

## Announcements

- **Welcome Guests and Visitors.** Whether you are searching for a new church or visiting, we welcome you and hope your experience at the Divine Liturgy is edifying and spiritually nourishing. Please take a moment after the service to introduce yourself to our pastor, Father Kirill. You are invited to join us for lunch after the service. We would love to greet you and answer any questions.
- **Our Advent Retreat** is planned for Saturday, December 2. Please mark your calendars! Our retreat master this year is Fr. Andrew Morbey, Dean of St. Mary's Cathedral in Minneapolis, Minnesota. Father's topic is *Why Institutional Church, Anyway?* He will share insights from St. Theoleptos of Philadelphia, a teacher of St. Gregory Palamas, on why we should be in the Church and *in Church*. The day begins at 10:30 am and Vigil that Saturday will be at 4:00 pm. Register at [holy-trinity.org/events](http://holy-trinity.org/events)
- **IOCC Food & Wine Tour.** We are finalizing our participation as a parish for this enjoyable evening that benefits the work of International Orthodox Christian Charities. If you haven't let Fr. Kirill know you'd like to come, *today is the deadline*.
- **New Catechumen.** Please keep in your prayers Camryn Hissen, one of our regular attendees from University of San Francisco, who was made a catechumen last weekend. She is currently studying for the semester in Madrid. May God strengthen her and we look forward to her return here in January.

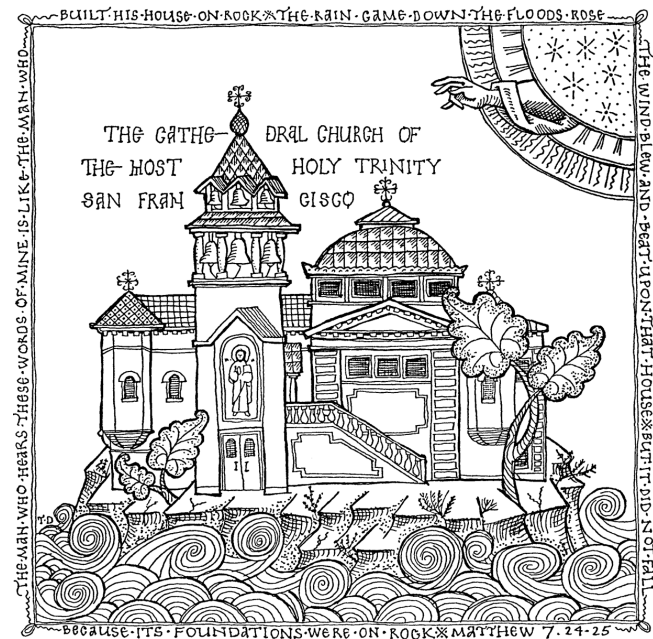
## This Week at Holy Trinity

- Tue. Oct. 31:** 12:00 pm Orthodox Christian Fellowship at USF
- Wed. Nov. 1:** 6:00 pm Vespers  
*Parking available this evening at St. Brigid's*
- Thu. Nov. 2:** 7:00 pm Online Bible Study with Fr. James
- Sat. Nov. 4:** 6:00 pm Vigil followed by Confessions  
*Parking available this evening at St. Brigid's*
- Sun. Nov. 5:** **22<sup>nd</sup> Sunday after Pentecost. Martyr Anastasia.**  
9:30 am Divine Liturgy followed by fellowship hour  
4:00 pm IOCC Fundraising Dinner in Belmont  
*Parking available Sunday morning at St. Brigid's*

### Contact Fr. Kirill

Question? Want to talk? Or be on our email list?  
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# Holy Trinity Cathedral



## Sunday, October 29, 2023

Most Reverend Benjamin,  
Archbishop of San Francisco and the West

Very Reverend Dr. Kirill Sokolov, Dean

1520 Green Street  
San Francisco, California 94123  
[holy-trinity.org](http://holy-trinity.org)

Orthodox Church in America  
Diocese of the West

We are delighted to be together with you in worshipping the Holy Trinity.  
Welcome!

**Today's Epistle**

Galatians 2:16-20

**Today's Gospel**

Luke 8:26-39

**21<sup>st</sup> Sunday after Pentecost****Martyr Anastasia the Roman (3<sup>rd</sup> c.)****Tone 4****Today's Epistle Reading***Galatians 2:16-20*

Brethren: We know that a man is not justified by works of the Law but through faith in Jesus Christ. Hence we also have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the Law, for by works of the Law shall no flesh be justified. But if, while we are seeking to be justified in Christ, we ourselves also are found sinners, is Christ therefore the minister of sin? God forbid. For if I build again the things which I destroyed, I make myself a transgressor. For I through the law am dead to the law, that I might live to God. I am crucified with Christ, nevertheless I live; yet not I, but Christ lives in me. And the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave Himself for me.

**Today's Gospel Reading***Luke 8:26-39*

At that time, Jesus and his disciples 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.

**St. Sebastian of Jackson & San Francisco on Today's Gospel**

Rouse yourselves! The world which you worship only flatters you. The heaviness of your flesh should not keep you back from our Saviour—the God of spirits and of all flesh. If you continue to drowse, you will imperceptibly fall under the influence of the evil spirits, who are anxious for the company even of swine. Be careful that you become not possessed by a devil.

St. Sebastian Dabovich, *The Lives of Saints: With Several Lectures and Sermons*

**St. John of Karpathos on Prayer in Today's Gospel**

Pharaoh entreated, saying: 'May God take away from me this death' (Exod.10:17), and he was heard. Similarly, when the demons asked the Lord not to cast them into the abyss, their request was granted (cf. Luke 8:31). How much more, then, will a Christian be heard when he prays to be delivered from spiritual death?

St. John of Karpathos, *For the Encouragement of the Monks in India who had Written to Him: One Hundred Texts* (69)

**Many Years!****Birthday:**

Catherine Moyer (Nov 4)

**Nameday:**

James Mason (Oct 23)

Anastasia Mason (Oct 29)

James Heinrich Kurtz (Oct 23)

William Bucsko (Nov 3)

**Thank You**

Please join us downstairs for coffee and our fellowship meal! We look forward to meeting our guests and visitors.

Thanks to all who contributed to today's potluck meal.

*Are we missing your special occasion? Please let us know!*