ST. MATTHEW THE EVANGELIST ANTIOCHIAN ORTHODOX CHURCH

10383 Albion Rd, North Royalton, OH

November 24, 2024

Twenty-second Sunday After Pentecost

His Eminence Metropolitan SABA
Archbishop of New York and Antiochian Metropolitan of all North America

Rt. Rev. Archimandrite Jeremy Davis
Archepiscopal Vicar for the Diocese of Toledo and Midwest

V. Rev. Father Fred Shaheen, Pastor
V. Rev. Father Andrew Harmon, Retired
Rev. Deacon Macarius Tolbert • Rev. Deacon Basil Vazquez
Sub-Deacon Fred N. Bourjaily • Sub-Deacon Samuel Harmon
Sub-Deacon Mark Katzbach • Sub-Deacon Richard Sahley
Sub-Deacon George Simon • Sub-Deacon Samuel Snyder
Reader Anthony Harmon

Church contacts:

Hall rentals: Gail Malaniak <u>440-552-4586</u> Coffee hour: Electra Floasiu <u>216-671-0743</u> Kitchen use: Fred Bourjaily <u>216-219-4656</u>

Phone: Fr. Fred (c) (319) 651-6452
Email: shaheenf@hotmail.com
Website: stmattroyalton.org

Mailing Address: P.O. Box 33183, North Royalton, OH 44133-3183

Saturday Vespers 5:00 PM; Confessions after Saturday Vespers or by appointment Sunday Matins 8:50 AM; Divine Liturgy 10:00 AM; Sunday School 11:15 AM

WELCOME TO OUR VISITORS! We are glad to have you praying with us. *The reception of the Sacrament of Holy Communion* is limited to members of the Orthodox Church who are in good sacramental standing & have made proper preparation to receive. All are welcome to receive the blessed antidoron bread at the end of the service.

THE HOLY BREAD OF OBLATION is offered by the Amer family for the health & salvation of Nadeema Gazal on her saint's day; and by Dave & Rudylin Glaser for the health & salvation of their son, Daniel, on his birthday; and by Florentina Popa for the health & salvation of her goddaughter, Aglaïs, on her birthday; and by Maria Simescu for the health & salvation of her grandchildren, Brian, Zack, & Emma, and her brothers, Mihail & Ioan; and by Jeb and Irene Brooks for the return to health of Irene, and for the health and salvation of Kalliope and Helen; and by Polycarp Bose in memory of his grandfather, Dean Rickard (20 years); and by Elaine Nassar and her children Assad, Wissam, and Rania in memory of Emil (1 year).

During today's liturgy we will pray for our catechumens:

Charles Bossart, Dean Albashani, Zachary Beltz, Nizam Jawhari, Andrew Richards

And for the health & safety of:

Justin Mosier	Julie Dunn	Father John Henry	Sharon Mack
Lucy Kinkaid	Ed Haddad	Metropolitan LONGIN	Alfred & Rita Blazek
Marc Balke	Jean Fadil	Constantine & Maria Kornea	Leigh Frank
Christopher Samuel	Victoria Thorp	Sara Scordos & baby	Grant Oberlin
Peter George	Argie Katsaros	George & Christine Simon	Samuel Harmon
Pauline Hanna	Theodore Bunevich	Michael & Marilyn Francu	Jenna Bshara
Frank Popovich	Donald Glaser	Christian	Lori Davidson
Issa Zaboura	Mary Violanti	Charlotte Shaheen	Catherine Morton
Corrine George	Jerry Morriston	Jared Johnston	Sam Shaheen
James Padzerski	Danielle	Christina Bossart	Emmelia Roach
Josephine Katzbach	Roy	Olivia Harmon & baby	Alexis Borovlak
Elias Karam	Dana	Tatiana Santiago	Christine Hudacek
Fr. Don Shadid	Susan Joseph	Tamara Derosset	
Judy Yanik	Ann Ghianni	Judy Burhen	
Nancy Yanik	Don Ambrose	Tony Branson	

<u>And for the newly departed servants of God:</u> Steven Milner, Rumzi Rafeedie, Rose Zrake, Wayne Gribble (Wally Gribble's father), Tony Susi (Joanne Vazquez's cousin), Stephanie

EPISTLE LESSON: Galatians 6: 11-18 **EPISTLE READER:** Reader Anthony Harmon

GOSPEL LESSON: Luke 18:18-27 **HOMILY**: Father Andrew

USHERS: Jay Amer & Gail Malaniak

ALTAR BOY TEAM 1---Caleb Blazek, captain; Christos Allen, Cosby Hunter, Phillip Roach **MEMORIAL SERVICE** will be offered at the end of liturgy for Dean Rickard and Emil Nassar. **CATECHUMEN BLESSING-**Maria Sagi will be enrolled as a catechumen at the end of liturgy.

SUNDAY SCHOOL NATIVITY PLAY REHEARSAL TODAY AFTER COMMUNION

PLEASE STAY FOR COFFEETIME TODAY AFTER LITURGY!

Thank you to Group G (Electra Floasiu, Florentina Popa, Dijana & Kosta Bokjanc, Dorel Radivoj, Ana Galita, Eleni Indres, and Marcella Simescu) for hosting today!

DIVINE LITURGY VARIABLES ON SUNDAY, NOVEMBER 24, 2024 TONE 6 / EOTHINON 1; TWENTY-SECOND SUNDAY AFTER PENTECOST &

THIRTEENTH SUNDAY OF LUKE

After-Feast of the Entrance of the Theotokos

Clement, bishop of Rome; Hieromartyr Peter, bishop of Alexandria

VERSES OF THE FIRST ANTIPHON

Great is the Lord and greatly to be praised: in the city of our God and in His holy mountain. Glorious things are spoken of thee, O city of God.

God is known in her palaces for a refuge. As we have heard, so have we seen in the city of the Lord of hosts, in the city of our God.

Glory... Both now...

VERSES OF THE SECOND ANTIPHON (Normal Sunday Refrain)

The Most High hath sanctified His tabernacle. Holiness and majesty are in His sanctuary.

This is the gate of the Lord, the righteous shall enter in thereat.

Holy is Thy temple, and wonderful in righteousness.

Glory... Both now... O only begotten Son and Word of God...

THE THIRD ANTIPHON

Even the rich among the people shall entreat thy favor. The King's daughter is all glorious within: her clothing is of wrought gold. Virgins shall be brought to the King after her: her companions shall be brought unto Thee. (now sing the Apolytikion of the Feast)

RESURRECTIONAL APOLYTIKION IN TONE FIVE (p. 13)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF THE ENTRANCE OF THE THEOTOKOS IN TONE FOUR

Today is the prelude of God's good will and the heralding of the salvation of mankind. In the temple of God, the Virgin is presented openly, and she proclaimeth Christ unto all. To her, then, with a great voice let us cry aloud: Rejoice, O thou fulfillment of the Creator's dispensation.

APOLYTIKION OF ST. MATTHEW THE EVANGELIST IN TONE THREE (p. 16)

With zeal you followed Christ the Master, Who in His goodness appeared to men on earth. He called you from the custom house, revealing you to be a chosen apostle, a trumpet proclaiming the Gospel to the whole world! Therefore, divinely eloquent Matthew, we honor your precious memory. Entreat the merciful God, that He may grant us remission of our sins.

KONTAKION OF ENTRANCE OF THE THEOTOKOS IN TONE FOUR

(Special melody "Thou Who wast raised up")

The sacred treasury of God's holy glory, * the greatly precious bridal chamber and Virgin, * the Savior's most pure temple, free of stain and undefiled, * into the House of the Lord * on this day is brought forward * and bringeth with herself the grace * of the Most Divine Spirit; * her do God's Angels hymn with songs of praise, * for she is truly the heavenly tabernacle.

THE EPISTLE

(For the Twenty-Second Sunday after Pentecost)

Thou, O Lord, shalt preserve us and keep us from this generation. Save me, O Lord, for the godly man hath disappeared.

The Reading from the Epistle of St. Paul to the Galatians. (6:11-18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

THE GOSPEL

(For the Thirteenth Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (18:18-27)

At that time, a man came testing Jesus and asking, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call Me good? No one is good but God alone. You know the commandments: 'Do not commit adultery. Do not kill. Do not steal. Do not bear false witness. Honor your father and mother." And the man said, "All these I have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and

Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me." But when the man heard this he became sad, for he was very rich. Jesus, seeing him sad, said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" Jesus said, "What is impossible with men is possible with God."

CATECHISM CLASS WILL MEET TODAY at 1pm in the board room to learn about the Orthodox Faith. All are welcome! You do not need to be a catechumen to attend.

Father Fred will be away for Thanksgiving. He leaves on Mon, Nov 25 and returns for Vespers on Sat, Nov 30. Should any pastoral need arise during his absence please contact Deacon Basil, 440-665-3591.

PLEASE TURN IN YOUR TITHING/PLEDGE FORMS BEFORE NEXT SUN, DEC 1!

UPCOMING SERVICES

Wed, Nov 27 6:30pm Akathist "Glory to God for All Things"

Sat, Nov 30 5pm Great Vespers

Sun, Dec 1 8:50am Orthros, 10am Divine Liturgy; The Holy Bread of Oblation will be offered by Dan & Camille Patrick in memory of Kh. Ruth Meena, Lt. James Meena, Kh. Melvina Meena, and Margaret Patrick; and by Dave & Rudylin Glaser in thanksgiving to God for their 33rd wedding anniversary; and by Maria and Dan Simescu for their own health & salvation and in memory of their siblings, Cristian, Maria, and Luminita; and by Florentina Popa for the health & salvation of her granddaughter, Sophie Michelle on her birthday and for her departed relatives; and by the Roach family for the health & salvation of Matt on his birthday; and by Jeb and Irene Brooks for the return to health of Irene, and for the health and salvation of Kalliope and Helen.

Thurs, Dec 5 6:30pm Vespers

Fri, Dec 6 St. Nicholas Day 9am Orthros, 10am Divine Liturgy

THE ANNUAL PARISH MEETING WILL BE AFTER LITURGY ON SUN, DEC 8.

NATIVITY OF CHRIST (CHRISTMAS) SERVICES:

Tuesday, December 24

9am Royal Hours and Typica

4:30pm Vesperal Liturgy of St. Basil the Great

Wednesday, December 25

8:45am Festal Orthros

10am Festal Divine Liturgy of St. John Chrysostom

Tues, Dec 31 5:00 pm Vesperal Liturgy for Circumcision and Feast of St. Basil the Great

Fri, Jan 3 9:00 am - Royal Hours of Theophany

Sun, Jan 5 5:00 pm - Great Vespers for Theophany with Lityia

Mon, Jan 6 8:50 am - Festal Orthros followed by Festal Divine Liturgy of St. Basil the Great and indoor service for the Great Blessing of the Waters.

Sunday School Nativity program rehearsal schedule

TODAY: Sunday November 24- No class. Play rehearsal with music

Sunday December 1- No Class. Choir followed by play rehearsal.

Sunday December 8-No Class. Play rehearsal without music

Saturday December 14, 3:45- Full rehearsal with music

Sunday December 15- No Class. Full rehearsal with music

Saturday December 21, 3:45- Dress rehearsal

Sunday December 22- No Class- Final rehearsal

Sunday December 22- 4:30- Arrive at church. Program at 5:00.

MEETINGS

YOUNG ADULT GROUP—Nov 30, 6pm. Meets monthly to study the Gospel of St. Mark. Bible, fellowship, food.....For more info, contact: Subdeacon Samuel Harmon, 216-598-9230, samuelharmon15@gmail.com or Colton Bose, 440-567-6101

SOUTH BIBLE STUDY--- Tuesday, Dec 3, 6:30pm at Craig & Cindy George's, house---4414 Brookhaven Drive, North Royalton. Meets on the 1st and 3rd Tuesday of the month. Studying the Servant Songs in book of Isaiah---all are welcome!

WEST BIBLE STUDY---Dec 14, 6pm. They meet monthly at the church after Sat Vespers. They are studying the Book of Revelation. All are welcome!

WOMEN'S PRAYER GROUP—Dec 17, 10:30am. They meet monthly at Tara Reidy's house (274 Elmwood Dr., Berea, OH 44017) For info, call Sandy Tolbert, <u>440-773-9162</u>.

ANTIOCHIAN WOMEN'S SISTERHOOD—December 15th in the board room after liturgy.

TODDLER TIME AND HOMESCHOOL ENRICHMENT GROUP--- Is on a break for the holidays. Will resume in Jan. Contact Olivia Harmon for more information: oharmon15@gmail.com

PATHWAYS TO PEACE- Nov 25 at 7pm in the church conference room. The meetings will be held on the fourth Monday of each month. "A gathering place of Orthodox Christians who seek to live in the fullness of life as promised by Jesus Christ." Contact Deacon Basil for more information: 440-665-3591

CHESS CLUB- Dec date to be announced. If you don't know how to play, they will teach you!

CATECHISM—Orthodox Faith class today at 1pm; Scripture track will meet Dec 1 at 1pm in the meeting room at Church. These sessions are open to anyone, not just catechumens! The class will meet every Sunday at 1pm, alternating The Orthodox Faith and Scripture Track.

TEEN SOYO CLUB- next meeting 12/1 after liturgy; elections for 2025 officers 1/5 after liturgy.

MINISTRY NEWS

USHERING MINISTRY--- Ushers rotate once every other month and are vital to the welcoming ministry of our Church. If you would like to be added to the rotation or have any questions about this, please let Cindy George know. cindygeorge127@gmail.com

STREET DELIVERY TO THE HOMELESS---- Dec 15. One Sunday a month parishioners deliver food, clothing, etc. to homeless in downtown Cleveland. The alms box to help fund the lunches is near main hall doors. *WHITE SOCKS NEEDED*—box is by main hall entry doors. Call Josie Katzbach, <u>440-668-9831</u>, for information.

NON-PERISHABLE FOOD ITEMS- are being collected in the big wooden box under the coat rack. They will go to St. Mary of Egypt Food Pantry this month.

MEAL SERVING AT ST. HERMAN ORTHODOX HOMELESS SHELTER Dec 15 is our next monthly date to provide, cook, & serve a meal to the poor at St. Herman Orthodox Homeless Shelter in Cleveland. If you can help in any way, please talk with Dcn Basil, 440-665-3591 or sign up in the hall

MARTHA MINISTRIES--- We are a group of parishioners who cook or deliver some freezer meals to families in time of need (new babies, recovering from illness/surgery, grieving a loss...). Can you help by cooking or delivering? Please see/email/call Erin Musarra: 440-799-0838 Erin.musarra@gmail.com.

ST. MATTHEW'S PRISON MINISTRY--- It is possible to help with prison ministry even without ever going inside a prison. For more info, contact our local leader, Vincent Defilippo, 330-352-6678 vdefilippo@neo.rr.com

IOCC REP NEEDED—St. Matthew's needs a representative to the Cleveland chapter of the International Orthodox Christian Charities (IOCC). The group meets about four times a year to plan their two fundraising events. This is a wonderful opportunity to do something to help suffering people in Greece, Ukraine, Lebanon, Palestine, Uganda, Ethiopia, and elsewhere. For more information, please see Camille Patrick.

ST JOHN THE ALMSGIVER---Black Friday, Nov 29, will be the next quarterly outreach to the homeless. We will prepare and deliver 70 turkey sandwiches to the streets of Cleveland (and possibly also Akron). 3-4 people are needed to help prepare the sandwiches and 1-2 people are needed to help deliver them. If you can help please contact Colton Bose colton-michaelbose@gmail.com

OTHER ANNOUNCEMENTS

HOLY BREAD OBLATION SIGN-UP—If you would like to add an oblation for next Sunday, please contact Olivia Harmon (oharmon15@gmail.com 440-220-2624). For all other Sundays, please use the chart in the hall (chart is on the right wall by the counter) to sign up for which Sundays you wish to offer the oblation for the liturgy. If you are not sure how oblations work, just check with Father Fred.

HOSTING COFFEETIME AFTER SUNDAY LITURGY- If you can bring food please sign up on the chart to the left of the counter in the hall! Questions? Contact Electra Floasiu 216-671-0743.

VACUUMING VOLUNTEERS-Sign-up sheet is in the narthex to vacuum the nave after liturgy!

FLOWER DONATIONS: If you would like to donate to the flower fund (or provide flowers) to decorate our church for one of our many feast days, contact Lisa Amer 216-415-9126 lisa.amer@att.net

A REMINDER: *Do not leave any items at the church* to give away without permission from a Hall Committee Member: Electra Floasiu 216-671-0743 Gail Malaniak 440-552-4586

PARISH FACEBOOK PAGE- Do you have pictures or announcements you'd like to share on our public Facebook page? Contact Steve Morgan at (330) 524-0214, stevemorgx@pm.me or message the account directly.

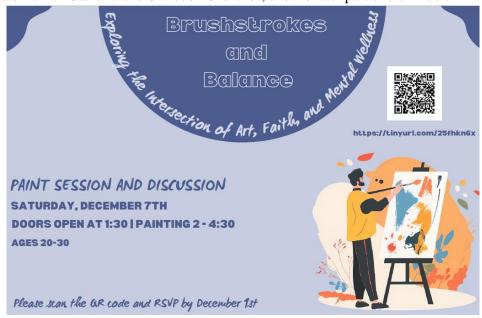
FATHER ANDREW WILL BE TEACHING A 2-QUARTER SERIES ON "THE HISTORY OF CHRISTIANITY" IN THE UPCOMING WINTER AND SPRING QUARTERS IN THE ILR PROGRAM, THE ADULT ED. PROGRAM AT BALDWIN-WALLACE UNIVERSITY. If you are interested, you sign up now for the first winter quarter classes. You need to both sign up to be a member of ILR an sign up for the course. To do so----go to www.ilr@bw.org; go to "Membership" to become a member; then (from December 1 to December 15) go to "Classes" and then to "Register Online" to sign up for a course. THE WINTER COURSE WILL MEET AT PLEASANT HILLS METHODIST CHURCH IN MIDDLEBURG HEIGHTS FROM 2:40-4 P.M. ON SIX MONDAYS IN A ROW BEGINNING ON JANUARY 6.

COURSE DESCRIPTION---The 2 courses will cover the entire history of Christianity from the time of the Apostles into the 21st century. All time periods and all the varieties and denominations (at least the major ones!) will be covered. Both the glorious and not so glorious aspects of Christian history will be covered. The first course (winter quarter) will cover, among other topics----The early centuries of Roman persecution, doctrinal struggles and doctrinal development, the monastic movement, the medieval Church both East and West, the disagreements leading to the Great Schism in 1054 A.D. which resulted in separate Roman Catholic and Orthodox Churches, and the later part of the Middle

Ages up until about 1500.

JOB OPPORTUNITY-

St. Herman's House is hiring a case manager. Applicant should be a licensed social worker. Apply at orthodoxjobs.com



Please support our

Antiochian Women's Sisterhood

CHRISTMAS BAKE SALE

Sunday, December 22, 2024 Right After Liturgy!!

We are asking everyone in our Parish Family to please donate to our Bake Sale!!!

You can bring anything you like!!!

It can be any of your favorite and/or signature

Christmas specialties....sweet or savory!!!

Anyone can donate and if you prefer, you can also price your bakery.

We do ask that your donation is wrapped, labeled and ready

to be placed on the table!!

And remember... Many items can be frozen for later!!

Please help us make this Bake Sale a great success!!

~~~ <u>THANK YOU!!!</u> ~~~

## St. Nicholas Workshop for Children

**DEADLINE TODAY!** 

for ages 10 & under with parent supervision

RSVP by Nov 24th

Sat, Dec 7, 10am-noon at St. Matthew's NOW FREE THANKS TO A DONOR!

Coloring, crafts, cookie decorating and a surprise visit from St. Nick! Hosted by the St. Matthew's Antiochian Women's Sisterhood

Give children's names & ages to Dima Kash, Georgette Dye, or the parish office.

Dima Kash <u>dima.hanania@gmail.com</u> 440-444-8446 Georgette Dye <u>georgette.dye@gmail.com</u> 440-429-5398 Who will win this year's Golden Ladle???



Chili Chef and Bake Sale Sign-Ups coming soon... Contact Kendra Hunter or Lisa Amer with Questions



## EASTERN ORTHODOX WOMEN'S GUILD OF GREATER CLEVELAND

#### UNITY THROUGH PARTICIPATION

Theotokos of Vladimir

# Saturday, December 14, 2024@ 10:00 A.M.

## Archangel Michael Russian Orthodox Church 5025 Mill Road Broadview Hts., OH 44147

Matthew 25:35-36, 40

For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you welcomed me; I was naked and you clothed me; I was sick and you visited me; I was in prison and you came to me... as you did it to one of the least of these my brethren, you did it to me.



- Fellowship and Advent Brunch
- Presentation by Diane Hastings
- > IOCC Cleveland Chapter and domestic missions

Enjoy time with other EOWG members as Diane presents a power point showing the missions that the IOCC is providing here in the States.

#### Hall Use Calendar: (The hall and kitchen will be unavailable on the shaded days)

IF YOU ARE GOING TO USE THE HALL OR KITCHEN for any purpose...

you must first contact a Hall Committee member to make sure it is still available.

Electra Floasiu 216-671-0743 Gail Malaniak 440-552-4586

| Sunday    | 24 |                        |                               |                        |                               |
|-----------|----|------------------------|-------------------------------|------------------------|-------------------------------|
| Monday    | 25 |                        |                               |                        |                               |
| Tuesday   | 26 |                        |                               |                        |                               |
| Wednesday | 27 |                        |                               |                        |                               |
| Thursday  | 28 |                        | Abdelkarim Thanksgiving       |                        |                               |
| Friday    | 29 |                        | Abdelkarim birthday party 3-8 |                        | Abdelkarim birthday party 3-8 |
| Saturday  | 30 |                        | Grig                          | son baby shower 11-4   |                               |
|           |    |                        |                               | Decemb                 | per 2024                      |
|           |    | Morning                |                               | Afternoon              | Evening                       |
| Sunday    | 1  |                        |                               |                        |                               |
| Monday    | 2  |                        |                               |                        |                               |
| Tuesday   | 3  |                        |                               |                        |                               |
| Wednesday | 4  |                        |                               |                        |                               |
| Thursday  | 5  |                        |                               |                        |                               |
| Friday    | 6  |                        |                               |                        | Set up for St. Nick party     |
| Saturday  | 7  | St. Nicholas Party 9-1 |                               | St. Nicholas Party 9-1 |                               |
| Sunday    | 8  |                        |                               |                        |                               |
| Monday    | 9  |                        |                               |                        |                               |
| Tuesday   | 10 |                        |                               |                        |                               |
| Wednesday | 11 |                        |                               |                        |                               |
| Thursday  | 12 |                        |                               |                        |                               |
| Friday    | 13 |                        |                               |                        |                               |
| Saturday  | 14 |                        |                               |                        |                               |
| Sunday    | 15 |                        |                               |                        |                               |
| Monday    | 16 |                        |                               |                        |                               |
| Tuesday   | 17 |                        |                               |                        |                               |
| Wednesday | 18 |                        |                               |                        |                               |
| Thursday  | 19 |                        |                               |                        |                               |
| Friday    | 20 |                        |                               |                        |                               |
| Saturday  | 21 |                        |                               |                        |                               |

### **St Matthew Church can now accept donations online:**

https://giving.servantkeeper.com/stmatthewchurch or use the QR code to the right



Saint Matthew now has a YouTube channel! Please subscribe to stay on top of our videos <a href="https://m.youtube.com/@saintmattheworthodoxchurch">https://m.youtube.com/@saintmattheworthodoxchurch</a>

Additionally, you can subscribe to Fr. Fred's own YouTube channel, A Light to the

Nations <a href="https://tinyurl.com/ALight2">https://tinyurl.com/ALight2</a> and his podcast is available to listen to on multiple platforms <a href="https://tinyurl.com/ALightpodcast">https://tinyurl.com/ALightpodcast</a>