



# St Anthony Orthodox Church

Fr Nicholas Fine | Pastor | (503) 502-2817 | [frnicholas@stanthonyorthodox.org](mailto:frnicholas@stanthonyorthodox.org)

## Services This Week

**Wednesday, January 24th**

Daily Vespers  
6pm

**Friday, January 26th**

Daily Vespers  
6pm

**Saturday, January 27th**

Great Vespers  
5pm

## Upcoming Special Services

**Sunday, January 28th**

Orthros and Divine Liturgy  
9am

## Daily Liturgical Guide

**Antiochian Archdiocese Website:**

<https://antiochian.org/liturgicday>

“There is nothing upon earth holier, higher, grander, more solemn, more life-giving than the Liturgy.”

- St John of Kronstadt

## Weekly Announcements

- Confessions available before/after any weekday service, after Great Vespers on Saturday, or by appointment.**
- Church School & Teen SOYO will meet TODAY.**
- St. Anthony's Day, our patronal feast day, will be celebrated today.**
  - At the conclusion of Liturgy, **Fr. Nicholas will conduct the *artoklasia*, “the breaking of the bread”**, where five loaves of bread are offered as a sign of devotion and are reminiscent of the five loaves Jesus blessed in the desert by which five thousand of His followers were fed.
  - Immediately afterwards, **the entire parish and all guests are invited to celebrate our parish's Feast Day.**
  - There will be **a complimentary breakfast, an introduction and welcome to new parishioners, and a short program** to learn about participating in parish life as a practicing Steward.
- There will be a **Parish Council meeting this Wednesday, January 24th**, in the Jabara Room at 7:30pm.
- Theophany house blessings continue this week.** Please contact Fr. Nicholas if you want your house blessed
  - by returning promptly the form that was sent home
  - by emailing Fr. Nicholas directly
  - by using the online link in Fr Nicholas's weekly update email
- St. Anthony's Annual Meeting will be held on Sunday, February 11, 2024**, immediately following Liturgy.
- IOCC Wine Tasting Fundraiser at St. George, Little Falls Saturday, February 3rd.** Vespers at 6pm, event at 7pm. For tickets, sponsorships, or donations, please visit [IOCC.org/northjersey](http://IOCC.org/northjersey).
- CHANGE OF DATE - Saturday, February 24th - All are invited after vespers to a Valentine's Pasta Dinner hosted by the 20/40 Group.** Contact Amanda Elsabee for more information ([aelsabee@gmail.com](mailto:aelsabee@gmail.com) or 732-979-9929).

Thank you for worshipping with us this morning!  
If this is your first time visiting, please introduce yourself to Fr. Nicholas at the end of Liturgy.

**From Father:**

Christ is in our midst!

“Let us stand upright, let us stand with fear, that we may offer the holy oblation in peace.” This line from the Divine Liturgy reminds me that we stand a lot during our services. Traditionally, Orthodox churches had no pews but would occasionally have benches or seats around the edges of the nave for those who needed to sit out of necessity. In our American context, most Orthodox churches have pews, but that doesn't mean we always use them! We found ourselves standing for much of the services, but why?

Well, what type of posture is conveyed through standing? Attention. Standing is a posture of concentration and focus. It is the posture that is perfect for prayer because it is a posture that focuses us and prepares us for action. Conversely, sitting is a posture of leisure and relaxation—a posture of inattention. For this reason, standing has always been preferred in the Church because we are there to pray and pay attention to the spiritual dance happening around us.

So, even though we have pews, it is proper to stand for as much as you are able. The specific points in the Divine Liturgy that demand standing are when the Liturgy begins, and the priest gives the blessing; during the Little and Great Entrances; when the priest is censuring the icons and the faithful; during the Gospel reading; at the Anaphora (from the cherubic hymn on); for Holy Communion; and at the final Blessing. Whenever a bishop visits the parish, out of respect, follow his example and stand and sit when he does.

Of course, no one is watching you or judging you. If you need to sit, sit. If you can stand, stand. Our posture is an outward reflection of our inward disposition.

In Christ,  
Fr Nicholas

9. **The Luck of Saint Anthony's Tricky Tray has a WISHING TREE in the church hall.** Please select a card from the tree to make a donation. All donations due by February 11th.

- ✦ Also, please bring in any **NEW** items such as candles, soaps, coffee maker, air fryer, electronics, kitchen gadgets, jewelry, glass, crystal & any other donations, etc.
- ✦ We also need family & friends monetary donations.
- ✦ **See Leslie Carter or Christine Moomjy** if you have questions or to drop off donations.

10. **Registration for the Antiochian Village Summer Camp Programs 2024 is open!** For more information and to register, go to: [avcamp.org](http://avcamp.org)

11. **Attention St. Anthony parishioners** - If you are receiving church envelopes but no longer use them because you have switched to ParishSoft Giving, please notify **John Ziembra** ([jzphysics@yahoo.com](mailto:jzphysics@yahoo.com)) to be removed from the mailing list. The smaller the mailing list, the less our printing & postage expenses.

12. **The 2024 Coffee Hour Schedule is posted in the church hall.** Parishioners are asked to PLEASE host at least ONE coffee reception a year. **Many dates are available.**

- Guidelines on church website & handouts are in the coffee room.
- Sign up on the schedule posted outside the coffee room or contact **Alice Ziembra (201-664-8068 or [alicesiembra@yahoo.com](mailto:alicesiembra@yahoo.com)).**

13. **Shoprite Gift Cards are available for purchase.** For \$100, you get \$100. of gift cards & the Church earns 5%. This is a cost-free fundraiser! To purchase gift cards, **see Betty Gakos.**

14. **If you have any news for our church e-newsletter, *The Desert News*,** that goes out the 1st of each month, send it at least one week prior to **Claudia Bogris** ([cbogris@aol.com](mailto:cbogris@aol.com)). If you are not receiving this monthly email, contact **Nike Bach** ([nike.bach@gmail.com](mailto:nike.bach@gmail.com)).

15. **Reminder: The UPCI Jesus Christ Tabernacle Church celebrates services** on Sundays (2pm - 5pm) and Thursdays (6:30pm - 9:00pm) in our church hall. Please clean your tables.

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“I no longer fear God, but I love Him.  
For love casts out fear.”

-St Anthony the Great