❖ Simple Seeds ❖

Simple Seeds for Holy Growth: A Series for How to Worship as a Spiritual Family

❖ *Seed 3 – Concerning Attire in Church*

Dress up for church services. But not *too* up.

❖ *Reflection –*

The human being is a *psychosomatic* unity – what we do in body affects our soul and what we do in soul affects our body. By stepping up a bit sartorially for Divine Services, we're elevating our inner mind and attention: yes, the whole of us *really* is entering sacred space. Think of it as godly self-love.

But it's not a pageant or performance, so choose something appropriate from what you currently own. Then come, forget about it, and pray.

❖ Connect ❖

Parish Priest: Fr. John Oliver

❖ *Calendly* meetings and appointments:

Church Office:

❖ Office Email: info@stelizabethtn.org

❖ Office phone: 615-785-5285

❖ Giving ❖

❖ Year-to-Date Pledging:
Budgeted: $242,800
Actual: $193,900

Donate:

Pledge:

St Elizabeth Orthodox Church ❖ 7004 Burnt Knob Road Murfreesboro, TN 37129
❖ www.stelizabethtn.org ❖
Fr John Oliver, Parish Priest
Antiochian Orthodox Christian Archdiocese of North America
Metropolitan SABA ❖ Bishop NICHOLAS

❖ St Elizabeth Orthodox Church ❖

Murfreesboro, Tennessee

25 October 2026

Martyrs Marcian and Martyrios the Notaries; Martyrs Valerios and Chrysaphios; Tabitha the merciful, raised from the dead by the apostle Peter

❖ WELCOME! ❖

Peace be to all who gather at St Elizabeth's this morning,
and a special welcome to our visitors and guests!
Please join us for refreshment immediately following the service.

❖ Liturgical Notes ❖

DIVINE LITURGY SERVICE BOOK

A word-for-word service book of The Divine Liturgy, with biblical and explanatory notes, is available on the table in the Narthex.

❖ *The Apolytikion of the Resurrection - Tone 4*

Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

❖ *The Apolytikion to St Elizabeth the New Martyr*

Concealing the rank of a princess with humility, O divinely-wise Elizabeth, thou didst honor Christ with the two-fold service of Mary and Martha, having purified thyself by charitable works, patience, and love, thou wast brought to God as an offering of righteousness; as we venerate thy virtuous way of life and thy sufferings, we earnestly ask thee as our true teacher: O holy martyr and grand duchess Elizabeth, entreat Christ our God to save and enlighten our souls.

❖ *The Kontakion - Tone 2*

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

❖ *The EPISTLE of St Paul to the Galatians (2:16-20)*

"Brethren, you know that a man is not justified by works of the Law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the Law, because by works of the Law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me."

❖ *The PRAYER before the Reading of the HOLY GOSPEL*

Illumine our hearts, O Master who lovest mankind, with the pure light of Thy divine knowledge, and open the eyes of our mind to the understanding of Thy Gospel teachings; implant in us also the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thine unoriginate Father and Thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

❖ *The HOLY GOSPEL according to St Luke (8:26-39)*

"At that time, Jesus arrived at the country of the Gadarenes, which is opposite Galilee. And as He stepped out on land, there met Him a man from the city who had demons; for a long time he had worn no clothes, and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What hast Thou to do with me, Jesus, Son of the Most High God? I beseech Thee, do not torment me." For Jesus had commanded the unclean spirit to come out of the man. [For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.] Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged Jesus not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged Jesus to let them enter these. So He gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the herdsmen saw what had happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked Jesus to depart from them; for they were seized with great fear; so He got into the boat and returned. The man from whom the demons had gone begged that he might be with Jesus; but Jesus sent him away, saying, "Return to your home, and declare all that God has done for you." And he went away, proclaiming throughout the whole city all that Jesus had done for him."

❖ *The KISS of PEACE*

The Kiss of Peace happens this way: 1) we turn only to those only on our left or right, never turning our backs toward the Holy Altar; 2) one quietly says, "Christ is in our midst!," while the other quietly replies, "He is and ever shall be!" It should be kind, but also quiet and orderly.

❖ *The Megalynarion*

It is truly meet to bless thee, O Theotokos, ever blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, without corruption thou gavest birth to God the Word, True Theotokos: we magnify thee.

❖ On Receiving Holy Communion ❖

For Orthodox Christians, Holy Communion is not only a bridge toward unity but also the expression of unity already achieved - the seal of a common baptism, common belief, common practice, essentially a common Church. For this reason, only Orthodox Christians, properly prepared, may receive Holy Communion

❖ Calendar ❖

This Week

❖ *Tuesday, 10am* - Divine Liturgy

❖ *Wednesday, 6pm* - Daily Vespers

❖ *Thursday*

10am - Supplication Service to St. Elizabeth before her relics

5pm - Ella's Cafe Ministry (see Lauren Fleming for details)

❖ *Saturday*

5pm - Great Vespers

6pm - ToSE Class

6:15pm - Foundations Class (An Overview of the Orthodox Christian Faith: required for catechumens, open to all).

❖ *Sunday*

9am - Matins

10am - Divine Liturgy followed by our Agape Meal

12pm - Annual All Saints' Day Celebration (see Mother Lara for details)