitchen/thrift shop that feeds the poor and chronic homeless on the street. Characterized by a profound spiritual motivation. The program offers nourishing food, as well as clothing, pertinent information regarding area services, companionship and hope for the future.

- Each Month we collect a different canned good/non-perishable food item along with hygiene products and drop them off at the Hearts for The Homeless Distribution Center

Buffalo City Mission – exists to meet the spiritual and practical needs of the poor through the demonstration of the love and preaching of the Gospel of Jesus Christ in providing love, care, shelter, food, and other means necessary to those in need.

- Each Month we collect hygiene products, clothing for men, women, and children and drop them off at the Buffalo City Mission Distribution Center

HomeSpace – is a local community organization ministering to local teens and pre-teen moms which provides comprehensive care to 14-21 yr old moms (providing those essential items necessary for caring for their children: diapers, wipes, baby food, clothing (infants through 7/8 years old). HomeSpace Corporation supports at-risk young women to achieve independence two generations at a time.

- Each Month we collect hygiene products, clothing for young women and children along with those essential items necessary

for caring for their children: diapers, wipes, baby food, clothing (infants through 7/8 years old) and drop them off at the HomeSpace Distribution Center

Mats for Mission/Resurrection Life Food Pantry – A Local Organization assisting with providing rest mats made out of plastic bags for the less fortunate as well as providing food and other means necessary to those in need.

- Each Month we collect plastic bags as well as canned goods and non-perishable food items and drop them off at the Resurrection Life Food Pantry Distribution Center.
- Beginning in January 2023, our church school children will be volunteering here on a regular basis assisting with collecting and sorting out Food Bags for those in need.

Baker Victory – A Local Organization dedicated to fostering the highest possible quality of life and personal achievement by partnering with children, adults, their families and the WNY community through a diverse array of social, health and human services.

- Twice a year we collect gifts and other essential items necessary for the children and drop them off at the Baker Victory Distribution Center.

****We also support Compass Care Pro-Life Agency and FeedMore of WNY on a regular basis!**

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**MAY GOD CONTINUE TO BLESS YOU AND GUIDE YOU
FOR YOUR CONTINUED SUPPORT AND PRAYERS!**
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****PLEASE REFER TO THE WEEKLY EMAILS AND PARISH WEBSITE
FOR CHANGES TO THE CALENDAR!****
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Remember our Loved Ones during Our Daily Prayers

'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'

{Matt. 25:40}

As we say our daily prayers, let us also take time out to remember our loved ones who are homebound, who are in hospitals and who are in nursing homes. Let us remember them that GOD will continue to watch over them and protect them. Also, during the Year, let us take to either send them a card, give them a call, or visit them to let them know how much we love them, how much we remember them, and how much we pray for them.

Please refer to the of our Parish Shut-Ins below.

If anyone has any questions or would like to add someone to our List of Parish Shut-Ins, please see or contact Fr. Jason. May God continue to bless you and guide you!

ST. GEORGE ORTHODOX CHURCH PARISH SHUT-INS (2022)

Reader Victor Shanchuk
McAuley Residence
1503 Military Rd.
Buffalo, NY 14217
716.881.3096

Mrs. Luba Japadjief
Elderwood Nursing Home
104 Old Niagara Rd.
Lockport, NY 14221 (Room 47A)

Mr. Albert Fadell
317.376.2562

Nicholas Wityk
Buffalo Center
1014 Delaware Ave

Andrew Wityk
Ellicott Center
200 Seventh Street
Buffalo, NY 14201

Buffalo, NY

**** NEW COFFEE HOUR SCHEDULE FOR 2023 IN THE PARISH FELLOWSHIP HALL!
BE SURE TO SIGN UP TO HOST A COFFEE HOUR! PLEASE JOIN US EVERY
SUNDAY IN THE PARISH FELLOWSHIP HALL FOLLOWING THE DIVINE LITURGY
FOR SOME CHRISTIAN FELLOWSHIP WITH ONE ANOTHER!****

ST. GEORGE ORTHODOX CHURCH PRAYER LIST

Please remember in prayer Thy Servants of God...

FOR THE HEALTH OF THY SERVANTS:

HIERARCHS

Archbishop BENJAMIN Archbishop ALEJO
Archbishop NATHANIEL Archbishop DANIEL

CLERGY

Archpriest Herman, Matushka Cynthia and George, Elizabeth
Archpriest Vladimir and Matushka Jeanne
Archpriest Alexey and his family
Archpriest Timmothy/Mat. Michelle
Archpriest John and Presbyteria Nancy
Archpriest Ken and Matushka Natalie
Archpriest Andreja, Popadija Anica and Family
Archpriest Timmothy Archpriest Leonid Archpriest David
Archpriest John (Onofrey) Archpriest James Archpriest Robert
Priest Peter and Mat. Mary
Dn. Sean and Mat. Heather
Dn. Mark and his family

MATUSHKI Mat. Deborah Popadija Sara Mat. Gayle Mat. Natasha
Mat. Barbara Mat. Katia Mat. Paraskeva Mat. Joanna Popadia Vicki
Mat. Patricia Mat. Gloria Christine Coard Karen
Catherine Ivan/Marina/Inna Bonnie/Silviu Jennifer, Amanda
Edwina Irene Luba Jim, Darren, Marsha
Serena/Asma Lillian Reader Victor Nicholas, Andrew
Marilyn Frank June Theodora Amanda, Chase Ronald, Candice
Sarah Albert Boris Oscar Billy Clyde
Xenia, Justin, Danielle, Anne, Patricia Larry Joseph Frank
Victor Catherine Susan Svetlana Juliana
Evelyn Robert Rebecca Paul Brian
Jeanne Angela, Jason, Michelle Linda Justin Frances
John, Helen Ashley Steven Barbara Daniel
Joseph, John, Margaret, Thomas, Victoria, Tyler Matthew William
Melody Natalie, Lorraine Lee, Maribeth Bridget
Kelly, Robert, Boris, Zaeb, Tirza, Sabas, Sada, Charles, Thlisinitsa,
Gemmal, Geesa, and Patric Lia/Isaiah
Olga and Eugene Jeremy Stewart Susan
Susan Justin Louis Yuri/Elena Alex John, Kevin, Sean
Anthony Aldona, Melinda, Pam Valerie Mary John Rebecca
Jaime/Sammy, Juliana Harry James

Lee, Benjamin, Harry Patrick Aspasia/Stavros
Charles Emma/Alexander Elias, John, Joseph, Nadim, Theresa
Vadym Iryna Yuriy Anastasia Rosemary Anthony
Seraphim Anthony
Mary, Hal, Autumn, Ariana, and Amber, Judithann Anita, James, Jeffrey,
Dominic, Douglas, Rachel, Dennis, Edith, Robert, Joanna
Brian John, Roberta, Barbara John, Michael John
George Costa Jonathan, Kevin, Lary, Carly, Sherry, Mary Jo, Clara, Karl,
Mary Al and Sophie and Family
Stephen, Larry, Olga, Olga, Sally, Deborah, David
Rdr Nicholas, Judithann, Michael, Mary, Cate, Michael, Gary, Damian, Olga,
Alexandra, Barbara, Damian
Ron, Illiana, Jillian, Joel, Robert, Susan, Arnold, Kyriaki, Danny, Thomas,
Amelia, Emily, Kevin/Juanita

Alyssa Marie and the child Luke Joshua born of her
Children of God - Keely, Isla, Talia, Lane, Liam, Caiden
Chryssanthi and the child to be born of her

Diocese of NY&NJ Prayer List

Archpriest Samuel Mitred Archpriest Joseph Lickwar
Mitred Archpriest Daniel and Mat. Myra
Archpriest George Archpriest Paul Mitred Archpriest Ken (*Starevsky*)
Archpriest Jonathan Archpriest Paul

Those Serving in The Armed Forces

Kenneth, Nadine, Jason, Robert, Andrew, Justin, Shawn,
Austin, Chris, John, Daniel, Gjorgie, Thomas

Inquirers

William and Darlene Matthew Ayden Edward
Rudy and Karen Paul Judy Raymon/ Gina Raymond and Frankie

For All of our Parishioners and their families, the communicants of this holy house, those who pray here, our loved ones and their families and for those who are praying with us today and all of those whom we have in our hearts and minds

For All of our parishioners who are in hospitals, nursing home, and those who are homebound.

For All of the ill-afflicted of our parishes and families especially those affected with the Coronavirus and other ailments and for their continued full recovery and good health

For All of our doctors, nurses, physicians, and medical professionals

For our Nation that The Lord our God will continue to bless us and guide and teach us to love another, pray for one another and forgive one another.

For All of those who are travelling and for their safe journey and return to their homes

FOR THY DEPARTED SERVANTS OF GOD:

For all of those who tragically lost their lives to the Coronavirus and other ailments

All of the clergy and parishioners of This Holy House who have departed this life, who now lie asleep in the Lord

Metropolitan THEODOSIUS
Ever-Memorable Archpriest Eugene
Ever-Memorable Archpriest Rastko
Ever-Memorable Priest John
Ever-Memorable Dn. Mark

Metropolitan HERMAN
Ever-Memorable Archpriest Bernard
Ever-Memorable Archpriest George
Ever-Memorable Archpriest George
Matushka Dorothy
Khouria Grace

Priest Leonid Gregory, Priest Peter, Archpriest Kirill, Dn. Michael, John Robert, Sister Thomas, Frank, Jenny, Charles, Florence, Michael Stevens, William, George, Marion

Ever-Memorable Pdn Gregory

Ever-Memorable Sbdn Gregory

Martha, Akhtar, Barkat, Rehmat

Newly-Departed Servants of God

Anthony Dipiano Konstantinos Marie
James Kelly Vasili (William) - Father of Fr. Stephen Gousios
Matushka Delores Dragica (mother of Christine Hoeplinger) Mat. Priscilla

*If anyone would like to have their loved ones added to the prayer list for remembrance during the Divine Liturgy and Divine Services, please see or contact Fr. Jason.

ST. GEORGE ORTHODOX CHURCH BOOKSTORE

As you are in the Parish Fellowship Hall for coffee hour, don't forget to check out our newly-formed Bookstore. We have some new items that just arrived. These items include: Icon ornaments, jewelry, Icons, prayer books, prayers ropes, and much more. If you need a Gift, come check out the Bookstore...you may find something you like!! We are now also offering Gift Certificates for our Bookstore. Please speak with Dave or Andrea for more details/information!! We thank David and Andrea Chmiel who are managing of our Bookstore for us. If you have any questions or if you would like to order something that you do not see, please see or contact David or Andrea Chmiel and they will be able to assist you. You may also email them at: bookstore@stgeorgebuffalo.com. May GOD continue to bless and guide all of you.

Also in the Parish Fellowship Hall, we have the Giving Tree! If anyone would like to sign up for Readers, Bulletin, Collection, Communion Cloth, Home Blessing, please see or contact Fr. Jason!



A SINCERE AND HEARTFELT THANKS AND APPRECIATION FOR THE FOLLOWING DONATIONS TO THE PARISH FROM OUR PARISH GIVING TREE

Please be sure to check out “The Giving Tree” in the Parish Fellowship Hall as well as on our parish website (www.stgeorgebuffalo.com) to see how we may be able to donate towards the needs of our parish through our continued support and stewardship for our beloved parish.

Some of the items on the leaves are as follows:

- Candles
- 7-Day Vigil Candles
- Flowers for Feast Days
- Charcoal
- Altar Wine
- Cups for Zapifka
- Paper Towels Toilet Paper Donation for Office Supplies (Paper, Copier)
- Monthly Donation for Health Kits for Mats for Mission
- Monthly Donation for Chowder Sale

If anyone has any questions, please see or contact Fr. Jason or Barbara. Thank you for your continued prayerful support and stewardship. May God continue to bless and guide all of you, your families and our entire Parish family and keep all of us in His Loving Care!

DAILY FAMILY PRAYER RULE WE CAN PRAY TOGETHER AT HOME WITH OUR FAMILIES

A Prayer Rule must be done in front of the icons and the Gospel in our Icon Corners with a lit candle.. It is important to remember that we must make time for God, for the “Kingdom of heaven suffers violence, and the violent take it by force”(Matt. 11:12).The best time to pray is in the morning or in the evening when we as a family can come together in prayer. Also, when using a Rule of Prayer, we must be flexible and do what we can and do it attentively and consistently. Our goal is to maintain the connection with God and cultivate a real relationship with Him.

With that in mind, please fine below The Rule of Prayer offered by our Diocese for us to use at home especially during this most difficult time when we are not able to be in church together as a parish family.

<https://www.nynjoca.org/files/2020/praying-at-home/A-FAMILY-PRAYER-RULE.pdf>

May God bless you and keep you always in His Loving Care!

An Invitation to Support the Stewards of the OCA!

The Orthodox Church in America (OCA) set the direction for expanding our apostolic work in North America at the 18th All-American Council. The foundation for this work is Jesus Christ, Whom we encounter in our spiritual lives, stewardship, evangelism and outreach, and relations with others as we engage the world. Being a steward of the OCA goes beyond the financial gifts which support the work of our church. Being a steward is about caring for and knowing the history of the mission of the Orthodox Church here in North America and finding your place in that history. Having received this great gift of our Orthodox Faith, we bear the responsibility to continue the legacy of Saint Herman and Saint Tikhon; Saint Innocent and Saint Alexis and all the other saints known and unknown who have worked to build up and expand Christ's Church here in North America. Please consider being a part of that mission today by giving to the Stewards of the OCA. For more information, please visit The OCA Website: <https://oca.org/become-a-steward>

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An Invitation to Support the Ministry of the DDB!

In order to fund necessary ministries and fulfill the work of the Church in the Diocese of New York and New Jersey, **Distinguished Diocesan Benefactors** generously contribute financial support. To learn more about the DDB, please go to the following link: <http://vimeo.com/71021182> and watch a 60 second video inviting you to join the ever-growing list of Distinguished Diocesan Benefactors of The Diocese of New York and New Jersey who joyfully support the on-going work of our diocese. Their support allows us to provide assistance to new mission parishes, scholarships to seminarians, support the departments of The Diocese, and much-needed encouragement to older struggling parishes. How about you? Our parish is a member of the DDB. If anyone would like to join, please see Fr. Jason as well as take a pamphlet from the table in the back of the church. May God continue to bless and guide you for your continued support. The Diocese of New York and New Jersey has two monthly newsletters: "**First Fruits**" and "**Beyond the Plateau.**" The goal, as expressed by Archbishop Michael, is to increase communication and grow the communal spirit of diocesan fellowship in the building-up and strengthening of our parish communities. To learn more about these monthly diocesan publications, please refer to the diocesan website: <http://www.nynioca.org/newsletters.html>.

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"Lessons in Our Faith" Video presented by His Eminence Archbishop MICHAEL

His Eminence Archbishop Michael presents a series of talks on matters of faith, belief, and the teachings of the Church. These instructional videos are concise and "to the point," offering Orthodox Christians much-needed information, helpful advice for their spiritual journey, and assistance in answering questions that may come from non-Orthodox friends or acquaintances. The goal is that we might better know and better live our faith. These instructional videos can be found at the Diocesan Website: <http://www.nynioca.org>! For those who do not have internet, please see the handouts from each lesson which are located on the table in the back of the church. **There are 14 videos! Be sure to check them out!**

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WEEKLY VIDEO SERMONS GIVEN BY HIS EMINENCE ARCHBISHOP MICHAEL

These sermons offered to us by The Diocese via video can be found on the Diocesan Website: <http://www.nynioca.org>!

There are videos for each week beginning with The Feast of Feasts – Holy Pascha! Be sure to check them out!

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ST. GEORGE ORTHODOX CHURCH EDUCATION CENTER

St. John Kochurov

Missionary to America and First Hieromartyr under the Bolshevik Yoke

Early Years

Saint John was born to a priest's family on July 13, 1871.

He enrolled in the Ryazan Seminary where he showed great promise, excelling in his studies. He furthered his education by enrolling in the prestigious St. Petersburg Theological Academy, completing his formal education and graduating in 1895.



Very shortly after graduating from the Academy, St. John married. Later that summer, on August 27, 1895, at the St. Alexander Nevsky Lavra in St. Petersburg, he was ordained to the holy priesthood by Bishop NICHOLAS (Ziorov) of the Aleutians and Alaska.

Coming to Chicago

Saint John eagerly expressed a desire to be a missionary priest in far-off America and shortly thereafter he was granted a transfer to the United States and assigned to be the first permanent priest to serve St. Vladimir's Church — eventually to become [Holy Trinity Cathedral](#). (The community had been served periodically by [St. Alexis](#) Toth of Minneapolis.)

Saint Vladimir's Church community did not have its own church building yet. At the direction of St. Tikhon, St. John contracted architect Louis Sullivan to design a temple for the community to use and construction began in April 1902. He sought and received donations from Tsar Nicholas II and wealthy Chicagoans including

Harold McCormick and Charles R. Crane, the American Minister to China. For the laying of the cornerstone, a choir from St. Mary's in Minneapolis under the direction of Professor Zaichenko came for the august occasion and he personally oversaw the construction. In 1903, St. Tikhon consecrated the newly completed building.

Working beyond Chicago

Saint John, along with St. Alexis of Minneapolis were two of the more influential priests in the united [brotherhood](#) Russian American Orthodox Mutual Aid Society (later, Russian Orthodox Church Mutual Aid Society/ROCMAS).

While serving St. Vladimir's, our holy father John also devoted great efforts toward the establishment of other churches. He performed the first services for the Orthodox community on Chicago's south-west side which eventually would become Archangel Michael Orthodox Church. Beyond the immediate vicinity of Chicago, St. John was also instrumental in forming numerous other parishes including Nativity of the Virgin Mary in Madison, IL (1900), Three Saints in Streator, IL, St. Nicholas in Joliet, IL (1907), in addition to Buffalo, NY and Heartshorn, OK.

Administrative Work

He also worked in the field of translating religious texts into English, providing for the future of a Church that would not be populated predominantly by immigrants but English speaking native-born Orthodox.

His administrative abilities, put to use by founding parishes and serving as [Dean](#) of the central states, were also helpful in helping to organizing the historic first All-American Sobor, convened by St. Tikhon at Mayfield, PA in 1907.

Return to Russia

In 1907, he returned to Russia and due to his skills in education he was assigned to teach catechism in the schools of Narva, Estonia, where, as in America, the Orthodox were a minority.

In 1916, he was assigned to St. Catherine's Cathedral in Tsarskoye Selo (near Petrograd), where his skillful and moving sermons attracted many people.

Martyrdom

On October 30, 1917, as the town was under attack by the Bolshevik forces during the turmoil of the Russian Revolution, people thronged to the churches seeking consolation. The clergy conducted a prayer service and procession throughout the town to pray for peace.

The following day, the town was seized by the Bolsheviks and St. John was arrested, taken to the outskirts of town and shot to death. He thus became the first clergy martyr of the Russian Revolution in 1917.

Several days following his death, St. John was buried in the crypt of St. Catherine's Cathedral, which was later demolished some years later.

Epilogue

On December 4, 1994, St. John was canonized by the Council of Bishops of the Russian Orthodox Church. In Russia, he is venerated as the first of the new martyrs of the 20th century, while in America, he is additionally remembered as a missionary and inspired preacher.

A full account of St. John's life, translated from the Russian by Anatoly Antonov, can be found on www.oca.org.

The Legion of Demons and Herd of Swine

Luke 8:26-39

From The Explanation of the Gospel of St. Luke
by Blessed Theophylact, Archbishop of Ochrid and Bulgaria

26-33. And they arrived at the country of the Gadarenes, which is across from Galilee. And when He went forth to land, there met Him out of the city a certain man, possessed by demons for a long time, who wore no clothes, neither abode in any house, but in the tombs. When he saw Jesus, he cried out, and fell down before Him, and with a loud voice said, What have I to do with Thee, Jesus, Son of God most high? I beseech Thee, torment me not. (For He had commanded the unclean spirit to come out of the man. For oftentimes it had caught him: and he was kept bound with chains and in fetters; and he broke the bands, and was driven by the demon into the wilderness.) And Jesus asked him, saying, What is thy name? And he said, Legion: because many demons were entered into him. And he besought Him that He would not command them to go out into the abyss. And there was there an herd of many swine feeding on the mountain: and they besought Him that He would suffer them to enter into them. And He suffered them. Then went the demons out of the man, and entered into the swine: and the herd ran violently down a steep place into the lake, and were drowned.

See how the demon is torn between two wicked passions: impudence and fear. When he says, What have I to do with Thee? he shows the impudence of a shameless slave; when he says, I beseech Thee, he shows his fear. He was dwelling among the tombs because he wanted to instill in men the false suspicion that the souls of those who have died become demons. The demons ask not to be cast into the abyss, but that they be permitted to remain a while longer upon the earth. The Lord permits them to remain upon the earth so that they might fight and contend with men, and thus render men tested veterans. If man had no adversaries, there would be no struggles and contests; and if there were no contests, there would be no crowns of victory. There is a more spiritual sense which you should learn as well: the man who has demons within him and wears no garment and makes his home

outside the house, is anyone who does evil and demonic deeds, who has stripped himself of his baptismal robe, and dwells outside the Church. Such a man is not worthy to enter into the Church, but instead he lives in the tombs of dead and rotting deeds, for example, in brothels and in the chambers of publicans and graft. These are indeed tombs of iniquity.

34-39. When they that fed them saw what was done, they fled, and went and told it in the city and in the country. Then they went out to see what was done; and came to Jesus, and found the man, out of whom the demons were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid. They also which saw it told them by what means he that was possessed of the demons was healed. Then the whole multitude of the country of the Gadarenes round about besought Him to depart from them; for they were taken with great fear: and He went up into the boat, and returned back again. Now the man out of whom the demons were departed besought Him that he might be with Him: but Jesus sent him away, saying, Return to thine own house, and tell what great things God hath done unto thee. And he went his way, and proclaimed throughout the whole city what great things Jesus had done unto him.

When those who had been feeding the swine fled into the city, it became an opportunity for salvation for the Gadarenes, but they did not understand. They ought to have marvelled at the Saviour's power and believed in Him. The Evangelist says that they besought Him to depart from them, instead of calling upon Him in supplication. They did this out of fear of suffering another loss like that of the swine. But the man who had been healed shows indisputable proof of his healing. That he had been healed in his mind is shown by the fact that he now both recognizes Jesus and begs His permission to be with Him. For he was afraid, it would seem, that the demons would again easily assault him when he was separated from Jesus. But the Lord shows him that even if he is not with Jesus, the Lord's grace can shelter him from demonic attack. The Lord says to him, Return to thine own house, and tell what great things God hath done unto thee. By not saying, "what great things I have done unto thee," the Lord gives us an example of humility and teaches us that we should attribute all our accomplishments to God. But though the Lord had commanded him to tell what things God had done for him, he told instead what things Jesus had done for him, so great was his gratitude. Therefore when you do something good for someone, do not desire it to become public knowledge; but he who is the beneficiary of that

good deed ought to be moved by gratitude to tell it to others, even though you do not want him to do so.

THE STORY OF THE THREE MONKS AND THE CONVERSATION WITH THE DEVIL

The devil appeared to three monks and said to them: if I gave you power to change something from the past, what would you change?

The first of them, with great apostolic fervor, replied: "I would prevent you from making Adam and Eve fall into sin so that humanity could not turn away from God."

The second, a man full of mercy, said to him: "I would prevent you from God and you will condemn yourself eternally."

The third of them was the simplest and, instead of responding to the tempter, he got on his knees, made the sign of the cross and prayed saying: "Lord, free me from the temptation of what could be and was not".

The devil, giving a raucous cry and shuddering with pain, vanished.

The other two, surprised, said to him: "Brother, why have you responded like this?"

He replied: "First: we must NEVER dialogue with the devil . Second: NOBODY in the world has the power to change the past. Third: Satan's INTEREST was not to prove our virtue, but to trap us in the past, so that we neglect the present, the only time God gives us His grace and we can cooperate with Him to fulfill His will."

Of all the demons, the one that catches the most men and prevents them from being happy is that of "What could have been and was not".

The past is left to the mercy of God and the future to his Providence. Only the present is in our hands. "Live in the moment"

Also, here are two books that are beneficial for us with our continued study and understanding of our knowledge and growth in and of The Orthodox Faith:

1. Introducing The Orthodox Church - Fr. Stanley Harakas
2. Know The Faith - Fr. Michael Shanbour

May this story and these books be beneficial to all of us as we strive to not only live our faith, trust and belief in God in our everyday lives but also learn how to realize and know the presence of God in our lives.

LET ALL THAT YOU DO BE DONE IN LOVE. 1 Cor.16:14

YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND. Matt. 22:37

YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF. Matt. 22:39

LOVE YOUR ENEMIES AND PRAY FOR THOSE WHO PERSECUTE YOU. Matt. 5:44

LOVE IS PATIENT, LOVE IS KIND, LOVE DOES NOT ENVY, LOVE DOES NOT BOAST, LOVE IS NOT PROUD, LOVE IS NOT SELFISH, LOVE IS NOT PROVOKED. 1Cor. 13:4

LOVE BEARS ALL THINGS, LOVE ALWAYS HAS FAITH, LOVE ALWAYS HAS HOPE, LOVE ENDURES ALL THINGS. LOVE NEVER FAILS! 1Cor. 13:7,8



A Note on Christian Stewardship

Life is given to us through Our Lord Jesus Christ. Our commitment to expressing gratitude for this great blessing is seen through our participation in Christian Stewardship by being faithful stewards of The Gospel. Our commitment reveals how we live our faith in the Resurrected Lord. It is in The Resurrection of Our Lord that we receive eternal life and we express our hope in the life to come by our response as Orthodox Christian stewards.

Come and See how we are all called to be Stewards of The Church!

Please take a moment to reflect upon what God has given us, and to discern how we might be able to return to God a portion of the blessings we have received.

Thank you for your continued support and generosity.

May God continue to bless and guide you and keep you always in His Loving Care!

What is Stewardship?

Stewardship means making a regular commitment of one's time, talent, and treasure to Christ and His Church

Stewardship is a way of life, which acknowledges accountability, reverence, and responsibility before God.

Stewardship recognizes that we believe that "every good and perfect gift we receive in our lives comes from above."

Stewardship is a spiritual practice, much like prayer and fasting. And just as prayer and fasting are ways we seek to deepen our relationship with God, so we use Stewardship to turn everything in our lives into an opportunity to grow in our relationship with God.

Stewardship, like prayer and fasting, should be undertaken purposefully and with intention - while giving of time, talent, and treasure when we feel so moved is a good beginning, it can only bear limited fruit. We should set aside portions of our time, talent, and treasure to give to God before we give them to anything else, in the same way that we should plan our prayer and fasting. There will always be times for spontaneous giving, as with spontaneous prayer - but intention is also necessary.

Why be a Steward?

To be a Steward of the Church means being an active participant in the life of the Church - growing in Faith and communion with God and proclaiming that same Faith with every word, every action, and every moment of our lives.

What is Orthodox Christian Stewardship

"It is by offering our blessings back to God that He will be able to continue His forgiving, healing, liberating, empowering, transfiguring, loving ministry through the Church. For God, Infinite though He be, has chosen to work through us, through our gifts, to continue His saving work in the world today." - Fr. Anthony Coniaris

Stewardship reminds us that everything we have has been given to us by God - not for us to have, but for us to care for as stewards, or caretakers. This is why we call those who are actively living the Orthodox Christian life "stewards," because to live the Orthodox Christian life fully means to recognize that we have received everything from God, and therefore we offer some of what we have received back in thanksgiving.

Financial stewardship is an offering, and it is part of how we participate in the saving work of Christ and His Church. By offering back some of what has been given to us, we allow God to work through that offering "for the life of the world." Just as we offer bread and wine for the Liturgy which God transforms into the Body and Blood of Christ to transform us into the living Body of Christ, so do we offer our time, treasure, and talents to Christ and His Church so that God might receive them and transform them into the means not only of our salvation, but for all Creation.

**** WEEKLY DIVINE SERVICES AND EDUCATION CLASSES****

TUESDAY MORNINGS

Daily Matins - 9:00 AM

WEDNESDAY EVENINGS

Paraklesis Service to The Theotokos - 6:00 PM

THURSDAY MORNINGS

Akathist or Moleben Prayer Service - 9:00 AM

EVERY OTHER TUESDAY

Catechism/ Adult Education Class - 6:30 PM
(via Zoom)

EVERY OTHER TUESDAY

St. George Bible Study Class - 6:30 PM
(via Zoom)

EVERY OTHER MONDAY

St. George Book Club - 6:30 PM
(via Zoom)

EVERY 3RD THURSDAY OF THE MONTH

St. George Prayer Group - 6:30-7:30 PM

**WEEKLY EDUCATION VIDEOS ("Q&A with FR. JAY)
and DAILY PASTORAL MESSAGES**

THE MONTHLY SCHEDULE FOR OCTOBER 2023

OCTOBER 2023

PENNIES FOR HEAVEN

The Month of October

CHILI/SOUP COOK-OFF/TRUNK OR TREAT FESTIVAL

Sunday October 29

1 – The Great Feast of the Protection of the Theotokos

Matins at 9:00 AM

Divine Liturgy at 10:00 AM

1 – Youth Sunday (Children Sermon and Children Sing during The Liturgy)

Church School Q&A with Fr. Jay

6 – Feast of St. Innocent, Apostle to America

Moleben Service at 9:00 AM

8 – 8th Year Anniversary of the Falling Asleep in the Lord of Dn. Mark

Matins at 9:00 AM

Divine Liturgy at 10:00 AM

Memorial Litia for the 7th Year Anniversary of the Falling Asleep
in the Lord of Dn. Mark

9 – Feast of St. Tikhon, Apostle to America

21– Memorial Saturday

Full Panahyda Memorial Prayer Service at 3:00 PM

Great Vespers at 4:00 PM

Parish Council Meeting (Via Zoom) (5:15pm)

22 – Make Health/Snack Kits for Mats for Mission

23 – Monthly Community Healing Prayer Service at 6:00 PM

29– General Confession – 9:30 AM Divine Liturgy – 10:00 AM

Education Sermon

HOT DOG LUNCH/TRUNK OR TREAT FESTIVAL

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THE BELOW CLASSES WILL BE HELD VIA ZOOM

****Bible Study Class – Tuesday October 11&25**

****St. George Prayer Group– Wednesday October 19**

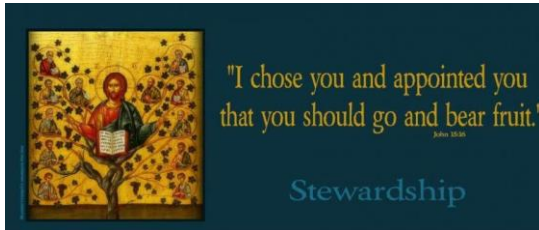
****Adult Education Class – Tuesday October 18**

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****PLEASE REFER TO THE WEEKLY EMAILS AND PARISH WEBSITE
FOR CHANGES TO THE CALENDAR!****

CHILI & CHOWDER ⇒ COOK-OFF ⇒

Basket Raffle



STEWARDSHIP SUNDAY GET – TO – KNOW-YOUR-PARISH-FAMILY

SUNDAY NOVEMBER 12, 2022

In The Parish Fellowship Hall immediately following The Divine Liturgy!

There is a \$5 charge for the Chili/Chowder Cook-Off which will get us all-you-can-eat chili/chowder plus 1 ticket for the Basket Raffle.

Additional Basket Raffle Tickets can be purchased for \$2/each and 3 for \$5!

We invite all of our wonderful cooks in the parish to prepare your favorite Chili or Chowder and bring it to church with you on Sunday October 30 and prepare to battle against your fellow Parishioners in a friendly competition!

There will be a special prize for the winner!!

Drawing for the Basket Raffle will be on SUNDAY DECEMBER 17 during Coffee Hour!

Let us come together as a parish family and enjoy time together in Christian Fellowship and delicious food as we prepare to enter into The Nativity Fast!!

“Only let your conduct be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of your affairs, that you stand fast in one spirit, with one mind striving together for the faith of the gospel.”

[Philippians 1:27]

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“A disciple came to a certain Elder, one day, and said, Father, I have fallen! The Elder answered, Get up! Again and again he came to the Elder and said, I have fallen! and the Elder invariably answered, Get up! Until when must I continue getting up? the disciple asked, and the Elder answered, Until the day when you give up your soul to God! Thus, every time when we feel that we have fallen, the Sacrament of Repentance tells us to get up.”

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A monk asked a holy man: how can we perform miracles? The holy Saint answered:

If you teach a person to read the Gospel, you have opened the eyes of the blind.

If you teach a person to help the needy, you have healed the paralyzed.

If you teach a person to go to church, you have healed the crippled.

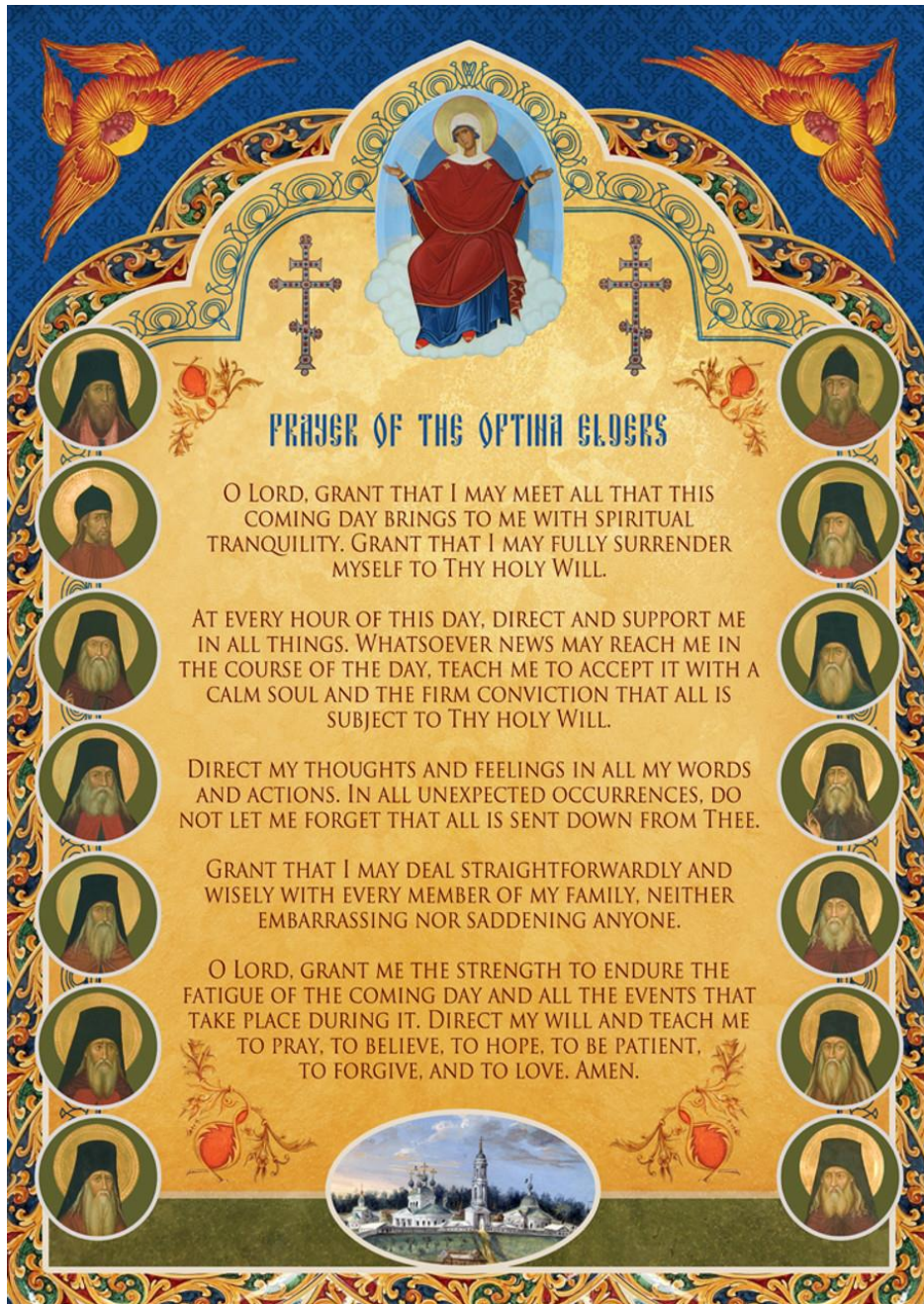
If you lead someone to repentance, you have raised the dead.

Now go and perform miracles!

Go and perform miracles!

Bring The Love of Our Lord God and Savior Jesus Christ to ALL so that they may come to know Christ, live Christ, love Christ and follow Christ!

I am just one beggar helping another beggar find The Bread...
Our Lord Jesus Christ!



the ABC's of Praying for Students



- Attitude ... Psalm 14:14
- Boldness ... Psalm 27:1
- Courage ... John 1:9
- Discernment ... Philippians 1:9-10
- Enthusiasm ... Colossians 3:23
- Friendliness ... Proverbs 18:24
- Generosity ... 2 Corinthians 9:7
- Humility ... Philippians 2:3-5
- Initiative ... 1 John 3:18
- Joyfulness ... Philippians 4:4
- Knowledge ... Proverbs 18:15
- Listening ... Proverbs 12:15
- Maturity ... 1 Corinthians 14:20
- Neighbors ... Mark 12:31
- Overflow ... Romans 15:13
- Perseverance ... Galatians 6:9
- Quiet ... Proverbs 29:11
- Respect ... Romans 12:10
- Self-control ... 2 Peter 1:5-7
- Thankfulness ... 1 Chronicles 16:34
- Understanding ... Psalm 119:130
- Victory ... Psalm 18:29
- Wisdom ... James 3:17
- eXcellence ... Proverbs 3:9
- Youthfulness ... 1 Timothy 4:12
- Zeal ... Romans 12:11



juliesanders.org