

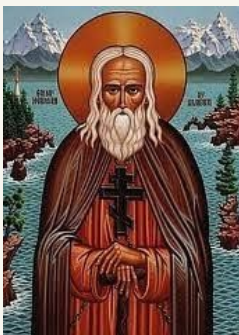
Orthodox Christian Fellowship at Penn State
Newsletter

12/11/2020



Featured Saint: Saint Herman of Alaska

The repose of Saint Herman of Alaska is commemorated on December



13th. Saint Herman was a monk from Valaam Monastery who was sent as a missionary to people in Alaska, a new Russian territory. Saint Herman settled on Spruce Island, where he lived a life of asceticism. While in Alaska, Saint Herman endeared himself to the native Aleuts, and converted many of them to Orthodoxy. Several miracles are associated with Saint Herman-- once, when there was a flood on the

island, he placed an icon of the Theotokos on a bank, and the water did not rise above the icon. Another time, during a fire, Saint Herman drew a line and said that the fire would not pass that line-- and it did not. Saint Herman died at age 81, on December 13th, 1837. O Holy Father Herman of Alaska, pray unto God for us!

Orthodox churches around the world: Serbian Orthodox Church
Pro-Cathedral of St Sava in Australia



The Serbian Orthodox Church Pro-Cathedral of St Sava was established in 1949 and its founding members included pre and post WWII settlers and refugees. It was also the first Serbian Orthodox Parish in Australia.

A video tour of the church can be found through the link below.

<https://www.youtube.com/watch?v=VOoS6iz9JlE>

Hymn of the Week: Let My Prayer Arise



Let My Prayer Arise is a hymn that is based on Psalm 141, and is typically performed on Saturday vespers due to its refrain:

*Let my prayer arise in Thy sight as incense,
and let the lifting up of my hands be an evening sacrifice.*

The attached version of the chant is performed by the Valaam monastery choir in Russia, and versions can also be found in [English](#) and [Greek](#).

[Full text of the hymn](#).

Featured Prayer: PRAYER TO THE EVER-VIRGIN MARY THE THEOTOKOS

O spotless, undefiled, incorruptible, chaste and pure Virgin-Bride of God, who by Your wondrous conception united God the Logos/Word with man, and joined our fallen nature with the Heavens; the only hope of the hopeless, and the help of the persecuted; the ever-ready to rescue all that flee unto You, and the refuge of all Christians, spurn me not, the branded sinner, who by shameful thoughts, words and deeds, has made my whole being useless, and through indolence has enslaved my judgment to the pleasures of this life. But as the Mother of the Merciful God, mercifully show compassion unto me, the sinner and prodigal, and accept my supplication which is offered from impure lips unto You.

With Your maternal approach entreat Your Son, our Lord, and Master to open for me the merciful depths of His loving kindness; and overlooking my countless transgressions, guide me to repentance, and show me forth as a worthy worker of His Commandments. As You are merciful, compassionate and gentle, be at my side; and in this present life, be my fervent protectress and helper, thwarting the assaults of the adversaries, and leading me to salvation; and in the hour of my passing take care of my wretched soul, and cast far away the dark faces of the demons. And at the dreadful Day of Judgment, deliver me from eternal punishment, and prove me an heir to the ineffable Glory of Your Son, and our God.

May this glory be my share, O my Lady, Most-Holy Theotokos through Your mediation and help, by the Grace and mercy of Your Only-Begotten Son our Lord, and God, and Savior, Jesus Christ; to Whom is due all glory, honor and worship, together with His Eternal Father, and His All-Holy and Good and Life-Giving Spirit now and ever, and unto the ages of ages. Amen.

