

*Welcome to St. Olympia Orthodox Church,
a young and, God willing, growing community of worshipers.*

*Our priest is Fr. Peter Irfan, Acting Rector.
You may reach him at 716-342-8520 (cell) or at fatherpeter777@yahoo.com.*

Please join us for prayer and fellowship.

**Services this week:
Saturday, February 8**

Great Vespers: 5pm

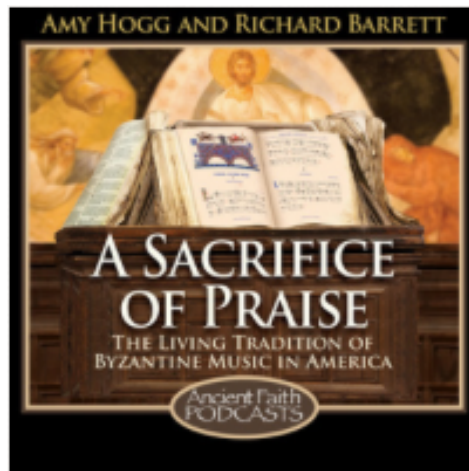
Sunday, February 9

**Matins: 8:45 am
Divine Liturgy: 10am**

**Lunch and
fellowship will
follow the service**

*The above services
are at St. Olympia
Chapel
123 Main Street
Potsdam, NY, 13676*

Ancient Faith Radio Podcast features our Protopsalti!



Dr. Jessica Suchy-Pilalis was interviewed on Ancient Faith Radio in the series "A Sacrifice of Praise" in three podcasts on January 3, 18, and 31. Their discussion "reflects on four decades of pioneering musical service and scholarship".

The first two parts focus on her journey from a musical upbringing to her education and training, and her ongoing professional work. In the third segment, Jessica discusses her preparation and compositional process.

These podcasts are truly delightful; even those of us who have worshipped with Jessica for years and know her vision for Byzantine chant may be surprised to hear this more complete account of her pioneering life. Glory to God!

Facebook Name Change!

Please note that we will be changing the name of our Facebook page from

Orthodox Christian Mission for Potsdam
to

St Olympia Orthodox Church

This change will take place on **March 1, 2020**. We want to let you know well in advance. We are not sure how the name change will impact our loyal followers. The link to Facebook on the website will be also be updated on March 1.

News from the Hermitage of Saint Olypia

Mother Sophronia has launched a website <saintolyphiahermitage.org>. There is a blog, a service schedule, and an events calendar. Praise God that Mother Sophronia is now well enough for visitors at the Hermitage's services now.

Starting February 8, Vespers will be served at 5PM, Monday through Saturday. In addition, Father Peter will serve the Liturgy of the Presanctified Gifts on Fridays in March (6, 13, 20, and 27) at 10:00AM. We are thankful for these additional services during Great Lent this year.

Hourly Prayers of Saint John Chrysostom

These are a set of 24 short prayers attributed to St John Chrysostom. The shortness is deliberate — when it comes to personal devotion, many of the Fathers teach the efficacy of an "arrow prayer" that is easily remembered and easily meant whole-heartedly. They are divided into two sections of twelve apiece.
(from orthodoxprayer.org)

O Lord, of Thy heavenly bounties, deprive me not.

O Lord, deliver me from the eternal torments.

O Lord, forgive me if I have sinned in my mind or my thought, whether in word or in deed.

O Lord, free me from all ignorance and forgetfulness, from despondency and stony insensibility.

O Lord, deliver me from every temptation.

O lord, enlighten my heart which evil desires have darkened.

O Lord, as a man have I sinned, have Thou mercy on me, as the God full of compassion, seeing the feebleness of my soul.

O Lord, send down Thy grace to help me, that I may glorify Thy name.

O Lord Jesus Christ, write me down in the book of life and grant unto me a good end.

O Lord my God, even if I had not done anything good before Thee, do Thou help me, in Thy grace, to make a good beginning.

O Lord, sprinkle into my heart the dew of Thy grace.

O Lord of heaven and earth, remember me, Thy sinful servant, full of shame and impurity, in Thy kingdom.

Amen.

O Lord, receive me in penitence.

O Lord, forsake me not.

O Lord, lead me not into misfortune.

O Lord, quicken in me a good thought.

O Lord, give me tears and remembrance of death, and contrition.

O Lord, make me solicitous of confessing my sins.

O Lord, give me humility, chastity, and obedience.

O Lord, give me patience, magnanimity, and meekness.

O Lord, implant in me the root of all good--Thy fear in my heart.

O Lord, vouchsafe that I may love thee from all my soul and mind and in everything do Thy will.

O Lord, shelter me from certain men, from demons and passions, and from any other unbecoming thing.

O Lord, Thou knowest that Thou dost as Thou wilt, let then Thy will be done in me, a sinner, for blessed art Thou unto the ages. Amen.