

# Spiritual Healing



## Spiritual Healing: Holy Unction & Holy Confession

*"Is any among you sick, let him call for the presbyters of the church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed." (James 5:14-16)*

On Friday October 17<sup>th</sup> starting at 6pm, we will be serving the Sacrament of Holy Unction at St. Herman's.

This Sacrament is offered to Orthodox Christians only. One should prepare by Confession and Fasting for at least 6 Hours before partaking of this Sacrament.

### Parish Contacts

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604-788-7546  
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604-807-7451  
fathersymeonprice@gmail.com

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dntheodore@saintherman.net  
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Sava Duran, President  
778-536-0739  
president@saintherman.net

Donations: E-Transfer to:  
treasurer@saintherman.net

### Weekly Services:

Every Saturday:  
630pm Great Vespers

Every Sunday:  
930am Matins  
10am Divine Liturgy  
12pm Potluck Lunch  
1pm Catechism Classes

Feast Days:  
Please Check our Calendar

**7221 - 198B Street  
Langley, BC V2Y 1R9**



## Holy Unction and Holy Confession , Continued...

The Sacrament of Holy Unction is offered for the healing of soul and body and for the forgiveness of sins. At the conclusion of the service of the Sacrament, the body is anointed with Holy Oil, and the Grace of God, which heals infirmities of soul and body, is called down upon each person. The Sacrament is performed by a gathering of priests, ideally seven in number, however, it can be performed by a lesser number and even by a single priest. At least three priests will be present on October 17th.

Preparation for Holy Unction includes Prayer, Fasting, and Holy Confession. Confessions will begin at 430pm October 17<sup>th</sup> for anyone who would like to come early for Holy Confession.

Every Orthodox Christian who looks into their heart knows that we are all in some way Spiritually, Mentally, or Physically in need of Christ's Healing. We plan on serving Holy Unction at least twice a year at St. Herman's, so as to further heal and grow in our Lives in Christ.

As mentioned, Holy Confession is part of preparation for Holy Unction, as much as Holy Confession is part of preparation for receiving Holy Communion.

Fr. Dn. Theodore has written a very good report from his recent attendance at the All American Council in Phoenix, AZ (you will find this article on the pages below). Part of this article includes our Metropolitan Tikhon's address concerning the vision of the Orthodox Church in America, our frequent receiving of Holy Communion, and how to prepare ourselves for receiving this Holy Sacrament.

Part of preparing for the Sacrament of Holy Communion includes fasting, repentance, pre-communion prayers, and regular (monthly) Confession. Holy Unction should be prepared for in a similar manner.

Concerning Holy Confession, one should spend some time the evening (or morning) before coming to Holy Confession in a time of prayer and preparation; and in completing an 'Examination of Conscience.'

Not only is Holy Confession a necessary step in preparing to receive these other Holy Sacraments, it is in fact a Holy Sacrament in itself, wherein the deeper we look into our hearts and souls and repent of our sins, the more we can grow closer to Christ.

May the Physician of our souls and bodies, Christ our True God, have mercy on us and save us!

*Fr. Gregory*



## Monthly Panikhidas (Memorial Services)

In the Orthodox Church, we pray for both the Living and for the Dead.

Physical death does not sever someone from the Body of Christ. God is "not the God of the dead, but of the living—for all are alive to Him". Prayers provide comfort and benefit to the departed, who can no longer pray for themselves, and express faith in God's mercy and love for all souls before the final judgment.

Starting on Saturday October 4<sup>th</sup>, we will start serving monthly Panikhidas (Memorial Services) for the Orthodox Faithful who have fallen asleep in the Lord within our Community. These services will take place following Great Vespers.

As a general rule, we will be praying for departed Orthodox members of our parish, who have fallen asleep in the Lord each month, from over our 50 year history, and we will also be adding names of departed Orthodox friends and family members of our Faithful who have likewise fallen asleep in the Lord, by request, on a monthly basis.

For October 4<sup>th</sup>, we will be praying for all those Orthodox who fell asleep in the Lord in the month of October.

If you have Orthodox Christian friends or family members who you would like to have added to this list, please email [frgregory@saintherman.net](mailto:frgregory@saintherman.net) their baptized name and the date on which they fell asleep in the Lord.

**These services are only for Orthodox Christians, who departed this life in Communion within the Orthodox Church.**

Please join us in these monthly prayers for the departed. God Willing, one day the next generation will continue this practice, and pray for us!



*Fr. Gregory*



# Gathered Together by Christ: Reflections from the 21st All-American Council Phoenix, Arizona | July 14–18, 2025



**21st ALL-AMERICAN COUNCIL**

July 14-18, 2025

This summer, over 760 Orthodox Christians from across North America gathered in Phoenix for the 21st All-American Council (AAC) of the Orthodox Church in America. Included in the gathering, and representing St. Herman's, was Fr. Gregory, Matushka Ana and myself! The week was filled with prayer, fellowship, and discussion under the theme "Gathered Together by Christ." From the very first Molieben on Monday evening, the Council was marked by a sense of unity and joy in the life we share in Christ.

In his opening words, Metropolitan Tikhon reminded us that the heart of our Church's legacy is liturgical.

He reflected especially on the gift of frequent communion, which has become a hallmark of the OCA's spiritual life. But he also cautioned that communion is never something casual. Without regular (monthly) confession, repentance, and awe, the Eucharist can become routine, when in fact it is the divine Fire of Christ given for the remission of our sins and for life everlasting. Metropolitan Tikhon urged us to remember that true preparation for communion through prayer, fasting, and repentance is nothing less than the meaning of the Christian life itself. His words were a powerful reminder to approach the chalice "in the fear of God, with faith and love."

The Metropolitan also spoke about another aspect of our identity: the use of English in our services. While this has opened the doors of Orthodoxy to countless people in North America, he reminded us that it should never mean forgetting our sacred heritage. Our Slavic roots, and the saints who lived and suffered in Russia, Ukraine, Belarus, and Carpatho-Rus, belong to us as much as to anyone. In Orthodoxy, heritage unites rather than divides, as it links us to the whole Church, past and present, earthly and heavenly.

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# Gathered Together by Christ: Reflections from the 21st All-American Council Phoenix, Arizona | July 14–18, 2025 *Continued...*

The liturgical life of the Council was truly unforgettable. Each day began with Divine Liturgy, and throughout the week we gathered for Panikhidas, Akathists, and Vigils. (Unfortunately, interspersed with some rather dry plenary sessions discussing finances, pensions and bylaw updates!) On Friday morning, I was especially blessed to serve as one of the Deacons at the Akathist to All Saints of North America alongside His Grace Bishop Andrei of Cleveland. Censing the icon of All Saints (including the newly Glorified St Olga) while the hymns of praise filled the space was a moment I will never forget! A living reminder of the great cloud of witnesses surrounding us in the life of the Church.

For our parish, the Council was a reminder that we are never alone. We are part of a living, growing Church that stretches across this continent and beyond. The OCA continues to hold fast to frequent communion, repentance, and prayer, while also cherishing both our missionary spirit and our sacred traditions. As Metropolitan Tikhon said so beautifully: “The Divine Liturgy is the summit of our existence; it is the place where, laying aside all earthly cares, we receive the pre-eternal God into our very bodies, souls, and hearts.” May we continue to live this legacy with joy here at St. Herman’s!

*Dn Theodore Matson*



# Children & Youth Ministry

An encouragement to parents: "Your own spiritual life is an important role model to your children. If the children see that God and the church are an important part of your life, this will make a great impact as children grow older and one day accept this faith as their own. Pray at home, read the scriptures and involve your children in good works. Your own spiritual strength will also give you that extra strength to tolerate those 'less than perfect' but childlike behaviors in church."

Excerpts from "the Divine Liturgy for Children"

**Sunday school** 9:30am Fellowship hall  
Approx Ages: Preschool-Grade 6

While Sunday school is wonderful, "it is only an enrichment of what is being taught at home and what is being absorbed through all five senses in Church."

## YOUTH NIGHT!

Saturday, **OCTOBER 4**

6:30-8:30pm

St. Herman's Fellowship Hall

YOUTH: Grades 7-12  
Food, Fun, Faith, Friends





## Notes from the Choir...

### *How to join St. Herman's choir...*

Recently I have been approached several times by parishioners wanting to join St. Herman's choir. Here is a quick how-to guide if this is something you have been thinking / wondering / praying about. The basic criteria necessary are; being a full adult member of our parish, that is, catechumens must wait until they're "all the way in" and children must wait until they are at least 13. If you meet these criteria and would like to proceed further, then read on.

Before you even speak to the choir director, ask yourself why you think you want to join the choir. Is it because you have a fabulous singing voice and thus feel compelled to take part in this ministry? Maybe it's because you noticed that only a few of the current choir singers make it to Vespers on a regular basis. (Aside: a huge thank you to those who do!). Perhaps you just want to learn more about the church calendar, or you think choir might be something you would like and be good at, but you won't know unless you try it. All of the above could be valid reasons to join the choir.

Secondly, ask yourself: what is my capability as a singer? Can you match pitch easily? Can you read music? Do you learn only "by ear" but pick things up easily? Do you have any choral-singing experience? Can you distinguish the various parts in 4-part harmony? Do you know what your vocal range is and what part it best suits? Can you put in the necessary time for practices and services? If you find any of these questions daunting, or even, incomprehensible, that is not necessarily a deal-breaker.

The next step is to contact the choir director; if you can't track me down at church (as an introvert I have a tendency to "hide"), I can be reached by email at [andrearajan@yahoo.com](mailto:andrearajan@yahoo.com). The first thing I will do is ask you the 2 questions I suggested you ask yourself: Why do you want to? What is your capability as a singer? After that, I will likely suggest that you "try it out" by singing with the choir on a trial basis. From there, we would see how things progress. If, after a couple of weeks, you decided being in the choir is not for you, no problem. However, this trial period needs to work both ways. If I, as choir director, determine that things are not working, I would have to gently let you know that. It might feel awkward, but it really shouldn't.

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## Notes from the Choir...

### *How to join St Herman's choir...Continued...*

Currently, St.Herman's is blessed with 17 choir singers! We could still benefit from more voices, especially at Vespers and weekday services. If the choir were to grow "too big" (what a lovely problem that would be!), we can always use a choir roster to schedule singers, as I have done in my past tenure as St. Herman's choir director.

Finally, please remember it is the job of every parishioner to sing at church. If you are not in the choir, you may not be able to sing every word of every hymn, but you can certainly sing: "Lord, have mercy" and "Alleluia". (Even if you are in the choir, there will be times when you will not be singing. There is just too much music for everyone to learn in the short time we have to practice, and also, some of the festal music is especially designated for solos or small groups.)

Whether or not you are in the choir, please make sure to pray for us and our ministry!

*Andrea Rajan, Lead Choir Director*



ST.HERMAN OF ALASKA ORTHODOX  
CHURCH

*We are looking  
for volunteers!*

**Want to help out at church, but  
not sure what to do? Join our  
garden crew!**

**WHEN? EVERY 4-5 WEEKS BEFORE VESPERS  
SNACKS WILL BE PROVIDED**



SIGN UP WITH SHERRY AT [S.LYNN.100@GMAIL.COM](mailto:S.LYNN.100@GMAIL.COM)



**St. Herman of Alaska**  
ORTHODOX CHURCH • LANGLEY, BC

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## Special Study Session:

### **Theosis: The True Purpose of Human Life** *by Archimandrite George*

*&*

### **On Acquisition of the Holy Spirit** *by St. Seraphim of Sarov*

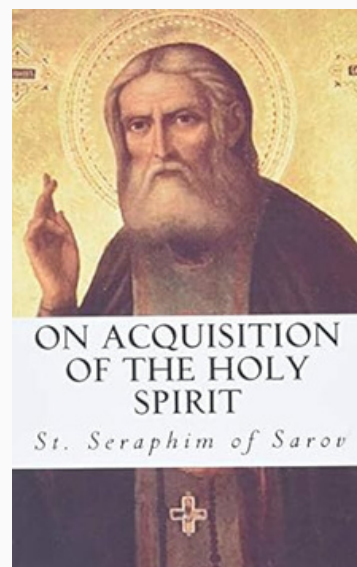
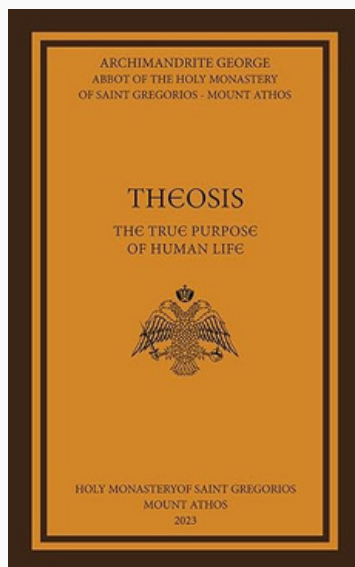
There will be a Special Study Session open to both Catechumens and Orthodox Christians alike, to review the very short but very edifying books 'Theosis: The True Purpose of Human Life' by Archimandrite George; and 'On Acquisition of the Holy Spirit' by St. Seraphim of Sarov.

'Theosis' is just over 50 pages long, and 'On Acquisition of the Holy Spirit' is likewise around 50 pages. Together these books would take on average 2-3 hours to read, but the potential benefits last much more than a lifetime!

We are planning an in-person Study Session at the church at 1pm on Sunday September 28<sup>th</sup>. There will be a repeat of this Study Session online via Google Meetings at 630pm on Wednesday October 1st.

To join the Google Meeting Session, please email [frgregory@saintherman.net](mailto:frgregory@saintherman.net) for an invite. For in-person, just come to the church building after Lunch Hour!

These books are available through our bookstore, or they are also around \$10/ea on Amazon.ca



All proceeds to St. Herman's

# CHRISTMAS Bake Sale



**SUNDAY,  
NOVEMBER 9<sup>TH</sup>**

*After Liturgy*

- Christmas baking
- Photos by Kristy
- Waffle bar
- Children's ornaments

**Email Tiffany**

**Email Melanie**

[savatiffanyduran@hotmail.com](mailto:savatiffanyduran@hotmail.com) [melanieymare@gmail.com](mailto:melanieymare@gmail.com)



**St. Herman of Alaska**  
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## St. Herman's Christmas Bake Sale

### Baking Spirits Bright!

We're excited to announce St. Herman's Christmas Bake Sale! This event will be in lieu of the Christmas market. The bake sale will be held in the food serving room on Nov. 9<sup>th</sup> following liturgy.

We hope to see an array of baked goods that you can purchase from and enjoy! Also available for purchase, Christmas ornaments made by the parish's church school children, and a delicious Waffle Bar with a selection of toppings! We are also very excited to offer Christmas photos captured by Kristy Duran! This is a great opportunity to get your Christmas portrait taken!

Payments may be made by cash or by etransfer ([treasurer@saintherman.net](mailto:treasurer@saintherman.net); please make note in the etransfer 'bake sale'), so please come prepared if you want to participate. All proceeds will be for St. Herman's.

We are looking for families and/or individuals to donate baked goods for the sale. There will be a sign-up sheet posted in the narthex, and we ask that you consider baking a Christmas treat (or two or three!). The deadline for signing up will be Oct. 19<sup>th</sup>. We are also requesting anyone who donates baking, to please bring a list of ingredients on the day of the sale, for anyone who may have an allergy.

If you have any questions, or want to help in any capacity, please contact Tiffany Duran or Melanie Mare.

[savatiffanyduran@hotmail.com](mailto:savatiffanyduran@hotmail.com)

[melanieymare@gmail.com](mailto:melanieymare@gmail.com)

We hope to see you there!



## Church Etiquette...

### Handling the Holy Bread (“Antidoron”)



After receiving Holy Communion, and again at the end of the Divine Liturgy, it is traditional to eat a piece of blessed bread or antidoron—the left-over bread from which Holy Communion was prepared and various commemorations were made.

While antidoron is not the Body and Blood of Christ, it is still blessed bread, and as such, we should take precaution to eat it carefully so that crumbs don't fall to be trampled underfoot. Please monitor the children as they take the antidoron, teaching them to eat respectfully.

Likewise, at Great Vespers with Litya, and at Vigil Services, it is traditional to eat a small piece of Artoklasia (another type of blessed bread) which is dipped into a cup of blessed wine before being consumed. This is likewise not the Body and Blood of Christ, but it is still blessed bread and wine, and it should be eaten with reverence.

Orthodox Christians, Catechumens, and Visitors are allowed to consume the Blessed Bread (either Antidoron or Artoklasia), but Catechumens and Visitors should never approach the Chalice which contains the Precious Body and Blood of Christ.

The practice of taking extra Antidoron to hand out to Visitors is discouraged. Rather please welcome them to our community, and please encourage them to come up to venerate the Cross at the end of the Liturgy, and take some of the blessed bread for themselves, if they wish to.

# October 2025

 **Strict Fast** (No meat, fish, wine, oil, dairy, eggs)

**Great Vespers start at 6:30pm**  
**Sunday Matins start at 930am**  
**Divine Liturgy starts at 10am**

 **Fish, oil and wine** (No meat, dairy and eggs)

**Children's Sunday School 930am Sundays (in Church Hall)**  
**Youth Connection- after liturgy during lunch in the youth room/library**

Fr. Gregory Wright 604-788-7546 frgregory@saintherman.net

| Sunday                                  | Monday | Tuesday | Wednesday                                                                                 | Thursday | Friday                                                                                                              | Saturday                                                                           |
|-----------------------------------------|--------|---------|-------------------------------------------------------------------------------------------|----------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|                                         |        |         | 1<br>    | 2        | 3<br>                              | 4<br>Great Vespers<br>& Confessions &<br><b>Panikhida</b><br>6:30-8:30 youth event |
| 5<br>Matins & Liturgy                   | 6      | 7       | 8<br>    | 9        | 10<br>                             | 11<br>Great Vespers<br>& Confessions                                               |
| 12<br>Matins & Liturgy                  | 13     | 14      | 15<br>  | 16       | 17<br><br><b>6pm Holy Unction</b> | 18<br>Great Vespers<br>& Confessions                                               |
| 19<br><b>9:15 Baptisms</b><br>& Liturgy | 20     | 21      | 22<br> | 23       | 24<br>                           | 25<br>Great Vespers<br>& Confessions                                               |
| 26<br>Matins & Liturgy                  | 27     | 28      | 29<br> | 30       | 31<br>                           |                                                                                    |