

Saint Spyridon Greek Orthodox Church
1391 Chafee Street, Upland, CA 91786
<http://www.saintspyridon.org>
Rev. Fr. Iustinian Deac
(213) 788-8463 piustiniandeac@gmail.com

‡ **Liturgical services for October - November - December 2024** ‡

‡ ‡ ‡ **October** ‡ ‡ ‡

- ‡ Wednesday, October 2 ‡ **Cyprian and Justina**
9 am Orthros / 10 am Divine Liturgy
- ‡ Thursday, October 3 ‡ **Dionysios the Areopagite**
7 pm ‡ Paraklesis to Saint Spyridon
- ‡ Sunday, October 6 ‡ **Holy Apostle Thomas - 3rd Sunday of Luke**
9 am Orthros / 10 am Divine Liturgy
- ‡ Thursday, October 10 ‡ **Eulampios & Eulampia**
7 pm ‡ Paraklesis to Saint Spyridon
- ‡ Sunday, October 13 ‡ **Sunday of the 7th Ecumenical Council**
9 am Orthros / 10 am Divine Liturgy
- ‡ Thursday, October 17 ‡ **Cosmas and Damian of Arabia**
7 pm ‡ Paraklesis to Saint Spyridon
- ‡ **Saturday, October 19 ‡ Vigil for Gerasimos of Cephalonia**
7 pm ‡ Esperinos + Artoklasia
- ‡ **Sunday, October 20 ‡ 6th Sunday of Luke (St Gerasimos of Cephalonia)**
9 am Orthros / 10 am Divine Liturgy
- ‡ Thursday, October 24 ‡ **Arethas the Great Martyr**
7 pm ‡ Paraklesis to Saint Spyridon
- ‡ Saturday, October 26 ‡ **Saint Demetrios the Myrrh - Streamer**
9 am Orthros / 10 am Divine Liturgy
- ‡ Sunday, October 27 ‡ **7th Sunday of Luke**
9 am Orthros / 10 am Divine Liturgy
- ‡ Tuesday, October 29 ‡ **Anastasia of Rome**
9 am Orthros / 10 am Divine Liturgy
- ‡ Thursday, October 31 ‡ **Stachys of The 70**
7 pm ‡ Paraklesis to Saint Spyridon

☩ ☩ ☩ **November** ☩ ☩ ☩

☩ **Friday, November 1** ☩ **Cosmas and Damianos & David of Evia**

9 am Orthros / 10 am Divine Liturgy

☩ **Sunday, November 3** ☩ **5th Sunday of Luke**

9 am Orthros / 10 am Divine Liturgy

☩ **Thursday, November 7** ☩ **Lazarus the Wonderworker**

7 pm ☩ Paraklesis to Saint Spyridon

☩ **Friday, November 8** ☩ **Synaxis of the Archangels**

9 am Orthros / 10 am Divine Liturgy

6 pm Esperinos + Artoklasia - Saint Nectarios Church, Covina

☩ **Saturday, November 9** ☩ **Saint Nectarios**

9 am Orthros / 10 am Divine Liturgy - Saint Nectarios Church, Covina

☩ **Sunday, November 10** ☩ **8th Sunday of Luke**

9 am Orthros / 10 am Divine Liturgy

☩ **Monday, November 11** ☩ **Menas of Egypt**

9 am Orthros / 10 am Divine Liturgy

☩ **Thursday, November 14** ☩ **Philip The Apostle & Gregory Palamas of Thessaloniki**

7 pm ☩ Paraklesis to Saint Spyridon

☩ **Friday, November 15** ☩ **Nativity Fast Begins**

☩ **Sunday, November 17** ☩ **9th Sunday of Luke**

9 am Orthros / 10 am Divine Liturgy

☩ **Thursday, November 21** ☩ **Entrance of The Theotokos into the Temple**

9 am Orthros / 10 am Divine Liturgy

7 pm ☩ Paraklesis to Saint Spyridon

☩ **Sunday, November 24** ☩ **13th Sunday of Luke**

9 am Orthros / 10 am Divine Liturgy

☩ **Monday, November 25** ☩ **Saint Katherine – Apodosis of the Feast**

9 am Orthros / 10 am Divine Liturgy

☩ **Tuesday, November 26** ☩ **Stylianos of Paphlagonia**

9 am Orthros / 10 am Divine Liturgy

☩ **Thursday, November 28** ☩ **Stephen the New (Thanksgiving Day)**

7 pm ☩ Paraklesis to Saint Spyridon

☩ **Saturday, November 30** ☩ **Andrew the First- Called Apostle**

9 am Orthros / 10 am Divine Liturgy

☩ ☩ ☩ December ☩ ☩ ☩

☩ Sunday, December 1 ☩ **14th Sunday of Luke**

9 am Orthros / 10 am Divine Liturgy

☩ **Wednesday, December 4 ☩ Barbara the Great Martyr**

9 am Orthros / 10 am Divine Liturgy

☩ **Thursday, December 5 ☩ Savas the Sanctified**

7 pm ☩ Paraklesis to Saint Spyridon

☩ **Friday, December 6 ☩ Nicholas the Wonderworker**

9 am Orthros / 10 am Divine Liturgy

☩ Sunday, December 8 ☩ **10th Sunday of Luke**

9 am Orthros / 10 am Divine Liturgy

☩ **Wednesday, December 11 ☩ Vigil Saint Spyridon the Wonderworker**

7 pm Esperinos + Artoklasia

☩ **Thursday December 12 ☩ Saint Spyridon the Wonderworker**

9 am Orthros / 10 am Divine Liturgy

7 pm ☩ Paraklesis to Saint Spyridon

☩ Sunday, December 15 ☩ **11th Sunday of Luke**

9 am Orthros / 10 am Divine Liturgy

☩ **Thursday, December 19 ☩ Boniface of Tarsus**

7 pm ☩ Paraklesis to Saint Spyridon

☩ Sunday, December 22 ☩ **Sunday before Nativity**

9 am Orthros / 10 am Divine Liturgy

☩ **Wednesday, December 25 ☩ Holy Nativity**

9 am Orthros / 10 am Divine Liturgy

☩ **Thursday, December 26 ☩ Synaxis of the Theotokos**

7 pm ☩ Paraklesis to Saint Spyridon

☩ Sunday, December 29 ☩ **Sunday after Nativity**

9 am Orthros / 10 am Divine Liturgy





卐 About the Jesus Prayer 卐 Prayer of the heart 卐

Saint Paul in his Epistle to the Romans cites Joel the prophet, who said, "Whoever calls on the name of the Lord shall be saved" (Romans 10:13). For this reason the Holy Fathers of our Church, knowing the power of the Lord's name, especially after His incarnation, said that it is very useful for our salvation - that is, our unification with Christ - to call upon His Holy Name, saying: Lord Jesus Christ, Son of God, have mercy on me a sinner. This is a short prayer, beloved by the saints since the beginning of the Church, and it is especially recommended in our very hectic times, when people complain very much about not having enough time to pray. All the great spiritual fathers of our times advise us to say this prayer whenever we can and wherever we can: when we work, when we walk, when we drive or cook, or when we go to sleep, in time of temptation or just to keep our mind focused on the presence of God and not on bad thoughts. We can all say this prayer with our lips, or with our mind, but if we want to go to higher levels of practicing the prayer, we should certainly have a spiritual father or mother to counsel us on how to do so.

We should all have a small prayer rope on our wrist and at any point in the day when we have time, secretly, without being seen by anyone, we hold the prayer rope with our left or right hand and move from knot to knot with our thumb, whispering and meditating upon the prayer simultaneously. St. John of the Ladder counsels us: "Shut off your thought within the words of your prayer, and if in its infant state it wearies and falls, lift it up again. Instability is natural to the mind, but

God is powerful to establish everything. " (Step XXVIII, ch. 17). Such a mechanism of prayer is remarkably suitable and helpful. When the mind, in its own manner, acquires attentiveness, then the heart will join it with its Own offering compunction. The heart will empathize with the mind by means of compunction, and the prayer will be said by the mind and heart together. The words of the prayer ought to be said without the least hurry, even lingering, so that the mind can lock itself into each word. Anyone can read about this prayer in the famous account called The Way of a Pilgrim, or in other writings of the Church Fathers that talk about it in detail. A good introduction can be found in the writings of Saint Ignatius Brianchaninov (On the Prayer of Jesus). There were, even during the Communist times in Romania, laypeople, with families and children, living in big cities, who loved this prayer so much that they said it thousands of times a day under the guidance of a spiritual father and received great spiritual joy in their hearts.

This is what a great saint of our Church said about this prayer and about how much we should love our Lord Jesus Christ: "Let Jesus be the sweet thought of your heart; let Jesus be the delight of your tongue; let Jesus be the occupation and sight of your mind - and in short, let Jesus be your breath.

Think of Jesus in your mind; wish for Jesus and love Him with your will; to Jesus turn all your soul's power and beg for His mercy with compunction and humility. Never tire of saying Jesus' Name, because through this frequent and sweet mention of Him great trees will be sown and grow and those three good, great, and blessed deeds: faith, hope, and love, will be created in your heart. From the prayer and mention of Jesus love is born toward Him and towards His commandments."

(Saint Nicodemus of the Holy Mountain)

☩ St. John Chrysostom explaining the moment of the crucifixion of our Lord Jesus said: "Water flowing from the Side of Jesus prefigured Baptism and the Blood Prefigured the Sacrament of the Eucharist!" We must all humbly thank the Lord for His love towards us. Remember that in Baptism you became an Orthodox Christian and that you must be united with Christ through the Sacrament of the Eucharist to be a responsible Christian. Some spiritual fathers recommend that we also make Confession no later than 40 days!

☩ God bless you and your family to fulfill the will of God in your life and in the Liturgical space in the Church of St. Spyridon in Upland.

Iustinian Father Deac

