

**To Our Guests and Visitors about Receiving Holy Communion:**

1. In Orthodox churches, Holy Communion is given to and received only by members of the Orthodox Church (the baptized and chrismated who strive to live in repentance, faith, and godliness).
2. One must properly prepare to receive Communion, and there are negative consequences for improper reception. Also, the Priest administering Communion is responsible for the well-being of those receiving Holy Communion (see 1 Cor. 4:1-2; 11:27-32; Heb. 13:17).
3. *If you are non-Orthodox*, please speak with Fr. Jonathan after Liturgy without approaching the Chalice. *If you are Orthodox*, please introduce yourself to Fr. Jonathan, if possible, prior to the Liturgy, otherwise, at the Chalice.

**Prayers of Holy Oblation are offered for the Health of:**

Archprst. Stephen	Archprst. Elias	Mat. Marion	Dn. Michael	Irene
Laurie	Rose	Barbara	Tanya	Thomas
Kristi	Nina	Diane	Kevin	Cody
Nicole&Noelle	John	Athanasios	Mary Patricia	Frances
Vladimir	Nicholas	Christopher	Paisley	Willard
Sunnie	Siobhan			

**Prayers of Holy Oblation are offered in Memory of:**

Met. Herman (ND)	Priest Andrew	Roger (ND)	Joseph (ND)
Sophia (ND)			

**November Birthdays**

Sbdn. James Abraham (11/6)	Moriah Hastings (11/14)	
Helen Moroz (11/24)	Connie Insley (11/25)	Deborah Graban (11/26)
Eugenia Golubov (11/30)		

**TO SPONSOR COFFEE HOUR, please sign up on the calendar book on the glass case. Keep it simple – donuts, coffee cake, bagels, etc. IF NO ONE SIGNS UP, THERE WILL BE NO COFFEE HOUR.**

St. Mark is a Parish of the OCA Diocese of the South under the leadership of Metropolitan Tikhon and Archbishop Alexander. Our mission is to be a spiritual home to all who enter; to be a Christ-like community of Orthodox Christians; to be active in worship, fellowship, and witness, through participation in the Sacraments to come into close union with God.

If you are unable to attend services, but wish to continue your Stewardship contributions, send them to PO Box 1315, Bradenton FL, 34206.

**Memorial Bricks for the St. Mark Memorial Garden can be ordered at [www.thatmybrick.com/stmarkorthodox](http://www.thatmybrick.com/stmarkorthodox). You can order a 4"x 8" or 8"x8" brick with or without an Orthodox Cross, the number of characters varying accordingly. If you have any questions about the ordering process, see Fr. Jonathan.**

**St. Mark Orthodox Church**  
1517 57<sup>th</sup> Street E  
Bradenton, FL 34208

**"The Messenger"**

V. Rev. Fr. Jonathan Cholcher  
Rector

V. Rev. Fr. Stephen Plumlee  
Attached

Rev. Fr. Nicholas Roth  
Attached

Sub-Deacon James Abraham

Nadya Golubov  
Choir Director  
Michael Winters  
Assistant Director

Parish Phone: (941)-749-7662  
Parish E-mail: [stmarkocarector@gmail.com](mailto:stmarkocarector@gmail.com)  
Fr. Jonathan's Cell: (941)-807-5393  
Office Hours: W, Th, F 10:00 AM – Noon

**This week at St. Mark**

2	Wednesday	6:00 PM	Vespers/Faith & Life Class
3	Thursday	9:30 AM	Divine Liturgy
5	Saturday	3:30 PM	Introduction to Orthodoxy
5	Saturday	4:30 PM	Choir Practice
5	Saturday	5:00 PM	Great Vespers
6	Sunday	9:30 AM	Divine Liturgy

Choir practice immediately following Liturgy/coffee hour.  
Adult Bible Sunday following Divine Liturgy.

**Sunday, October 30, 2022**  
**20<sup>th</sup> Sunday After Pentecost 6<sup>h</sup> Sunday of Luke Tone 3**  
**Hieromartyr Zonobius and his sister Zenobia**

**Prokeimenon Tone 3 (Resurrection)**

*Sing praises to our God, sing praises! / Sing praises to our King, sing praises!*  
(Ps. 46:6)

*V. Clap your hands, all peoples! Shout to God with loud songs of joy! (Ps. 46:1)*

**Galatians 1:11-19 (Epistle)**

**But I make known to you, brethren, that the gospel which was preached by me is not according to man. For I neither received it from man, nor was I taught it, but it came through the revelation of Jesus Christ. For you have heard of my former conduct in Judaism, how I persecuted the church of God beyond measure and tried to destroy it. And I advanced in Judaism beyond many of my contemporaries in my own nation, being more exceedingly zealous for the traditions of my fathers. But when it pleased God, who separated me from my mother's womb and called me through His grace, to reveal His Son in me, that I might preach Him among the Gentiles, I did not immediately confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me; but I went to Arabia, and returned again to Damascus. Then after three years I went up to Jerusalem to see Peter, and remained with him fifteen days. But I saw none of the other apostles except James, the Lord's brother.**

**Luke 8:26-39 (Gospel)**

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.

**ANNOUNCEMENTS**

- Fr. Jonathan is publishing weekly meditations on the St. Mark website (stmarkorthodox.org). Please take some time to read them.
- Please keep in mind that Liturgy is not officially over until the reading of the Post-Communion prayers. It is important that we stay respectful during the reading of these prayers by maintaining silence.
- Faith and Life classes will be studying St. Paul's Epistle to the Romans. Classes are held Wednesdays following Daily Vespers.
- Introduction to Orthodoxy class will meet at 3:30 PM on Saturdays prior to Vespers. We will discuss the basics of Orthodox Faith and Practice. All are invited, especially those considering becoming Orthodox, or those relatively new to the Faith.
- November's charity is Women's Resource Center of Bradenton. Donations between \$5.00 and \$500.00 will be matched.
- Parish Council has adopted a ***Parish policy regarding the posting of informational materials*** either in the St. Mark Church building (e.g. on a bulletin board on the welcome desk of the Church) or on St. Mark Church social media platforms such as Facebook or our Parish website. All such materials or postings must be pre-approved by the Parish Council or Fr. Jonathan prior to posting.

**Troparion      Tone 3      (Resurrection)**

Let the heavens rejoice!  
Let the earth be glad!  
For the Lord has shown strength with His arm.  
He has trampled down death by death.  
He has become the first born of the dead.  
He has delivered us from the depths of hell,  
and has granted to the world//  
great mercy.

**Troparion      Tone 4      (St. Mark)**

From your childhood the light of truth enlightened you, O Mark  
And you loved the labor of Christ the Savior  
Therefore you followed Peter with zeal  
And served Paul as a fellow laborer//  
And you enlighten the world with your Holy Gospel

**Troparion      Tone 4      (Martyrs)**

As brother and sister united in godliness  
together you struggled in contest Zenóbius and Zenobía.  
You received incorruptible crowns  
and unending glory//  
and shine forth with the grace of healing upon those in the world.

**Kontakion      Tone 3      (Resurrection)**

On this day Thou didst rise from the tomb, O Merciful One,  
leading us from the gates of death.  
On this day Adam exults as Eve rejoices;  
with the Prophets and Patriarchs//  
they unceasingly praise the divine majesty of Thy power.

**Kontakion      Tone 2      (St. Mark)**

You did receive the grace of the Spirit from on high  
Destroying the snares of the orators  
You did hunt all the nations O Apostle  
And led them to your Master//  
O glorious Mark the preacher of the Gospel of God

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

**Kontakion      Tone 8      (Martyrs)**

Let us honor with inspired hymns the two martyrs for truth:  
the preachers of true devotion, Zenóbius and Zenobía;  
as brother and sister they lived and suffered together//  
and through martyrdom received their incorruptible crowns.

**Now and ever and unto ages of ages. Amen**

**Theotokion      Tone 6**

Steadfast Protectress of Christians  
Constant Advocate before the Creator  
Do not despise the cries of us sinners  
But in your goodness come speedily to help us who call on you in faith  
Hasten to hear our petitions and to intercede for us, O Theotokos//  
For you always protect those who honor you!

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