

CHRIST THE SAVIOR ORTHODOX CHURCH

30838 Vines Creek Rd.; Dagsboro, DE 19939
302-537-6055 (church) / 302-988-1138 (rectory)
orthodoxdelmarva.org / frjohn@orthodoxdelmarva.org

BULLETIN OF DECEMBER 28, 2008



SUNDAY, DECEMBER 28TH

SUNDAY AFTER NATIVITY

8:40a.m. Hours
9:00a.m. Divine Liturgy
St. Basil's Bread
Coffee Hour

SATURDAY, JANUARY 3RD

6:00p.m. Great Vespers

SUNDAY, JANUARY 4TH

SUNDAY BEFORE THEOPHANY

8:40a.m. Hours
9:00a.m. Divine Liturgy
Coffee Hour

Christ is Born!
Glorify Him!

READER SCHEDULE

Sunday, Jan. 4th

Kathy Parrish

Sunday, Jan. 11th

Troy Duker



Annual Meeting

The 2009 Annual Meeting will be on, Sunday, January 18th, following Coffee Hour. All full-time and part-time members, as well as visitors and contributors to the Mission are encouraged to attend.

Please Remember in Prayer

Jane Koshutko, Bill Parrish, Robert Evanusa, Olga Leisure, Valentina, Nina Gordon, Fr. Christian, Carole Boris, Constantina & Christos, Alicia & Susannah. If you have a prayer request, let Fr. John know.

Christ is born! Glorify Him!

During the celebration of Christmas, it is the custom of Orthodox Christians to greet one another with the joyous exclamation, "Christ is born!", to which the one greeted responds, "Glorify Him!"

Fast Free Period

During the twelve days of Christmas, Dec. 25th, through Theophany, Jan. 6th, we do not fast, even on Wednesday and Fridays. A one day fast is observed on January 5th, the Eve of Theophany.

The 2009 Directory

is available for pickup in the back of the church. This directory is for both parishioners and friends of our Mission. If you notice an error, please tell Fr. John.

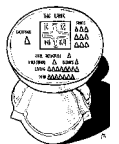


Stewardship Envelopes for 2009

If you haven't yet picked up your envelopes for 2009, please do so at the usher's stand. There are envelopes available for everyone.

Commemoration Lists

All parishioners are asked to update the list of names, both living and departed, they have submitted for commemoration at the Divine Liturgy. The list of names is in the back of the church. Questions? Please ask Fr. John.



The 2009 Calendars and Pocket Planners

from St. Tikhon's are in. Calendars are \$3.50 a piece and pocket-planners are \$2.50. We have ordered extras so you may purchase them even if you didn't order any.

The Tradition of Saint Basil's Coin

dates to the fourth century, when St. Basil the Great, the father of philanthropy, wanted to distribute money to the poor in his diocese. He commissioned some women to bake sweetened bread, in which he placed gold coins. Thus the poor families in cutting the bread to nourish themselves were pleasantly surprised to find the coins. This custom is kept to this day among Orthodox Christians, who on Saint Basil's Day, January 1st, place gold coins inside a loaf of sweetened bread in honor of the Saint's care for the poor. The one who finds the coin in his or her piece is considered commissioned by St. Basil to carry on his work for the poor, and in exchange he will ask the Lord for whatever is needful for the New Year.





Dear Brothers and Sisters in Christ,

I greet you on the joyous feast of our Lord's birth according to the flesh with the words, "Christ is born! Glorify Him!"

Each year we celebrate this feast, and each year it is both the same and different. It is the same because the feast recounts the historical events of our salvation which were accomplished 2,000 years ago when God took flesh as the Messiah, the One Who "would save His people from their sins".

At the same time, the feast is different because each year, by the grace of God, we ourselves are different; we are being changed, transformed and transfigured. We are experiencing the mysteries of our Faith at a deeper level, our eyes are being opened more to the realities of eternal life. For this we give thanks to God, Who has come "as a light to those in darkness".

I ask that the Lord continue to bless you with the experience of eternal life, deepening your faith, warming your heart, and strengthening your will to follow the path which leads to the Heavenly Kingdom. This is after all the reason why God became man, to make us shares in His life and kingdom. To Him be the glory, with His eternal Father and Most-holy Spirit!

With love in the New-born Savior,
Fr. John

TUESDAY CONVERSATION: TROY POLAMALU

By Jason Cole, Yahoo! Sports

Pittsburg – Strong safety Troy Polamalu has become known around the Pittsburgh Steelers as the last guy out of the locker room on Sundays after home games. All of his teammates are long gone and even most of the equipment guys have cleared out by the time he emerges. Polamalu goes through a detailed process, including a dip in a cold tub and a lengthy shower to relax after a hard-hitting afternoon. However, for a guy who doesn't seem to be in a hurry to leave, Polamalu does put a serious priority on his time away from the field with his wife, Theodora, the sister of Polamalu's former USC teammate Alex Holmes. Polamalu took some after Sunday's win over the San Francisco 49ers to engage in a Q&A with Yahoo! Sports.

Cole: Do you have a routine you follow on your day off?

Polamalu: We work out together because that's our only day off together. It's a pretty decent workout. She does a lot of running and I do a lot of stretching. Tuesday is also our only opportunity to go to church

together, so we do that.

Cole: When and where do you go?

Polamalu: It starts at 8:30 (a.m.). ... It's the Nativity of the Theotokos monastery (in Saxonburg, Pa.).

Cole: I know you're devoutly Christian (Polamalu has a carefully arranged series of religious items in his locker at Heinz Field), but exactly which denomination?

Polamalu: Greek Orthodox. Theotokos literally means the Mother of God.

Cole: How long are you in services?

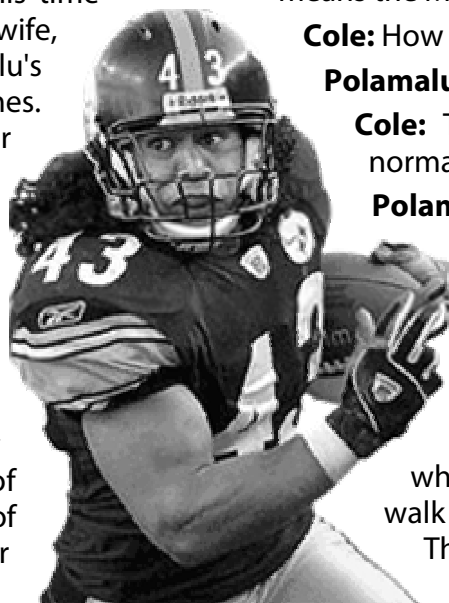
Polamalu: They usually go to about 12:30.

Cole: That's a four-hour service. Is that a normal service?

Polamalu: Pretty much, especially at a monastery.

Cole: Can you describe it?

Polamalu: What's really neat about the Orthodox church is that it's like walking back in time 2,000 years to the time of the Apostles, when they created these services. You walk into that and it's really like living it. They have maintained the truth ever since the beginning.



continued on page 4...



“OUR SAVIOR, BOTH GOD AND MAN”
By Saint Ephraim the Syrian – 4th Century



We confess one and the same individual as perfect God and perfect man. He is God the Word Which was flesh.

For if He was not man, why was Mary chosen? And if He is not God, whom does Gabriel call Lord?

If He was not man, who was laid in a manger? And if He is not God, whom did the angels who came down from heaven glorify?

If He was not man, who was wrapped in swaddling clothes, And if He is not God, in whose honor did the star appear?

If He was not man, whom did Simeon hold in his arms? And if He is God, to whom did Simeon say, now lettest Thou Thy servant depart in peace?

If He was not man, whom did Joseph take when he fled into Egypt? And if He is not God, who fulfilled the prophecy: Out of Egypt have I called my Son?

If He was not man, whom did John baptize? And if He is not God, to whom did the Father say: This is my beloved Son, in Whom I am well pleased?

If He was not man, who hungered in the desert? And if He is not God, unto whom did the angels come and minister?

If He was not man, who was invited to the marriage in Cana of Galilee? And if He is not God, who turned the water into wine?

If He was not man, who took the loaves in the desert? And if He is not God, who fed the five thousand men and their women and children with five loaves and two fish?

If He was not man, who slept in the ship? And if He is not God, who rebuked the waves and the sea?

If He was not man, with whom did Simon the Pharisee sit at meat? And if He is not God, who forgave the sins of the harlot?

If He was not man, who wore a man's garment? And if He is not God, who healed the woman with the issue of blood when she touched His garment?

If He was not man, who spat on the ground and made clay? And if He is not God, who gave sight to the eyes of the blind man with the clay?

If He was not man, who wept at Lazarus' grave? And if He is not God, who commanded him to

come forth out of the grave four days after his death?

If He was not man, whom did the Jews arrest in the garden? And if He is not God, who cast them to the ground with the words: I am He?

If He was not man, who was judged before Pilate? And if He is not God, who frightened Pilate's wife in a dream?

If He was not man, whose garments were stripped from Him and parted by the soldiers? And if He is not God, why was the sun darkened upon His crucifixion?

If He was not man, who was crucified on the cross? And if He is not God, who shook the foundation of the earth?

If He was not man, whose hands and feet were nailed to the cross? And if He is not God, how did it happen that the veil of the temple was rent in twain, the rocks were rent, and the graves were opened?

If He was not man, who hung on the cross between the two thieves? And if He is not God, how could He say to the thief: Today thou shalt be with me in paradise?

If He was not man, who cried out, and gave up the ghost? And if He is not God, whose cry caused many bodies of the saints which slept to arise?

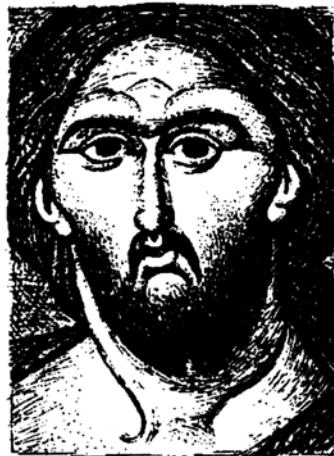
If He was not man, whom did the women see laid in the grave? And if He is not God, about whom did the angel say to them: He is arisen, He is not here?

If He was not man, whom did Thomas touch when he put his hands into the prints of the nails? And if He is not God, who entered through the doors that were shut?

If He was not man, who ate at the sea of Tiberias? And if He is not God, on whose orders were the nets filled with fishes?

If He was not man, whom did the apostles see carried up into heaven? And if He is not God, who ascended to the joyful cries of the angels, and to whom did the Father proclaim: sit at My right hand?

If He is not God and man then, indeed, our salvation is false, and false are the pronouncements of the prophets.



Troy Polamalu continued from page 2...

Cole: You're Polynesian. How did you end up at a Greek Orthodox church?

Polamalu: There are different ethnicities, like Russian Orthodox. My wife is Greek. I was a non-denomination Christian before we got married. So we sit around there and meet with our spiritual mother and then we go home, maybe take a nap, work out and then go home and have dinner.

Cole: Who's making dinner?

Polamalu: My wife; I cannot cook at all. I've tried. I'm terrible. When I cook, it's something nobody else would enjoy.

Cole: You only cook specialty things for yourself?

Polamalu: No, it's not that nobody else will make it for me, it's that I'm the only one who is going to enjoy it. I'll look at the other people and say, "Did you like it?" They say, "Nooooooooo."

Cole: Do you have any other hobbies or things you do away from the field? Maybe bowling?

Polamalu: No, not really. The single guys go bowl. The guys who are married go home, mostly. I really focus on spending time with my wife.

Cole: How hard is it to get time at home during the season? I know guys like (Miami Dolphins linebacker) Zach Thomas stay at the facility until very late studying film and (Indianapolis Colts quarterback) Peyton Manning is watching film at home.

Polamalu: First of all, I'm a Christian so my prayer life really comes first. Second of all, I'm a husband so my wife comes before anything else. If I have time to do anything else after that, I do it, but I don't sacrifice any time with her.

Cole: A lot of guys do it the other way around. Football comes first. They say family and faith come first, but they really do the football first. How do you reconcile it?

Polamalu: It's really easy for me. I love my faith and I know that's first. I really think I know



Troy Polamalu is of Samoan descent. Despite his hard-hitting style on the gridiron, he is known off-the-field as a soft-spoken, Christian family man. Polamalu is an Eastern Orthodox Christian, having converted through the influence of his wife Theodora. Among his spiritual activities is a pilgrimage to Greek Orthodox sites in Greece and Turkey, taken in 2007. He seldom gives interviews, but when he does, he often speaks of the role his spirituality plays in his life. Troy has said that he tries to separate himself from his profession as much as possible, like not watching football games at home. He prays after each play and also on the sidelines.

what's important in my life and that's my faith and my wife.

Cole: So football is a really focused activity. There's no wasted time, right?

Polamalu: Actually, it's a lot of fun and it's something I enjoy. It's not like when I'm here it's business time and then there's family time. Football is, for me, it's something I do. It's like for you, you're a reporter. It's what you do, not who you are. Football does not define me. How I am with my faith and how I treat my wife is what truly defines you as a man. That is my goal in life to live that way and believe in it. It would be cowardly of me to say that I enjoy my time with my faith and my wife if I really didn't spend that time with them.

Cole: How long have you been married?

Polamalu: Two years now.

Cole: Kids?

Polamalu: God willing, someday. But three dogs counts for one kid, I think.

Cole: Um, no.

Polamalu: Three English bulldogs count for one kid.

Cole: No.

Polamalu: No?

Cole: I have two kids. No.

Polamalu: Come on, it has to count for one kid.

Cole: I respect and admire your beliefs and your stands on many things, but I'm not buying the three dogs-to-one kid ratio.

Polamalu: OK, you win this one.

Cole: Wait till you have a child waking up at 3 a.m., hungry and then he's got colic and he's screaming and you have no idea why.

Polamalu: (laughing) Yeah, it's probably like, "Talk to me, tell me what's wrong. Oh, that's right, you can't talk to me." Yeah, with the dogs it's if they pee in the house you say, "Go to the kennel."

For more info please see, <http://troy-polamalu.com>.