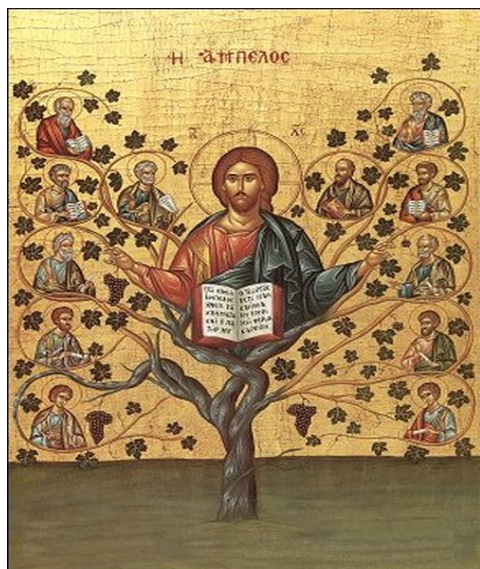


**HOLY ARCHANGELS MICHAEL AND GABRIEL, ROMANIAN ORTHODOX CHURCH SACRAMENTO**  
**4633 Raley Blvd., Sacramento, CA 95838**  
**18 decembrie 2016, Duminica inaintea Nasterii Domnului**



Preot paroh - Parish priest: Rares Onofrei | Tel. 909-480-9139 | Website: [www.saints-archangels.org](http://www.saints-archangels.org)  
Email: [fr.onofrei@yahoo.com](mailto:fr.onofrei@yahoo.com)

**Duminica dinaintea Nasterii Domnului**



**(Genealogia Mantuitorului - Ev. Matei 1,1-25)**

*Cartea neamului lui Iisus Hristos, fiul lui David, fiul lui Avraam. Avraam a născut pe Isaac, Isaac a născut pe Iacob, iar Iacob a născut pe Iuda și pe frații lui. Iuda a născut pe Fares și pe Zara din Tamar, iar Fares a născut pe Esrom; Esrom a născut pe Aram. Aram a născut pe Aminadav, Aminadav a născut pe Naason, iar Naason a născut pe Salmon. Salmon a născut pe Booz din Rahav; Booz a născut pe Obed din Rut; Obed a născut pe Iesei, iar Iesei a născut pe David împăratul. David împăratul a născut pe Solomon din femeia lui Urie; Solomon a născut pe Roboam; Roboam a născut pe Abia, iar Abia a născut pe Asa. Asa a născut pe Iosafat; Iosafat a născut pe Ioram, iar Ioram a născut pe Ozia. Ozia a născut pe*

*“Eu sunt pâinea vietii, cel ce vine la Mine nu va flamanzi si cel ce crede in Mine nu va inseta niciodata.”(Ioan 6, 35)*

*Învățătura Domnului și însăși viața Lui înseamnă blândețe și smerenie, exact ceea ce ne-a poruncit să învățăm de la El.*

**Ajutati sa creasca Biserica lui Hristos! Cel care ajuta Biserica pe sine se ajuta!**

*“Cel care sadeste si cel care uda sunt una si fiecare isi va lua plata dupa osteneala sa” (1 Corinteni 3:9)*



**SFANTA BISERICA SE POATE AJUTA:**

- prin prezenta la Sfintele Slujbe
- devenind membrii ai parohiei
- sustinand financiar activitatile liturgice, pastorale si misionare
- rugandu-va pentru parohia noastra

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*Ioatam; Ioatam a născut pe Ahaz, iar Ahaz a născut pe Ezechia. Ezechia a născut pe Manase; Manase a născut pe Amon; Amon a născut pe Iosia, iar Iosia a născut pe Iehonia și pe frații lui, la strămutarea în Babilon. Iar după strămutarea în Babilon, Iehonia a născut pe Salatiil; Salatiil a născut pe Zorobabel; Zorobabel a născut pe Abiud; Abiud a născut pe Eliachim; Eliachim a născut pe Azor. Azor a născut pe Sadoc; Sadoc a născut pe Achim; Achim a născut pe Eliud; Eliud a născut pe Eleazar; Eleazar a născut pe Matan; Matan a născut pe Iacob, iar Iacob a născut pe Iosif, bărbatul Mariei din care s-a născut Iisus, care se cheamă Hristos. Deci, toate neamurile: de la Avraam până la David, sunt patrusprezece neamuri; de la David până la strămutarea în Babilon, sunt patrusprezece neamuri; și de la mutarea în Babilon până la Hristos, sunt patrusprezece neamuri. Iar nașterea lui Iisus Hristos, așa a fost: după ce mama Sa, Maria, a fost logodită cu Iosif, și înainte de a fi ei împreună, s-a aflat că ea are în pântec din Duhul Sfânt. Iar Iosif, bărbatul ei, fiind om drept și nevoind să o vădească, a voit s-o lase în ascuns. Pe când însă cugeta el acestea, iată îngerul Domnului i s-a arătat în vis, grăind: Iosife, fiul lui David, nu te teme a lua pe Maria, femeia ta, căci Cel zămislit într-însa este din Duhul Sfânt. Ea va naște fiu și-I vei pune numele: Iisus, căci El va mântui poporul Său de păcate. Iar acestea toate s-au făcut, ca să se îplinească ceea ce vestise Domnul prin proorocul, care zice: iată Fecioara va avea în pântec și va naște Fiu și-i vor pune numele Emanuil, care înseamnă: Dumnezeu este cu noi. După ce s-a deșteptat din somn, Iosif a făcut așa precum i-a poruncit îngerul Domnului și a luat la el pe femeia sa. Dar n-a cunoscut-o pe ea, până ce a născut pe Fiul său cel Unul-Născut, căruia I-a pus numele Iisus.*

**The Genealogy of Jesus Christ**

*This is the genealogy of Jesus the Messiah the son of David, the son of Abraham: Abraham was the father of Isaac, Isaac the father of Jacob, Jacob the father of Judah and his brothers, Judah the father of Perez and Zerah, whose mother was Tamar, Perez the father of Hezron, Hezron the father of Ram, Ram the father of Amminadab, Amminadab the father of Nahshon, Nahshon the father of Salmon, Salmon the father of Boaz, whose mother was Rahab, Boaz the father of Obed, whose mother was Ruth, Obed the father of Jesse, and Jesse the father of King David. David was the father of Solomon, whose mother had been Uriah's wife, Solomon the father of Rehoboam,*

- implicandu-va in activitatile organizate de parohie: ora de cafea, organizarea mesei lunare

**VREMA COLINDELOR**



UK'cpwi'ceguc'wp'i t wr 'f g'eqipf cvqtKf lp'r ct qj kc''  
 pqcutc' t'c'' rt gi cvk' uc'' cf wec'' dwevt kc'' pcungt k'  
 F qo pwnk'lp'ecugr'et guipkqt 0'Xqo 'eqipf c'r g'3:.'  
 45'' uk' 46'' f gego dtlg0' F cec'' f qt k'k' uc'' rtko k'k'  
 eqipf cvqtK'xc''t wi co ''uc''pg'uetlgv'wp''o gucl''rg''  
 hqt o c'f g'eqpcev'b'y gdukgwnk'pquvt w'tc w'tc 'twpcvk'  
 uc''; 2; '6: 2'; 35; 0'



**PROGRAMUL LITURGIC AL ZILELOR URMATOARE**

**Uco dcw.'39'f gego dtlg'R.WX+'**  
**8<22'RO 'Uwldc'Xgegt plgk'**

**F wo lplec.'3: 'f gego dtlg'R.WX+'**



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*Rehoboam the father of Abijah, Abijah the father of Asa, Asa the father of Jehoshaphat, Jehoshaphat the father of Jehoram, Jehoram the father of Uzziah, Uzziah the father of Jotham, Jotham the father of Ahaz, Ahaz the father of Hezekiah, Hezekiah the father of Manasseh, Manasseh the father of Amon, Amon the father of Josiah, and Josiah the father of Jeconiah and his brothers at the time of the exile to Babylon.*

*After the exile to Babylon: Jeconiah was the father of Shealtiel, Shealtiel the father of Zerubbabel, Zerubbabel the father of Abihud, Abihud the father of Eliakim, Eliakim the father of Azor, Azor the father of Zadok, Zadok the father of Akim, Akim the father of Elihud, Elihud the father of Eleazar, Eleazar the father of Matthan, Matthan the father of Jacob, and Jacob the father of Joseph, the husband of Mary, and Mary was the mother of Jesus who is called the Messiah.*

*Thus there were fourteen generations in all from Abraham to David, fourteen from David to the exile to Babylon, and fourteen from the exile to the Messiah. This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly.*

*But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."*

*All this took place to fulfill what the Lord had said through the prophet: "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us").*

*When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home and knew her not and she gave birth to a son. And he gave him the name Jesus.*

**- F wo lplec'lpclpvc'PcugtKf go pwnk'**  
**: <52'CO 'Uwldc'Wt gplgk'**  
**; <52'CO 'Urcpw'Nkwt i j lg''**

**Xlpgt k'45'f gego dt lg'Kl Kclswt i lec+''**  
**; <22'CO 'Egcwlt kg'ko rct cvgnk'**

**Uco dcw'46'f gego dt lg<ClwpwlEt celspwnk'**  
**; <22'CO 'Urcpw'Nkwt i j lg''**  
**8<22'RO 'Xgegt plc'bgc'O ct g't'Et celspwnk'**

**F wo lplec.'47'f gego dt lg<'**  
**PCUVTGC'F QO P WNWK'ET CEKWP WN''**  
**: <52'CO 'Wt gplc'Rt c| plewnk'**  
**; <52'CO 'Urcpw'Nkwt i j lg'Rt c| plecn''**  
**33<52'CO 'Ecf qwt kf g'Et celsp''**  
**34<22'RO "O cuc'f g'Et celsp''**

**Nwplc'48'f gego dt lg''**  
**UQDQTWN'O CKEKf QO P WNWK'**  
**: <52'CO 'Wt gplc''**  
**; <52'CO 'Urcpw'Nkwt i j lg''**

**O ct vk'49'f gego dt lg''**  
**U0Cr 0lpvclswlO wegple'lkCt j lf keqp'UVGHCP''**  
**: <52'CO 'Wt gplc''**  
**; <52'CO 'Urcpw'Nkwt i j lg''**

**5bi bhi fl.''**  
**!8i a 'lb'Wz' % 'XYW'a Vf'Y' j U' Uj YU' 'cW gYX'lbHU'**  
**7cbg'l'i'i |'DUfc\|U'zXi dU'GZUbHU@|hi f|\Y''**  
**!7U'XY' a i 'hi a |f|' ZJa |'Y|' XcbUhcUfY' dYb'fhi'**  
**VfUXi' 'XY' 7fUVi b' gl' W'cf' WfY' Ui' U'i hJh' 'U'**  
**Ja dcXcV'fYU'i |''**  
**8ca bi' 'gU' j U' fUgd'UhYUgWU' XfUf'cghYU' dYb'fhi'**  
**gZUbHU'GU'VlgYf'WU'g|gUj U'Vi W'fY'gi ZYh'Y''**



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xtgo gc'xgej g.'rtlp'rt qqt qektikt'lp'rt kf g.'ek'rtlp''  
pcvngt gc'egc'f lp'Hgekqctc.'Uc'et cew'pqcw'lcw''  
ecvt g'lcw'OP w'gung'plek'wp'hwet w'b cklgt lek'ikb ck'  
o cpwksqt'f gecv'beguc'OGung'b lpwpgc'egc'b ck'  
lpnc.'f gecv'qcv'g'b lpwplg'r'g'ect g'lg/c'lcwew''  
Fwo pgl gw.'f g'lc'lpegr wwiw'wo KOF'tgr v'cegge.'' **lpi** gt kkt'rt qrxcf wlgue'lc'lp'c'ik'ugc'w'x'gung'g''  
reco cpwksqt'g'ko r'et c'wilegt'gue'OK'w.'r'cuvt kkt'  
cngcti c'lc'x'cf c'f'g'rt w'pewi'ect'g'ik'ic''  
rtqr qrxcf wks'OO ci lk'ew'f'ct w'klo r'et c'vunk'Klg''  
lpej'lp'c.'lct'lp'gt kkt'w'f'c'f'g'Fwo pgl gw.'ect'g'Ug''  
U'c'x'gung'f'g'egkf'g'lwu'ik'g'f'co cpv'lg'x'gung'g''  
r'cegc'OE'c.'lcw'b'ct w'lgung'ik'Cr quwqmw''  
\$Cegc'w'gung'r'cegc'p'q'c'w'c'et'g'c'lo r't'g'w'p'c'v'f'g''  
**lpi** gt k'ew'q'co g'pk'co cp'f'q'w'eg'v'g'lg'c'lcwew'w'pc.'' **h**re'cp'f'r'ce'g'r'tlp'et'weg.'qo q'c'ep'f'x't'clo'cuk'ik''  
lo r'ce'cp'f'w'p'g'ew'Fwo pgl gw'OK'p'G'ik'lcw'lc'et'c'ew'v''  
uk'kk'kw'KFwo pgl gw'p'g'co'lcwew'\$\*G'hu'04.'36.'38-'0''  
''

Fgek'eg'x'qo't'cur'w'KF'qo'p'w'ksqt'g'p'v't'w''  
w'c'v'g'eg'w'p'g'c'f'c'v'p'q'w'c'A'U'c'p'g'x'gung'lo.'b'ck'lp'w'ek''  
ec'ik'kt'g'p'q'k'p'g'c'lp'xt'g'f'plek'Fwo pgl gw'lc/kf'co''  
w'p't'cur'w'p'u'f'g'p'v't'w'w'c'v'g'eg'w'p'k'lg'c'f'c'w'OK'ct''  
t'cur'w'p'w'w'p'q'w'w'gung'x'lcw'p'q'c'w'c'et'g'w'p'g'c'ue'c''  
f'g'kk'ck'kw'KFwo pgl gw'ik'kt'c'w'kl'p'v't/q'w'nc.'x'lcw''  
p'q'c'w'c'et'g'eg'ew'w'c'f'c'p'lg.'r'g'ect'g'co'lw'w'k/q'ik''  
l'ci'c'f'w'p'c'co'f'c'v'f'g'p'v't'w'g'c'lc'U'c'p'w'w'iq'v'g'lg.'''  
x'lcw'p'q'c'w'c'et'g'g'ung'f'g'x'c'c'w'lc'w'lk'g'c'hw'k''  
Fwo pgl gw'ik'ct'lg'o'g'p'q'w'p'q'w'nt'p'q'w'nt'k'o''  
''

Fgek'f'g'r'q'w'lo'lc'w'o'w'c'w'o'ik'p'q'k'g''  
w'to'g'g'F'qo'p'w'w'k'ik'c'ig'U'hp'v'w'nt'N'w'k'lc'p'w'p'g''  
**lpi** t'k'lo'p'w'o'ck'f'g'b'cp'w'kt'g'c'p'q'c'w'c'et'g'ek'f'g'v'q'k''  
q'co'g'p'k'f'lp'hw'o'g'OP'w'w'p'v'go'p'q'k'kt'c'w'k'ew'v'q'k''  
q'co'g'p'k'AP'w'w'p'v'go'f'k'k'k'f'lp'v't/w'p'r'co'cp'v'AP'w''  
p'g'co'w'iq'v'g'c'v'lp'v't/q'w'c'p'w'c'w'ec'f'c'v'q'c't'g'v'q'k'A'U'c'p'g''  
q'w'v'p'lo'ik'ic'p'g't'w'ic'o.'f'c't.'f'g'p'v't'w'v'q'k'kt'c'w'k''  
p'q'w'nt'k'f'lp'hw'o'g'lp'v't'w'c'p'f'w'p'g'f'g'r'c'c'v'q'k'f'g''  
g't'g'v'ek'ej'k'ct'ik'f'g'f'lo'd'lg'r'ci'c'p'g.'ect'g'lg'c'hc'lp''  
lp'w'p'g't'le'w'p'get'g'f'lp'v'g'k'ew'w'p'ew'x'c'p'v.'f'g'p'v't'w'v'q'k''  
q'co'g'p'k'r't'g'ew'o'f'q't'w'p'eg'ung'Cr'qu'w'q'w'w'ic'x'g'f'o''  
H'q'w'w'w'p'q'w'nt'w'x'c'ik'ew'c'w'v'b'ck'b'ct'g'OP'g'x'qo''  
lo'r'ip'k'q'w'c'p'w'c'f'c'v'q't'lg.'x'qo'f'q'c'ep'f'k'ew't'c'v'kt'g'c'ik''  
l'g't'w'c't'g'c'f'c'c'v'g'nt'p'q'c'w'c'et'g'ik'x'qo'ec'w'k'ic'x'lcw'eg'c''

8 Y'gd]b]z'XY!c'ghUg]z'g] WU'a i f]hA'  
8 Uf'gl'U'XYgW]g'a'c'f'a'Ub'h''  
G]9'UW'a'Y!b'W'f'g'i]h'  
G]i'XYW'd'Ua'Ub'h''

G]d'Ub'U'bi' hUW'Ui' U'd'f'U[ z'  
B'c]bi' j'c'f'V'Y'Ua' b]W'i' bi' E'  
G'U'f'U'W'b'Y!U'Z'c'gh'z'X'U'f'W'X'g]X'f'U[  
=b'W'U'g'U!b'Y'7'f'U'W'i' bi''

G]W'b'X'h'f'n]i' b'Y'V]fi'JU'  
D'Y'j'U'h'f'U'W'X'U'g'c'a'bi'z'  
D'f]b'j]g'j'Y'X'Y'U'a' h'c'h'Z'c'f]X'Y'a'U'f'  
G]!b'Z'U'g'Y'a'J'W'd'Y'8'c'a'bi''

H=A DI@75F9'B9!5:CGH'85H'



J]Uh'U'd'Y'W'f'Y'c'f'f'U]a'U'W'a'bi'Y'gh'Y'c'[i'a'U'z'  
c'c'U'W'z'X'Y'g]c'U'a'Y'b]]c]Ui'X'f'Y'd'h[i'a'U'g'Ui'  
c'U'W'W'GY'c'U'W'W]f'Y'g'd'c'b'g'U'V]W'h]a'di'W'f'Y'  
Y!U'Z'c'gh'X'U'h'g'd'f'Y'U!g]d'f'Y[U'h]j'Y'g'b]W'U'z'g'Y'  
c'U'W'W'W'j]b'h'Y'Z'U'f'U'f'c'g'h'GY'U'X'i'b'U'j'b'  
c'g'd'Y'h]Y'z'g'h'U'i'g]d'U'U'j'f'U[Y'g'W'z'U'd'c]j'b'W'd'g'U'  
g'Y'c'U'W'z'j'b'h'f'i'b'Z'Y'g'U'i'U'hi''GY'U'X'i'b'U'U'  
h'Y'U'h'i'z'i'b'X'Y'h'c'h'i'bi!]X'Y'W'h'i'c'U'W'z'  
X]g'h'f'U'W'W]Y'g'Y'X]g'h'f'Y'U'N'U'W]X'Y'd'Y'g'W'W'b'U'z'g'Y'  
X]g'h'f'Y'U'N'U'g]W]W!]d'f]j'Y'g'W'U' b]]g]d'Y'h'f'Y'W'  
h]a'di'Z'c'c'g]b'X'i!g]W]h'U'h]Y'j'b'h'Y'W'W'i'U'Y'z'  
U'h]g'U'V]W'i'b]Y'ca'Y'b'Y'g'h]z'U'h]]j'b'Z'U'd'h'Y'  
W'f]h'U'V]Y'g'U'i'j'b'U'g'W]Y'g'U'i'j'c'f'V]Z'f'i'a'c'g''  
G'Y'a'U]d'c'h'c'W'd'U'W'a'U'b'W'W'h'i'g]W'V'U'i'hi''  
j'b'Y'i'W'g'z'j'b'c'W'g'U'a'U'b'U'b'W'g]g'U'V'Y'U'X'c'U'f'  
W'h'i'Y'Y'gh'Y'b'Y'W'g'U'f'z'g'Y'd'f'Y'c'W'd'U'X'Y'  
j'a'V'f'U'W'a'j'b'h'z'j]g]d]Y'f'X'h]a'di''  
j]b[f]q]b'X'i!g'Y'X'Y'd'Y'f'g'c'U'b'U'c'f'z'g'Y'X]g'h'f'Y'U'N'



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xcgplec'c'Kō rct cvlgkēgt gwk'lpvt w'J t kwqu'Kumu."  
 F qo pwrpquwt w0'

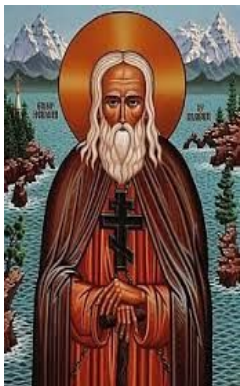
Cuvinte de la Sfintii Parinti  
Words of wisdom from the Holy Fathers



ÍF i`gYHUbga JYUj hXYi cfzdfYMA c'VeU`  
 WēHU, JcUg "SUVHY%kj f YHjWclb Yb]WfYj dVgV  
 i Wf f]XY UfzWfYVj VgUWfYj VgV Wf f]Y  
 i a YHjZu h bW]h Z f g %XUjgUa Uj YVWU%  
 UWNU]dUjA]` JXadch] zXUVHY%kj f YHjW  
 clb Yb]X i c] b]Wf]` Jd]YHb]Uj fi [ Vj]b]Zu h bW  
 j]h JYcf` Jg] d HUbga JY J]YÍ  
 !fGUfYh` DUHb]YXY UDMfG Uē

ÍNā XcbWMAē Vc'mhZ] V]b] YJ`@hY] W'cc`  
 hck UfXg^ f]ghLbXh Uhk] g] Ymā "K \Uha U YgU  
 dVfGb]g]b]h]g]g] YÍ  
 f]G]Yd f d v n]g]g]

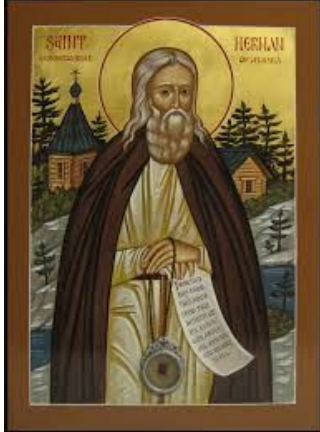
Á  
 Á  
 %ē ā Ōē ā q } ^; Éē ^ Á ^ Á  
 d`ā \* Á Á [ c`Á Ō [ ā Á Á [ ^ Á  
 cē ā Á í c` Á ^ ē • Éē ā Á ē } [ c`  
 • ē Á cē ā Á ^ ^ d` Á c` Á ē Éē  
 Q` Á Á c` Á [ { ^ ] ^ Á ^ Á  
 ē ē Á ^ { à ^ Á cē ā Á ^ Á  
 ] ^ ē ^ Á cē ā Á ē ā Á ē Á ^ Á  
 @ ē ē Á & & ] ē ā Á ē ē ē Á  
 [ à b & c`



g]H Uh\ck nai z [YbhYa Ybz`  
 `cj Y; cX38c'nai cZhb h fb`

dY` gYUa U` ]gd fUj ]`cf` Wēd]]`cfz` ]b` cW gU]]`  
 YXi W` ]b` WYX]bHjZ` Yj`Uj ]Yz` Zf]WU` XY`  
 8 i a bYnYi " DYbhf i` i b]]` WU` UWgh]U` hcUHU`  
 j ]UHU` Y` c`X]ghfUWjY" J U]`XY` WU` WU` ]Uj` j ]UHU`  
 XfYd h c`X]ghfUWjY` fGZ` =cUb` XY`? fcbghUXhē`  
 .

**GH"< Yfa Ub'cZ5'Ug UfBWWa Wf%Ł'**



5`gd]f]h U` a ]gg]cb`  
 kUg cf[Ub]hYX` ]b`  
 %-` Zfca hY a cb\_g  
 cZ hY J U Ua`  
 A cbUg]Vfnt` h kUg  
 gybh hc` dfYUW` hY  
 K cfX` cZ; cX` hc` hY  
 bUj] Y` ]b\ U]Hb]g]cZ  
 bcfh k YghVb`  
 5a Yf]Wēk \c Vi hYb`  
 nYUfg VZcfY` \UX`  
 VY[i b`hc` Wēa Yi bXYf`  
 hY` g] YfY] [ bhm cZ  
 Fi gg]U` hY` A cb\_`  
 < Yfa Ub` kUg Ua cb[`  
 hY` a Ya Vfg cZ h]g

A ]gg]cb`  
 hY` A cb\_` < Yfa Ub` Wēa Y` Zfca` U` Zla ]m` cZ  
 a YfWUbg] cZ Gyfdi \_]c] z U` V]m`cZ hY` A cgm`k`  
 8]cWg]` < ]gbUa YVZcfY` \Yk Uj]hcb]g] fYXzUbX` \]g  
 Zla ]mbUa Y` UfY` bch`\_bck b" fH`Y` a cbUg]VbUa Y`  
 ]g [ ] Yb` k \Yb` U` a cb\_` hU` Yg` \]g] ck g" < Y` \UX` U`  
 [fYU h nYU` Zcf` d] Ym`Zfca` nai h` z Ub` X` Uh]g] hYb` \Y`  
 YbhYfYX` a cbUg]W]Z"'

..... **A = 57I @CI G< 95@B; 'C: "**  
 ..... **GH"< 9FA 5B'**

5h hY` Gh Gyf [ ]i g` < Yfa ]H] Y` hYfY` cWUfYX` hY`  
 Zc` ck ]b[ ]b]Yb]h]c: Uh Yf` < Yfa Ub` Cb` hYf] [ \h  
 g]XY` cZ` ]g]h fcUhi bXYf \]gW]b` hYfY` UddYUfYX` Ub`  
 UvgWgg]` hY` gk` Y` ]b[ [ fYk` fUd]X` nā X]g] [ i f]b[ \]g  
 ZUM" h` VYWēa Y` X]Z]W` h` Zcf` \]a` hc` gk` U` ck` z` UbX`  
 hY` cXcf` k` Ugi bVYUfU` Y" b` h] gV]h]WU` WēbX]h]cb`  
 : Uh Yf` < Yfa Ub` Uk` U]HXY` XYUH` " < YX]X` bch` UddYU`  
 hc` U` d` ng]V]Ub` cZ h]g]k` cf` Xz` Vi` h` cW]b[ \]gW` \Y`  
 Z" VZcfY` Ub` Wēb` cZ hY` E` i` Yb` cZ < YU` Yb` "K` ]h`  
 ZYf] Ybh` hYUfg` \Y` dfU` hYXz` Uj]b[` cZ < Yf` h` Uh` \Y`  
 a ] [ \hVY` \YU` YX" < Y` dfU` hYX` hY` k` \c` Yb[ [ \h` h` Yb`  
 \Y` hc` \_` U` k` Yh` hck` Y` Ub` X` k` ]h` ]h`k` dYX` hY` ZUW` cZ  
 hY` A` cgh` < c` m` A` ch` Yfz` Ub` X` k` ]h` h` ]g` hck` Y` \Y`  
 Wj` YfYX` hY` gk` Y` ]b[" < Y` Wēb]h]bi` YX` hc` dfU` mk` ]h`  
 hYUfg] bh] \Y` Z" Uj` Yd` Zfca` g` Yf` Y` \U` g]cb` cb`

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<JažXc'noi UkUhgjYa YaVf' <JažXc'noi UkUhgj  
dfUhtc' <Ja UbXZ' Z' <Jg\c'mMā a UbYa YbHg3cf'  
ci f [ccXZcf' ci f \Udd]bVggUh' YUgh' Yhi ga U\_YUJ ck'  
HUhZca H.]gXUñZca H.]g\ci fZ'Zca H.]ga ]bi HV'  
kYgU' g'fj Yrc' g'Y; cXUvj YU' Yg'UbXrcZ' Z' <Jg\c'mk.] "ñi fZ'G' <Yfa Ub'cZ5 Ug'U'



**Sfantul Ioan Gura de Aur Despre post**

Sunt multi care zic: "De ce trebuinta este postul la cei care vietuiesc in curatie?"

Dar aceasta este o intrebare a celor lenesi si slabi. Ca, cine a fost mai curat decat Adam? Si inca si pe acesta nu l-a lipsit Dumnezeu de post. Pentru ca ceea ce i-a zis lui:

"Din toti pomii ce sunt in Rai sa mancati, iar din pomul cunostintei binelui si raului sa nu mancati dintr-insul" - acesta este chip al postului. Si de vreme ce de acest post a fost trebuinta in Rai, apoi cu cat mai mult, afara din Rai este el trebuitor. Daca, mai inainte de rani, era trebuinta de ierburi vindecatoare, apoi, cu cat mai vartos, in vreme de rani? Deci, pana nu veni inca razboiul asupra noastra, a fost trebuinta de arme, cu cat mai mult acum, cand stam in mijlocul razboiului poftelor?

Inca sa cunoasteti cat se manie Dumnezeu, cand se huleste postul si cat il iubeste pe cel ce il tine cu cinste!

Adam n-a cinstit postul; drept aceea a auzit glasul Domnului, zicandu-i: "Pamant esti si in pamant vei merge." Iata cat se manie Dumnezeu cand defaima cineva postul, ca moarte aduce asupra celui ce nu

H.Y' Zccf'" =b' U' XfYUa' \Y' gJk' H.Y' J ]f[ ]b' A Ufm'  
\YU]b[ \ ]a "'  
K \Yb'Gh< Yfa Ub'Uk\_c\_Y]b' H.Y'a cfb]b[ ž\YZci bX'  
hc'\ ]g[ fYUhgj fdf]gY' h.Uh\Y'k UjZ' \m' YUYX'" H.Y'  
gk\_Y' ]b[ \UX'X]gUddYUFYXZ'Yj Yb' h.ci [ \ h.YUwgWggj  
\UX' bch Vfc\_Yb' h.fci [ \ž' YUj ]b[ 'VY' ]bX' Vi h U'  
ga U' 'a Uf\_ Uj h.ci [ \ U' fYa ]bXYf' cZ H.Y'a ]fUW'"  
D\ngj]Ubg'hc' k \ca H.]g\YU]b[ k UjXyGv]VYX'X]X'  
bchVY' ]Yj Y]h'z'Uf[ i ]b[ 'h.Uh]hk UjbYwggjfmzcf' h.Y'  
UwgWggj'hc' \Uj Y'Y]h.Yf' Vfc\_Yb' h.fci [ \ cZ ]hg'ck b'  
UWf'X' cf' hc' \Uj Y'VYb' W'hcdYb'" 6i h h.Y'k cfXgcZ  
H.Y' d\ngj]Ubgj' k YfY' H.Y' kcfXg' cZ \i a Ub'  
Yl dYf]YbWz' Zcf' k \YfY' H.Y' [fUW' cZ; cX' cdYfUhgj  
H.YfY' H.Y' cfXYf' cZ bUhi fY' ]g' cj YfVta Y'" G' W'  
cWVfYbWg' \i a VY' \i a Ub' fYUgcb' i bXYf' H.Y'  
g'fcb[ \UbX'cZ; cX'fj'A YfVh'

**H< 9: =F GHA =GG=CB HC 5A 9F =75'**

=b' H.Y' gVwbX' \Uz cZ h.Y' % h' Wbhi fmh.Y' VcfXYfg'  
cZ < c'mFi gg]U' Yl dUbXYX' hc' H.Y' bcfh'" =b' h.cgY'  
nYUfg' F i gg]Ub' a YfWUbhg' X]gWj YfYX' H.Y' 5' Yi h]Ub'  
=gUbXgk \ ]W' Zcfa YX' ]b' H.Y' DU]Z]VCWUb UWU]b'  
Z'ca' h.Y' YUgh'fb' g'UfYg' cZ ? Ua WUh\_ U' hc' H.Y'  
k Ygh'fb' g'UfYg' cZ Bcfh' 5a Yf]W'" K ]h' h.Y'  
cdYb]b[ ' cZ h.Yg' ]g'UbXg' h.YfY' k Uj' fYj YUYX' H.Y'  
gUWYX' bYwggj]hm'hc' ]' i a ]bY'k ]h' h.Y' ][\hcZ h.Y'  
; cgdY' h.Y' bUhj' Y]b' \U]hUhg' ]K ]h' h.Y' VYgg]b[ ' cZ  
H.Y' < c'mGnbcXz' A Yfcd'c' ]hUb'; Uf]Y' [ Uj Y'hc' H.Y'  
Y]XYf' B Uhf'mh.Y' hUg\_ cZ g'VW]b[ ' WdUW'Y' dYf'gcbg'  
Z'ca' h.Y' Vfyh.Yfb' cZ J U Ua' Zcf' h.]g' \c'm'  
YbXYUj cf'" H.Yb' a Yb' k YfY' g'YwW'Xz' UbX' Ua cb[ '  
h.Ya' k Uj' : Uh.Yf' < Yfa Ub'" H.Y' Wcgyb' a Yb' YZi  
J U Ua' Zcf' h.Y' d'UW' cZ h.Yf' [ fYUhd'dc]b'ra Yb]b[ '  
%- "' fH.Y' a Ya VYfg' cZ h.]g' \]g'cf]W' a ]gg]cb'  
k YfY' 5fW]a UbXf]h' >cg'd\ ' fbc'c'cZz' h.Y'  
< ]Yfca cb\_gz' > i j YbU'na' A U' Ufna' 5h.UbUgna'  
Gh'd\ Ub' UbX' B Y\_ hUfna' < ]YfcXYUw'bgz' B Y\_ hUf'mUbX'  
Gh'd\ Ubz'UbX' h.Y'a cb\_g' > cg'Ud' žUbX' < Yfa Ub'ž'  
5g' U' fYg' 'h' cZ h.Y' \c'm'nYU' cZ h.Y' dYUWYfg' h.Y'  
] [\hcZ h.Y' Yj Ub[ Y' ]WgYfa cb' ei ]W' mdc' fYX' ci h  
Ua cb[ ' h.Y' gcbg' cZ F i gg]Uz' UbX' g'Y' YfU' h.ci gUbX'  
dU' Ubg' UWWd'hX' 7\ f]g]Ub]hm' 5' gWcc' Zcf' h.Y'  
YXi W]cb' cZ bYk' n'hUdh]nYX' W] XfYb' k Uj'  
cf[ Ub]nYXz' UbX' U' Wi' fW' k Uj' Vi ]h' Uh' h.Y' d'UW'  
k \YfY' H.Y' a ]gg]cbUf]Yg' ' ]j YX'" 6i h Vm' h.Y'  
]bg]V' hUY' d'fcj ]XYbW' cZ ; cX' h.Y' [YbYfU'  
d'fc[ fYgg' cZ h.Y'a ]gg]cb' k Uj' i bgU]gZU'f'm' 5Z'Yf'  
Z]j Y'nYUfg'cZj Yf'md'fcXi W]j Y' U'Vcfz' 5fW]a UbXf]h'  
>cg'Ud' žk \c' \UX' t' gh'VYb' Y'Yj UHX' hc' h.Y' fUb\_ cZ  
V]g'cdz' k Uj' Xfck bYX' k ]h' \ ]g' dUf'm' fH.]g'

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poarta de grija de el. Dar, iata acum puterea postului. Ca postul intoarce jumatate din calea ce duce la moarte. Pilda si dovada despre aceasta avem nu de la doi oameni sau trei, ci de la un popor intreg, al cetatii celei mari a ninivitenilor, care era aproape de piere, de nu s-ar fi intors cu pocainta si cu post. Si acestia, adica, neavand lege, nici stiinta de ceva, si singuri si-au pus lor lege: postul. Deci, noi cum sa ne lepadam de acela pentru care avem o multime de dovezi? Ca Moise si Ilie, cand voiau sa se apropie si sa vorbeasca cu Dumnezeu, la post alergau mai intai si maini patrunse de post aveau ei ridicate spre cer. Inca si Insusi Domnul Dumnezeu nostru Iisus Hristos a flamanzit, vreme de patruzeci de zile, netrebuindu-I lui post, ci dandu-ne noua arma de biruinta asupra a toata puterea diavolului. Dumnezeului nostru slava acum si pururea si in vecii vecilor! Amin.

**Uc'lwctr lo 'f lp'pqk'**  
**lpct go gplsc'pgr cuct g'**  
**lcw'f g'r cecvng''**  
**pgcunt g=lc'lwctr lo''**  
**f lp'lplo c'vt wlc.'ect g''**  
**pg'lcrg'lc'et gf go 'ec''**  
**p/cxgo 'pgxqlg'lc'pklg''**  
**lgt vg'r cecvng''**



**Ht cwlqt 'tklwt qt lqt''**  
**ectg'xc'rt gi cwlkf g''**  
**lo rct vcuplg#Uc''**  
**lwctr lo 'f lp'pqk'lpct go gplsc'pgr cuct g'lcw'f g''**  
**r cecvng'pgcunt g=lc'lwctr lo 'f lp'lplo c'vt wlc.'ect g''**  
**pg'lcrg'lc'et gf go 'ec'p/cxgo 'pgxqlg'lc'pklg'lgt vg''**  
**r cecvng.'ec'p/cxgo 'plekq'xlp.'ec'pw'wvgo''**  
**r cecvuk'lcw'ec'r cecvng'pg'wv'wvct g''**  
**sqo gpguk'o'b'ec'lk'ecpf'et'kk'gdw'lc'lg''**  
**ft cegum#/.lcw'ec'pg'uko vlo 'hct vg'dlpg'uk'clpf''**  
**lp'r cecv'Uc'egcuc'gung'vt wlg'f kcxqguc.'lpuwk'**  
**Uc'vpc.'rt lrc'uls'lp'lplo c'p'cunt c.'xqtdgung'ew'**  
**cegung'ewxlpvg'Ug'ewxlp'lc'cxgo 'eqpuk'pvc''**  
**rt qlwvf c.'rt qt plsc'f lp'vqcw'lplo c.'c'lwct cf ggi lqt''**  
**f g'ect g'pg/co 'lcw'xlpqxcvk'lc'lg't gi t gwo 'f lp''**  
**cf cpewilwngvwnk'ew'lwur'lp'g.'lc'xct uco 'lcet lo K''**

cWVffYX' cb' H.Y' DUMZJWCWub' VYyb' ? Ua WUu U'  
 UbX' H.Y' 5' Yi HJUb' =g' UbXg' H.Y' g' [dzD\cYb] žcbY' cZ  
 H.Y' Zfghi gYU [c]b [ g] dg Vi ] h ] b' 5' Uq\_ Uq' gJ' YX'  
 Zfca' C\_ \ chg\_ Wffn]b [ ' H.Y' Zfghi 6] g' cd' Zcf' H.Y'  
 5a Yf]Wb' A ]gg]cb' UbX' \ ]g' dUfHm' H.Y' D\cYb] k Uq'  
 Wl [ \ h ] b' cbY' cZ H.Y' a Ubm' g' cfa g' k \ ] W'  
 dYf]cX]W' m' gk Yd' H.Y' bcfH Yfb' DUMZJW' UbX' H.Y'  
 g' ] d' UbX' U' \ UbXg' dYf]g' YX' hc' [ YH Yf' k ] H' 6] g' cd'  
 > cglb\ \ UbX' \ ]g' dUfHm' 6Yzcf' H' ]g' H.Y' nYUci g'  
 < ]Yfca cb\_ ' > i j YbUm k Uq' [ fUbH'X' H.Y' a UfHm' f' g'  
 W'ck b'' H.Y' ch Yf g' X] YX' cbY' UZHY' Ubch Yf' i bh' ] b'  
 H.Y' YbX' cb' m: UH Yf' < Yfa Ub' fYa U] bYX'' H.Y' @cfX'  
 dYfa ] H' YX' \ ]a' hc' \ Uvcf' \ cb [ Yf' H' Ub' Ubm' cZ \ ]g'  
 VYfH' fYb ] b' H.Y' Ubcg'c' ] W' Uq\_ cZ Yb ] [ \ H' Yb ] b [ ' H.Y'  
 5' Yi HJUb' g''

**H< 9 B9K 'J 5@55A ! GDFI 79 =G@5B8'**

=b' 5a Yf]W' UH Yf' < Yfa Ub' Wcg' Uq' \ ]g' d' UW' cZ  
 \ U] ] H' ] cb' Gdfi W' =g' UbXz' k \ ] W' \ Y' W' YX' B' Yk'  
 J U Ua '' H' ]g' ]g' UbX' ]g' g' d' UfH' YX' Vm' U' g' f' U] h' U' ci h' U'  
 a ] Y' UbX' U' ei UfH' Yf' k ] X' Y' Zfca' ? cX] U\_ =g' UbX' cb'  
 k \ ] W' \ U' X' VYyb' Vi ] h' U' k' ccX' Yb' a' cb' Uq' Yf' m' zcf' H.Y'  
 fYg] X' Yb' W' cZ H.Y' a' Ya VYfg' cZ H.Y' a' ]gg] cbz' UbX' U'  
 k' ccX' Yb' W' i' fW' X' YX] W' H' YX' hc' H.Y' F Yg' f fY W' ] cb' cZ  
 H.Y' GJ' ] cf'' fB' Yk' J U Ua' k Uq' b' Ua' YX' Zcf' J U Ua'  
 cb' @ U\_ Y' @ U' X' [ UZ' H' Y' a' cb' Uq' Yf' m' Zfca' k \ ] W' : UH Yf'  
 < Yfa Ub' W' a' Y' hc' 5a Yf]W' =h' ]g' ] bh' Yf' g' ] b [ ' hc' bch'  
 H' U' h' J U Ua' ]g' U' gc' c' W' H' YX' cb' Ub' ]g' UbXz' U' H' ci [ \ z'  
 H' ]g' ]g' UbX' ]g' ] b' U' Z' Y' g' k' U' H' Yf' \ U' Yz' k \ Yf' Uq' Gdfi W'  
 =g' UbX' ]g' cb' H.Y' DUMZJWCWubz' U' H' ci [ \ b' Yf' ch' Yf'  
 ]g' UbXg' UbX' H.Y' 5' Uq\_ Ub' a' U] b' UbX' 'z'  
 Gdfi W' =g' UbX' ]g' bch' Uf' [ Yz' UbX' ]g' Ua' cgh'  
 W' a' d' YH' m' W' ] YfYX' Vm' U' Zcf' Yg' ] 5' a' cgh' H' fci [ \ ] h' g'  
 a' ] X' X' Y' U' ga' U' \ V' fcc\_ ' Zck' g' hc' H.Y' g' YU' < Yfa Ub'  
 g' Y' W' H' YX' H' ]g' d' ] W' fYgei Y' ]g' UbX' Zcf' H.Y' c' W' ] cb' cZ  
 \ ]g' \ Yfa ] H' ] Y'' < Y' Xi [ : U' W' ] Y' ci h' cZ H.Y' [ fci bX'  
 k ] H' \ ]g' ck' b' \ UbXg' UbX' ] b' ] h' \ Y' ] YX' \ ]g' Zf' gh' z' ''  
 g' a' a' Yf'' : cf' k ] bh' Yf' H' Yf' Y' k' Uq' Vi ] h' zcf' \ ]a' U' W''  
 b' Yf' H.Y' W' ] Yz' ] b' k \ ] W' \ Y' ] YX' i bh' \ ]g' X' YU' ''  
 H.Y' W' ] Y' k' Uq' W' b' j' Yf' H' YX' Vm' ]a' ] b' hc' U' d' U' W' Zcf' \ ]g'  
 Vi f] U'' 5' k' ccX' Yb' W' U' d' Yz' UbX' U' k' ccX' Yb' \ ci g' Y' hc'  
 VY' i' g' YX' Uq' U' g' W' cc' \ ci g' UbX' U' ] i' Yg' \ ci g' Y' k' Yf'  
 Vi ] h' bch' hcc' X] g' ] b' h' Zfca' \ ]g' W'' 5' [ UfYX' b' k' Uq'  
 \ U] X' ci h' ] b' Zfcbi cZ \ ]g' W'' : cf' a' cf' Y' H' Ub' Zcf' m'  
 n' Yf' g' : UH Yf' < Yfa Ub' \ ] YX' \ Yf' Y''



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f g'wo klpw.'ec'ic'ig'lpf wt g'ir t g'pqlUcr cpwn'è"  
 Ect wkf tger v'è b cplg'to 'lucv/q0'  
 Ew'plek'wp'èj kr 'ic'pw'lpegt eco 'è'pg'f g| xlpqxcvk"  
 rtgewo 'icvct plek'het lugk'lwlpf 'èc'„nimeni din cei  
 vii nu-i drept inaintea Domnului””eH0Rucm wd364."  
 4+ikèc'F wo pgl gw'ig'xc'b kquw&klt r t g'pqlk'pwo ck'  
 ecpf 'pg'xqo 'f qeck'lpegt 0Uc'ic'uc'o 'f gqr ct vg"  
 pgr cuct ge'ikt cegnc.'ic'hwet co 'F qo pwn&kwf wj "  
 ct| cvqt 0Uc'pw'w&co 'èc'xlgwlpf 'xt go g"  
 lpf gwpi cv'lp'ict cf ggi g.'to 'xgpk'èwo 'ic"  
 egt go 'Ucr cpwn&ik'f t gr wnw&Lwf gecvqt "  
 o kquw&k'g'r g'pvt w'xlc'v'p'qcut c0Ct 'f wgc'ik'ket g"  
 cewo 'lo r 'r g'pvt w'pgr cuct g'ikt cegnc.'ècpf 'plek'  
 o cect 'lp't gr v&ig'èw'qco gplk'ègugc'pw'uk'èw"  
 mqew&P w'l'ct 'èwxgp'k'ket g'èc'lpvt gi 'lwhg'w'itc'pk'  
 ug'r t g'ic'ec'lp'h'e'f wj qxplegue.'ic'ig't g'xgt ug."  
 pgr t g'ic'ew.'lp'ic'et lo kf g'f qeck'pw'A'Q."  
 F wo pgl gw'ig.'F wo pgl gw'ig'#Rg'f t gr v'èwxcpv."  
 lct cf ggi kg'p'qcut g'l'cw'lp'o wnw'b ck'b w'f gecv'  
 ht g'f g'r ct 'f g'r g'èc' 'ik'f gecv'pk'kr wib ct k'f g'uk'  
 pw'pg'f co 'ig'co c.'ig'r t k'ko 'èw'pgr cuct g.'ic'èj kt "  
 ig'kw'dlo 0'  
 „De Te vei uita la faradelegi, Doamne, Doamne,  
 cine va suferi?””Rucm wd34; .5+0'  
 F c/pg.'F qco pg.'f wj 'wo k'k.'lp'lo c'to g't k'c.'èc"  
 uc/Vk'èf wego 'f qeck'pw'èf g'xct cvc0Co lp0'

**Cb: Ughjbl ..**

**ÍHc'k\Uhi YbX'Xc'ZUj]b[ 'UbX' dMj]YbW'YUK3: cf'  
 k\Uhid fdogY]gh]ghci VYHU' Yb3H Yh'YUK'ic'HY  
 VUbg]b[ cZH Ygi 'Zca g]g]ic' dUW'cZ\Uf]zic'  
 i b]cb' k]H ' ; cX' H Ym]Z' i g k]H ' Xj d]cb' UbX'  
 gbg] bZUbX[ ] Yi gVc'Xb]g]WZcfY; cX' H YfYUfZ'  
 jXyXzj Ym]ja dcf]ubhifUgpg]Zf ZUj]b[ 'UbX'Zf'  
 VbZg]cb Zca 'HYk\c'Y\Uf]H'HYfYgU' WUb'  
 jYj]a UYfYk UfX[ ] YbZf VbZg]Mh]ci g'Ubi f"**

Fasting is a good teacher: (1) It soon makes everybody who fasts understand that a man requires very little food and drink, and that in general we are greedy and eat a great deal more than is necessary — that is, than our nature requires. (2) Fasting clearly shows or discloses all the infirmities of our soul, all its weaknesses, deficiencies, sins, and passions; just as when muddy, standing water is beginning to be



**Rctlpwg'' ewo '' vtgdwlg'' uc'' xlpç'' lgo glç'' ic''**  
**Urcpw'Kò rctwucplgA''**

Femeia nu se poate ruga, nu se poate spovedi și nu se poate împărtăși având capul descoperit, după cum spune Sf. Ap. Pavel: „Orice femeie care se roagă sau proorocește, cu capul neacoperit își necinstește capul... femeia este datoare să aibă semn de supunere asupra capului ei, pentru îngeri (I.Cor.11,5,10). Femeia care vine la Sfânta Împărtășanie cu ruj pe buze, trebuie mai întâi să-și spele rujul de pe buze și apoi să se împărtășească. Pentru că, rujul de pe buze rămâne pe lingurița cu care a fost împărtășită, iar lingurița fiind introdusă din nou în Sfântul Potir, rujul de pe ea se amestecă cu Sfânta Împărtășanie. Dacă se întâmplă acest lucru, atunci, se fac vinovați de cele sfinte, atât femeia care s-a împărtășit cât și preotul care nu a păzit sfintele.(Parintele Ilarion Argatu)

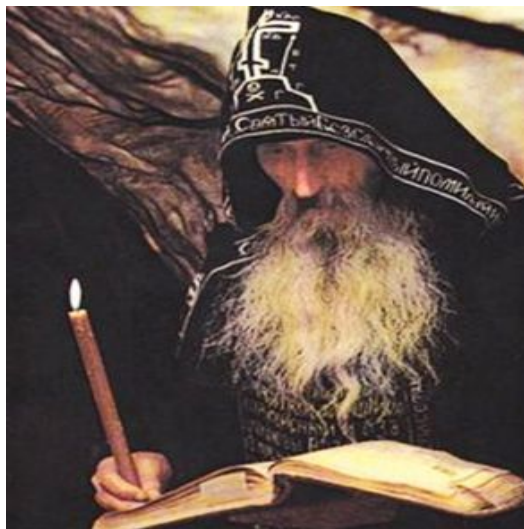


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cleaned it shows what reptiles and what sort of dirt it contains. (3) It shows us all the necessity of turning to God with the whole heart, and of seeking His mercy, help, and salvation. (4) Fasting shows all the craftiness, cunning, and malice of the bodiless spirits, whom we have hitherto unwittingly served, and whose cunning, now that we are enlightened by the light of God's grace, becomes clear, and who now maliciously persecute us for having left their ways.

Man is dear to the Lord, the whole world is obedient to him. The Son of God Himself came down from heaven on earth to save him from everlasting torments, to reconcile him with God. All fruits, the various flesh of animals, were given to him for food, and various drinks were given to him to please his taste — but not to excite his passions, not for his only enjoyment, for the Christian has great, spiritual, Divine enjoyments. Carnal delights must be always made subject to these higher ones; they must be restrained or completely suppressed when they hinder spiritual delights. This signifies that it is not to afflict man that food and drink are temporarily forbidden him by the Church, not to limit his freedom, as worldly people say, but it is done in order to afford him true, lasting, and eternal delights; therefore meat or flesh food, and wine and spirits, are forbidden (during Lent), especially by reason of the fact that man is very dear to God, and in order that his heart should cling to God alone, and not to anything perishable, unworthy of him. But man, perverted by sins, easily attaches himself to earthly pleasures, forgetting that his true enjoyment, his true life, is the eternal God, and not the pleasant excitation of the flesh.

The incorporeal enemy enters the heart of man through satiety and drunkenness — this can be felt by anyone who is observant. This is the reason why, with the growth of drunkenness, the inclination to drunkenness increases so terribly (because the power of the enemy over the man increases) — this is why you notice in drunkards a power involuntarily drawing them to satisfy their passion or their inward craving for wine. The enemy is in the hearts of these unhappy people. How can the demon of drunkenness be driven out? By prayer and fasting. The enemy enters the hearts of men because they have given themselves up to a carnal mode of life — to gluttony, and because they do not pray. It is, therefore, natural that he can be driven out from them by opposite means — that is, by prayer and fasting.



**Intru aceasta zi, cuvant al Sfantului Simeon Evlavis, despre trezie.**

"  
 Uc'tk'ht cvg.'lqv' gc wpc'b l'pvc'vc'lc''  
 F wo pgl gw.'lp' l'qo p'tk'lp' l'wct g'f g'xgi j g.'lc''  
 o cpect g'tk'lp' xqt dlt k'lp' l'wct wnb cl'p'nt 'tk'lp''  
 qt leg'c'nc' l'cr v.'f wr c'ewxcpwnt Rt qqt qewntk''  
 \$Co 'xc| w'r g'F qo p'wilk'pvc'b gc'r wt wt gc\$''  
 F ct 'lc'vg' l'qeqvnt k' g' l'p'g'b ckt cecvuf gecv'qv''  
 qo w' l'rgt gecpf 'v'lo r' l'p' g'wpi cv'lp' l'begu' l' cpf .''  
 ug'xc' l'k'lp' l'p'vngi gt gc'vc.'q' h'wo l'pct g'xlg.'''  
 cugo gpgc' l'p'gkt c| g'f g' h'wo l'p'c' l'Uk'ew'ec'v'q' xgk''  
 egt g'b ck' w' ew'b ck' w'nc' l'wct g'co l'p'vg' l'k'ew''  
 q'ewi gwt g'p'glo r t c'wkc'vc.'ew' l'q'v'p'g'c' b' w'nc' l'k''  
 ew' l'c'et lo k'ew' l'c'v' l'k'lg'xc' l'c'c'v' b' ck''  
 ut c'w'ek'qct g' l'k'ct. l'c'c'v'p'f w' w'k'ug.'q' l'w' d'g'w'k'k''  
 l'w' l'p'f /q.'vg' ew' l'c'v'g'w' l'k'ct 'f g' g'nl'eg' l'ew' l'c'v'g'w'g.'''  
 r g' l'c'g'w'c' l'k' l'c'eg' l'p' e'j k' w' l'w'k'F wo pgl gw.'''  
 n'wo l'p'c'p'f w' l'k' l'p'xc'v'p'f w' l'c' l'c' f g'q'gd'g'c'w'ec''  
 d'lp'g'g'f g' t'c'w' l'c' l'c' l'w'k' l'c' cvg.'ec' b' g'p'g'x'q'lg'f g''  
 o w'nc' l'q'v'p'g'c'c' l'c' l'w'c'v' f g'F wo pgl gw.'ec' l'c' l'c'g''  
 u'c'w' l'c'w'c' l'c'c'g'w'c' l'p' l'w' h'g'w' l'c'v' w' l'k' l'c' l'w'wo l'p'g' l'g''  
 l'p' l'gn'ec' l'w'p'c' l'p'w'p'g' l'ew' l'p'q' r' w' l'c' c'k' l'c' g' d'w'lg' l'c''  
 l'g'k' l'c'g'c' c' l'k' l'c' l'w'v' ew' l'c'p'f w' l'c'g'f g'b c' t' k' g''  
 f g'uct v' l'k'f g' l'p'ej k' w' l'c' g'f g' l'p'g' l'c' l'c' l'c' p'w''  
 q'uc'p'f g'w'k' l'c' g' l'p'g'xc.'xc| c'p'f w' l'c' l'c' l'c' eg' l'c'g'xc' l'c'g''  
 p'w' l'c' l'c'w' l'p'g' l'c' l'c' f' t' c' l'c' k'xc| c'p'f l'w' h'g'w' l'c'w' l'c'w' l'c'w''  
 f g' l'c'v' l'c' k' l'c'f g' l'c' l'c'g' l'c' l'c' l'c' w' l'c' g' c' t' w' l'c''  
 c' t' w' p'c' l'p' l'c' g' l'p'g'g' l'c' l'c' g'w'c' l'c' f' c' t' l'w'q' t' w' l'w'k''

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Lord! as it is natural to the Prototype to attach, to assimilate to Itself Its images, to abide and to live in them, so, likewise, it ought to be natural to those who are created after Thine image to yearn with all their love, with all their ardour, after their Prototype, and to attach themselves to It. But our greedy, sensual flesh, gross and inert, withdraws us from Thee. Fasting and abstinence are necessary for us whilst we crave after sensual gratifications. Strengthen us in abstinence.

This very flesh which we cherish, rest, gratify, and adorn so much, is — the enemy of our soul, a very crafty and dangerous enemy; it continually resists the love of God, the will of God, the commandments of God, and longs to fulfil its own will, and nearly always succeeds in doing so; unless the Lord God, in His merciful and wise providence for our salvation, opposes a powerful obstacle to this. We must ever crucify this flesh with its passions and lusts, and not cherish it; we must mortify it by fasting, by watchfulness, prayer, work; and exercise the soul by reading the Word of God, by pious meditation and prayer.

Begin to fulfil the commandments relating to small things, and you will come to fulfil the commandments relating to great things: small things everywhere lead to great ones. Begin by fulfilling the commandment of fasting on Wednesdays and Fridays, or the tenth commandment relating to evil thoughts and desires, and you will eventually learn to fulfil all the commandments. "He that is faithful in that which is least is faithful also in much." [72]

People say that it is not a matter of importance if you eat meat during Lent, for Lent does not consist in food; that it is not a matter of importance if you wear costly, fine clothes, frequent theatres, evening parties, masquerades; if you provide yourself with expensive plate, china, furniture, costly equipages, spirited horses; if you amass and hoard money, and so forth. But what is it that turns away our heart from God, the Source of life; through what do we lose eternal life? Is it not through gluttony, through expensive dress, like the rich man in the Gospel! Is it not through theatres and masquerades? What is it that makes us hard-hearted to the poor, and even to our own relatives? Is it not our attachment to carnal pleasures in general, to our belly, to dress, plate, furniture, carriages, money, and so forth.? Can a man serve

F wo pg| gw'ic 'hg'lp 'Vpg.'lo r t gwpc 'ew't qeclpvc''  
pglpegwvc 'ik'ew'eqr ngult g'f g'ic et lo k0K' 'tgc0 c.''  
lpuc.'ic 'pw'f cvlo gumk'egxc'f lp' b wnc 'd'wewt lg' 'ik'  
r qeclpvc'0F g' beggc.'ic 'pw'iqeqvguk'ec 'begugc''  
uwpvf lp' 'quvgpgc'ic 'ik'pw'f lp' f ct wihwk'  
F wo pg| gw0E c'c'wpektg'xqt 'hwc'f g'ic 'Vpg' 'ik'ig''  
xgk'ecwvc 'b wv'lp' t wi celsppg' 'ik'pw'ig' xgk'ec'ic' 'ik'  
xgk'ewpqcung' eg'f ct 'ek' lgtf w0F ct 'ic.' F qco pg.''   
uc'pw'p'g' 'hr uko 'plekqf cw'f g'j ct wiVcw#'

Rg'ic'f g' 'ik'ig'xc'lpwco r ic' begcuc.'ic' cvg.''   
ct wpec'c'w' t c' h0K'F wo pg| gw'pgr wlpvc'ic' 'ik''   
t kf lecpf w'vg' 'ik'lpw'lp| cpf 'b c'lpkg.'t qci c'vg.''   
| lecpf 'cuc' <\$F qco pg.'b h0mgug/0 c'f' g'b' lpg.''   
r cecvquwid'ik'pgr wlpelquwid'ik'p'pqt qelwid'ik''   
vt lo kg'f' g'ug'b' lpg'j ct wiVcw0Xg| k'F qco pg.'ic''   
eg'pgr wlpvc' 'ik' i cpf wt kb /cw'ef wu'b wng'g'b' g'g''   
r cecv0Gw.'ect g'lo r r'p'g'ue'lp' h'gect g'j' k'xqic''   
f t celqut.'ewo 'pw'xqk'ik'lar l0w'f g'gk'AUwpv'kar l0w''   
f g'b' wng'g'b' g'g'f' cecv'g.'ic' c' lpf q'ic'ic'0UK'ecw0''   
F qco pg.'F qco pg.'f cec'g'ew'xqic'Ve' 'ik'ic' t g''   
h'quwid' gw.'ic' 'x'lp'c' 'ic' j ct wiVcw'lp' t qdwiVcw.''   
ec.'xc| cpf w'it' g' beguc.'ic' b' c' d'wewt 'lpvt w''   
r qeclpvc' 'ik'ic' et lo k' hwo lpcvf g't c| c'f' wt wt gc''   
nwo lpc'c'ic' beguc'ic' 'ic' | l'w'f g'i' cpf wt kg''   
o wt f ct g' 'ik'f g'v'q' h'wet wit cw' 'ik'f g'v'q'cv'g' i t g'ug'ag''   
o g'g' 'eg'g'ew' 'ik'lpvc' 'ik'ew'p'gum'lpvc'0UK'ec'w'g'ic'ic''   
r t lo g'ue.'F qco pg.'f r'p'c'w'vc' l'pf t c| p'k' h'ec'vt g''   
V'p'g.'lp' p'g'ec| wt kg'eg'x'lp'c'w' t c' t qd'w'w'k'Ve'w.''   
f g'ic' f t c'ek'ik'f g'ic' 'qco g'p'k' 'ik'ic' f t lo g'ue' 'ik''   
w'lg' t gc'x'q'k'k'0 g'g.'ew'p'que'cpf 'd'w'p'c'w'lg'eg''   
c'w'g'c'w' f' g'eg'k'eg'V'g' l'wd'g'ue' f' g'V'p'g.'F qco pg'0''   
Ec'V'w'ic'k| lu'F qco pg.'ec' <E'g'ic'eg'xc' 'eg' t g'xc' h'w'c.''   
u'k'eg'ic'eg'ec'w'c'xc' 'ic' h'ic.' 'ik'eg'w'k'eg' d'c'v'g'k'ig'xc''   
f g'ue'j' k'f' g'0''

Rg'ic'pi c' begcuc.'ic' cvg.' h'ct w'lg.''   
t wi cpf w'vg'lp' ewi g'w'ic'w.' 'ik'lp' 'eg'g'ic'ng'v'q'cv'g''   
ecv'g' 'ik'ig'xc' f c' 'Vg'F wo pg| gw.'p'go q'ng'up'f w'vg''   
f lp' f t l'elpc' 't cpf c'x'lg'0UK'F wo pg| gw'ic'g'ic' d'w'p''   
pw'v'g'xc' f ct cul0'

*Calde multumiri tuturor celor care citesc  
buletinul parohial al bisericii Sfantilor  
Arhangheli Mihail si Gavriil din  
Sacramento!*



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God and mammon; [706] be a friend of God and a friend of the world, work for Christ and for the Devil ? It is impossible. Through what did Adam and Eve lose Paradise, through what did they fall into sin and death? Was it not through food alone? Let us consider well what makes us careless about the salvation of our soul, which cost the Son of God so dear; what makes us add one sin to another; what makes us fall continually into opposition against God, into a life of vanity. Is it not attachment to earthly things, and especially to earthly delights? What makes our heart gross ? What makes us become flesh, and not spirit, perverting our moral nature? Is it not attachment to food and drink and other earthly goods ? How after this can it be said that to eat meat during Lent is unimportant? To say so is nothing but pride, sophism, disobedience, want of submission to God, and estrangement from Him.

Those who reject fasting forget from what the falling into sin of the first men proceeded (from intemperance), and what means against sin and temptation were indicated to us by the Saviour, when He Himself was tempted in the desert (He fasted forty days and nights); they do not know, or do not wish to know, that a man most frequently falls away from God through intemperance, as was the case with the inhabitants of Sodom and Gomorrah, and with Noah's contemporaries — for intemperance is the cause of every sin in men; those who reject fasting take away from themselves and from others the arms against their flesh, with its manifold passions, and against the Devil, both of which are especially powerful against us through our intemperance; therefore they are not soldiers of Christ, for they throw down their arms and give themselves up willingly as prisoners to their sensual and sin-loving flesh; lastly, they are blind and do not see the connection between the causes and the consequences of acts.

I thank my all holy, all merciful, and most wise Mother, the Church of God, for salutary guiding me during this temporal life, and for educating me for the heavenly citizenship; I thank her for all the offices of prayers, for the Divine services, for the sacraments and rites; I thank her for the fasts so beneficial to me both in spiritual and bodily respects (for through them I am healthy both in spirit and body, calm, vigilant, and light; without the fasts I should feel extreme heaviness, which I indeed experienced when not fasting);

*Nadajduim ca informatiile gasite aici sa fie utile si edificatoare pentru viata dumneavoastra duhovniceasca.*

*De asemenea, va asteptam cu drag sa luati parte impreuna cu noi la sfintele slujbe si la evenimentele organizate de parohia noastra!*

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If you see a drunken man, say in your heart: "Lord, look mercifully upon Thy servant, allured by the flattery of the belly and by carnal merriment; make him understand the sweetness of temperance and fasting, and of the fruit of the spirit arising therefrom." When you see a man passionately fond of eating, and finding all his happiness in this, say: "Lord, Thou art our sweetest Food, that never perishes, but leads us unto life eternal! Purify Thy servant from the filthiness of gluttony, so carnal and so far from Thy Spirit, and grant that he may know the sweetness of Thy Life-giving, spiritual food, which is Thy Flesh and Blood, and Thy holy, living, and acting word.(St.John of Kronstadt)

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