

Next time you're headed to the grocery store, bulk up your shopping list with a few of these non-perishable items for our Christmas food drive

1. **Applesauce:** Plastic jars of unsweetened applesauce provide a quick snack, fiber and vitamin C. Applesauce also keeps well on food bank shelves.
2. **Canned Beans:** Opt for the low-sodium varieties whenever possible.
4. **Canned Fish** (Tuna and Salmon)
5. **Canned Meat** (Chicken, SPAM and Ham):
6. **Canned Vegetables:** Look for low-sodium options.
7. **Cooking Oils** (Olive and Canola): Canola and olive oils are best .
8. **Crackers:** Whole grain crackers are the best bet.
9. **Dried Herbs and Spices:** Stick to oregano, basil, cumin, pepper, rosemary, thyme and cinnamon.
10. **Fruit** (Canned or Dried): Choose those that are packed in water or fruit juice rather than sugary syrups.
11. **Granola Bars:** Look for ones with less sugar made with oats or other whole grains.
12. **Instant Mashed Potatoes:** (and send along some garlic powder too).
13. **Meals in a Box:** Look for pasta, rice & soup kits, especially those that are lower in sodium & higher in fiber & protein.
14. **Nuts:** Opt for unsalted varieties when possible.
15. **Pasta:**
16. **Peanut Butter:** Look for varieties that are lower in sugar.
17. **Rice:** donate brown rice when possible, Quinoa is also a great item to donate.
18. **Shelf-stable and Powdered Milk:** Because no fridge is required to keep this milk fresh.
19. **Soup, Stew and Chili:** If possible, try to find reduced sodium options.
20. **Whole Grain Cereal:** Select varieties that are low in sugar and high in fiber.

When purchasing items for a food bank, try to avoid:

- junk food
- items with glass or cellophane packaging, which can be broken in transit
- things that need can openers (**pop-top cans—whether for veggies, meat or fruit—are a plus**)

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Subdeacon Nathan Haluszczak Readers: Julian Burgan and Nicholas Sampson

Choral Directors: Mauri Druash-Gladys, Kira Senedak, and Pani Anne Haluszczak

Sunday November 24, 2024

22nd Sunday after Pentecost / Tone 5/ Martyrs Minas, Victor, and Vincent / St. Theodore the Studite

The Chief of Heavenly Hosts **Michael** and the Heavenly Bodiless Powers. the Archangels: **Gabriel, Raphael, Uriel, Selaphiel, Jehudiel, Barachiel, and Jeremiel.** (remembered November 27)

The Celebration of the assemblage of the Leader of the Heavenly Hosts Michael, and the Other Heavenly Bodiless Hosts was established at the beginning of the IV Century. A feastday was established in November -- the ninth month from March (with which month the year began in ancient times) -- in accordance with the 9 Ranks of Angels.

The Angelic Ranks are divided into three Hierarchies: -- highest, middle, and lowest. In the Highest Hierarchy are included the three Ranks: the Seraphim, Cherubim and Thrones. Closest of all to the Most Holy Trinity stand the six-winged **Seraphim**. They blaze with love for God and impel others to it.

After the Seraphim there are the many-eyed **Cherubim** Their name means: outpouring of wisdom, enlightenment, since through them, -- radiating with the light of Divine-knowledge and understanding of the mysteries of God, is sent down wisdom and enlightenment for true Divine-knowledge.

After the Cherubim -- are the **Thrones**, mysteriously and incomprehensibly upholding God. They serve the uprightness of God's justice.

The Middle Angelic Hierarchy consists of three Ranks: Dominions, Powers, and Authorities.

Dominions hold dominion over the successive ranks of Angels. They instruct the earthly authorities, established from God, to wise governance. The Dominions influence rule by miracles, they quell sinful impulses, subordinate the flesh to the spirit, and provide mastery over the will to conquer temptation.

Powers fulfill the will of God. They work the miracles and send down the grace of wonderworking and perceptiveness to saints pleasing to God. The Powers help people in bearing obediences, encourage them in patience, and give them spiritual strength and fortitude.

Authorities have authority to quell the power of the devil. They repel from people demonic temptations, uphold ascetics and guard them, helping people in the struggle with evil ponderings.

In the Lowest Hierarchy are included the three Ranks: Principalities, Archangels, and Angels.

Principalities have command over the lower angels, instructing them in the fulfilling of Divine commands. To them are entrusted to direct the universe, and protect lands, nations and peoples. Principalities instruct people to render honor to everyone, as becomes their station. They teach those in authority to fulfill their necessary obligations, not for personal glory and gain, but out of respect for God and benefit for neighbor.

Archangels reveal the mysteries of the faith, prophecy and understanding of the will of God, they intensify deep faith in people, enlightening their minds with the light of the Holy Gospel.

Angels are closest to all to people. They proclaim the intent of God, guiding people to virtuous and holy life. They protect believers restraining them from falling, and they raise up the fallen; never do they abandon us and always they are prepared to help us, if we so desire.

All the Ranks of the Heavenly Powers have in common the name Angels -- by virtue of their service. The Lord reveals His will to the highest of the Angels, and they in turn inform the others. *Continued on inside*

NOVEMBER PANAHAIDA

Robert Bronowski 11-11-92
 Leo Czaban Jr. 11/27/98
 Olha Paciora 11/3/01
 Nicholas Soroczak 11/26/01
 SubDeacon Nicholas Druash 11/0/05

Anna Weretyk 11/1/07
 Hieromonk Gregory 11/20/08
 John Sacco 11/21/10
 Mary Shabatura 11/2/12



Baptism and Chrismation of Lusas Philip Rogers 11/17/2024
 Sponsors James Senedak and Jessica Lynn Jones

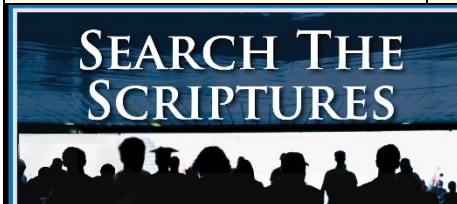
Suggestions for Reading the Bible as we approach God's gift to us for our salvation.....

His only begotten Son coming in the flesh to save us from death

Choose a time and place to set aside and consistently dedicate to God. Be reasonable, better to start small and succeed than to make it hard to your plan. Avoid distractions, Use an icon to help focus

If you forget, don't give up, start again and make an adjust if it becomes to hard to stict to the goals.

Just starting	Casual reader	Regular reader
Read one or both of these Psalms: 23 or 16	Read Psalm 51 which ever starts with "Have mercy on me..." not "The Mighty One," And /or Psalm 130	Psalms 23, 16,51,130 plus Psalms 100 and 111



Search the Scriptures

An Interesting and accessible Bible study

Podcast for busy people from Ancient Faith Radio

Birthdays

Christina Perdziola 11/24, Kayleena Peters 11/26, Stephanie Zewe 11/28, Rev Mark Swindle 11/30

Remember in Prayer

Lyubba, Cecelia, Lotti, Ksenia, Cindy, Wesley, Celia, Carl, Lisa, Peter, Victoria, Theodore, Jamie, Gloria, Maryanne, Marilyn, Chance, Jim, Pauline, Mia, Tatiana, Mary Ann, Wesson, Nicholas, Kateryna, Aleksandra, Kaleena, Amy, Natalia, Stephen, Katherine, Victoria, Peter, Nicole, Jerry, Kathleen, Bohdan, Evalyn, Joseph, Anea Rose, Joshua, Denise, Miriam, Freida, Jaylynn, Collette, Sophia, Theodore, Donna, Lisa, Cathy, Allison, Anna, Stephanie, Mike, Theo, Ann, Chris, Tim, John, Ivy, Cathleen, Shirley, Lucas, Dietrick, Carlos, Blair, Amanda, Jim, Jeff, Alexandra, Allysia, Len, Andrii, Mike, Jordan Fr Alexander, David, Tracey, Jane, Mathew, Nathan, Lucas Phillip

O Lord, Jesus Christ, the physician of souls & bodies, look down on your suffering servants, relieve them of their pain and suffering in order that they may be able to arise from their sick-bed and glorify your Holy Name. Amen!"

Archangels are depicted in accord with the trait of their service on icons:

Michael -- tramples the devil underfoot, and in his left hand holds a green date-tree branch, and in his right hand -- a spear with a white banner (or sometimes a fiery sword), on which is outlined a scarlet cross.

Gabriel -- with a branch from paradise, presented by him to the MostHoly Virgin, or with a shining lantern in his right hand and with a mirror made of jasper -- in his left.

Raphael -- holds a vessel with healing medications in his left hand, and with his right hand leads Tobias, carrying the fish.

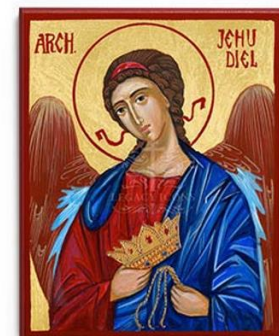
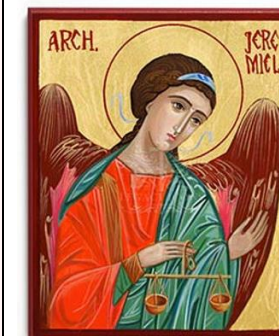
Uriel -- in raised right hand hold a bare sword at the level of his chest, and in his lowered left hand -- "a fiery flame".

Selaphiel -- in a prayerful posture, gazing downwards, hands folded to the chest.

Jehudiel -- in his right hand holds a golden crown, in his left -- a whip of three red (or black) branches.

Barachiel -- on his garb are a multitude of rose blossoms.

Jeremiel -- holds in his hand balance-scales.



MARK YOUR CALENDARS

Extra **help need** at St Olga's Pierogie Kitchen on Wednesday, December 18th and Thursday, December 19th in order to fill Christmas orders.

The final day to **order pierogies for Christmas is December 13th**