



**Sunday July 8, 2018 6th SUNDAY AFTER PENTECOST**

**Tone 5.** *The SITKA Icon of the Most-holy Theotokos. Holy Greatmartyr Procopius of Cæsarea in Palestine (303). Righteous Prokópy, Fool-for-Christ, Wonderworker of Ustyia (Vologdá—1303). Appearance of the “KAZAN” Icon of the Most-holy Theotokos (1579). The Weeping Novgorod Icon of the Most-holy Theotokos, “OF TENDER FEELING” (14th c.).*

**This Week’s Schedule**

*Saturday 7/14 Great Vespers 5:00 p.m.*

*Sunday 7/15 Hours 8:40 a.m.*

*Divine Liturgy 9:00 a.m.*

*followed by Coffee Hour*

**Reader Schedule**

<u>DATE</u>	<u>3<sup>RD</sup> HOUR</u>	<u>6<sup>TH</sup> HOUR</u>	<u>EPISTLE</u>
July 08	SOUDER	SULPIZI	CAREY
July 15	LEWIS	PECK	PECK
July 22	BUNITSKY	BUNITSKY	FINCK
July 29	RILEY	RILEY	RILEY
Aug 05	BUNITSKY	BUNITSKY	LEWIS

## Hymns and Prayers

### **Tone 5 Troparion**      *(Resurrection)*

Let us, the faithful, praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the Cross in the flesh,  
to endure death,  
and to raise the dead//  
by His glorious Resurrection.

### **Tone 4 Troparion**      *(Martyr Procopius)*

Your holy martyr Procopius, O Lord,  
through his suffering has received an incorruptible crown from You,  
our God.  
For having Your strength, he laid low his adversaries,  
and shattered the powerless boldness of demons.//  
Through his intercessions save our souls!

### **Tone 5 Kontakion**      *(Resurrection)*

You descended into hell, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.  
You have delivered Adam from the curse, O Lover of Man,//  
and we cry to You: “O Lord, save us!”

### **Tone 2 Kontakion**      *(Martyr Procopius)*

Set ablaze by divine zeal for Christ and protected by the might of the  
Cross,  
you cast down the insolence and boldness of the Enemy, O Procopius!  
You exalted the honorable Church,//  
excelling in faith and giving light to us all!

### **Tone 5 Prokeimenon**

You, O Lord, shall protect us and preserve us from this generation  
forever. (*Ps 11/12:7*)

*v: Save me, O Lord, for there is no longer any that is godly. (Ps 11/12:1)*

### **Epistle Romans 12:6-14**

*Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.*

### **Tone 5**

*Alleluia, Alleluia, Alleluia!*

*v: I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation. (Ps 88/89:1)*

*v: For You have said: "Mercy will be established forever; My truth will be prepared in the heavens." (Ps 88/89:2)*

### **Gospel Matthew 9:1-8**

*So He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you."*

*And at once some of the scribes said within themselves, "This Man blasphemes!"*

*But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts?"*

*For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'?*

*But that you may know that the Son of Man has power on earth to forgive sins" – then He said to the paralytic, "Arise, take up your bed, and go to your house."*

*And he arose and departed to his house.*

*Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.*

## Communion Hymn

Praise the Lord from the heavens! Praise Him in the highest! (*Ps 148:1*)  
Alleluia, Alleluia, Alleluia!

### *This Week's Announcement*

***Special All Parish Meeting*** We will be holding a special all parish meeting today, July 8th, 2018, during coffee hour. We ask for as many as possible to stay as the council will present cupola maintenance and repair work.

***July Parish Council Meeting*** Just a reminder that our next parish council meeting will be held this Thursday July 12th at 7:00 p.m. Please see Jeff Kendall if you are unable to attend.

***VCS July 30th -August 1st*** We will be offering Vacation Church School this summer July 30th through August 1st. We hope you can make it to this summer's VCS! Schedule coming soon and will include lessons about the Cross, songs, crafts, outdoor fun, and more. Please use this link (<https://www.wejoinin.com/sheets/lrsez>) to register your children, including their age and t-shirt size. Another sign up will come around soon for the potluck and other volunteer opportunities. Please sign up by Friday, July 6th so the correct size and number of t-shirts can be ordered. Thank you!

***Summer Giving / Summer Vacationing*** If you are heading out on vacation please do not take a vacation from your financial support of St. Michaels. St Michaels is here even when Her parishioners are away, and She continues to count on Her people for support. If you do travel, also visit the "Orthodoxy in America" website to find an Orthodox Church wherever you are heading. All the canonical Orthodox jurisdictions (OCA, Greek, Antiochian, Serbian, etc.) are listed together on this one helpful site: [www.orthodoxyinamerica.org](http://www.orthodoxyinamerica.org) - Check it out! Also, whichever parish you visit on vacation please remember to contact the priest ahead of time to inform him that you would like to come for Holy Communion at the Liturgy. Thank you, God bless your travels and come back safe and sound!

## ***The Outer Signs are Only to Remind Us of the Inner Things***

*The words in this article's title were written by the Nun Martyr Grand Duchess Elizabeth. On July 18<sup>th</sup> we remember her martyrdom and that of her companion, Nun Barbara.*



Because Saint Elizabeth was born into Western European royalty and raised as a Protestant, she struggled to explain her conversion to Orthodoxy to her relatives, among them Queen Victoria. Some of them believed that her Russian husband, the Grand Duke Sergei, had compelled her to convert. Others, apparently, thought that she had been dazzled by the splendor of Orthodox worship. It was to them that she wrote, according to Ludmila Koehler's book "Saint Elisabeth the New Martyr", these words: "You tell me

that the outer brilliance of the church charmed me...in that you are mistaken—nothing in the outer signs attracted me. The outer signs are only to remind us of the inner things."

Many people do not understand why churches, vestments and sacred vessels should be beautiful. They consider these things to be unnecessary "trappings." Yet God Himself gave instructions for the building of a richly-furnished tabernacle, and vestments for the "glorious adornment" of the priests, in Exodus 25.

Jesus reprimanded the disciples when they questioned the "waste" of costly oil used by a woman to anoint Him. They complained that it could have been sold for a good deal of money which would help the poor. But He said, in Matthew 26:11, "For you will always have the poor with you, but you will not always have Me." The Church understands from this that when we have the privilege of being with the Lord in church, everything from the choir's singing to the well-polished candle stands should be as

beautiful as we can make it. Near the end of every Liturgy we ask God to "sanctify those who love the beauty of Your house."

But beautiful things are not ends in themselves. They are there to "remind us of the inner things" as Saint Elizabeth wrote. We are not meant to get caught up in beautiful externals, but we are meant always to remember the glory of the Kingdom of God, toward which the beauty of those externals points us.

Saint Elizabeth understood that, and she also understood what Jesus meant by saying, "For you always have the poor with you." Creating beauty in the church doesn't exempt us from taking care of those in need; we are supposed to do both. The women's monastery founded by Saint Elizabeth served some of the most destitute people in Moscow while at the same time holding services in a beautifully-appointed chapel.

We should always be able to answer critics of the "fancy trappings" of Orthodox worship by truthfully saying that we do serve and care for our needy sisters and brothers, but that we also make the church a beautiful place so as to "remind" worshippers of the "inner things." Saint Elizabeth shows us how to do both.

#### **Troparion - Tone 4**

Emulating the Lord's self-abasement on the earth,  
You gave up royal mansions to serve the poor and disdained,  
Overflowing with compassion for the suffering.  
And taking up a martyr's cross,  
In your meekness  
You perfected the Saviour's image within yourself,  
Therefore, with Barbara, entreat Him to save us all, O wise Elizabeth.

*This weekly bulletin insert complements the curriculum published by the Department of Christian Education of the Orthodox Church in America. This and many other Christian Education resources are available at <http://dce.oca.org>.*

#### **Wisdom from the Holy Fathers**

*'In all your acts, in all your works, in all your behavior, imitate the good; be a competitor of the saints, keep your eye on the heroism of the martyrs, follow the example of the just. It is my wish that the life and teachings of the saints be for you an encouragement to virtue.'*

*St. Isidore of Seville*

*Christians should judge no one, neither an open harlot, nor sinners, nor dissolute people, but should look upon all with simplicity of soul and a pure eye. Purity of heart, indeed, consists in seeing sinful and weak men and having compassion for them and being merciful.*

*Abba Macarius the Great*

*The soul is greater than the body: the body becomes sick, and with that it is finished. But a spiritual sickness extends into eternity. Deliver us, O lord, from such illness, and grant us healing.*

*St. Macarius of Optina*

*“Remember, that the world, which rose from nothing, is indeed nothingness, and will return to nothing, for heaven and earth shall pass away, but the human soul, the breath of God, the image of the immortal King is itself immortal.*

*Remember all this, and renounce attachments to all earthly things. Besides looking upon corruptible creatures and created things turn your eyes constantly to the Creator, Who is in every creature, and Who constantly looks upon you, constantly proving your heart and your thoughts.”*

*St. John of Kronstadt*

*'So then for things which cannot be seen, things which Angels too hope to glimpse, for the Bridegroom Christ to whom we are betrothed, I ask and beseech you, brethren, that keep our own soul pure from evil deeds, from sordid thoughts, which defile us, as the Lord said; not thinking any wickedness at all; for by thinking desire is set alight like fire; but taking our stand far from the passions and beating off the tempter from the moment of provocation, both by good works making the soul resplendent, and holding fast more fervently to the self-mastery which lies before us, so that, when we have in purity passed over from things here, we may depart in unspeakable joy to heaven and delight in the joy of the heavenly bridal chamber, in Christ Jesus our Lord, to whom be glory and might, with the Father and the Holy Spirit, now and ever and to the ages of ages. Amen.'*

*St. Theodore the Studite*

**Prayers for the Departed:** *Maria Proch, Mark Gundersen, John Berket, Anthony Greer, George Sarmousakis, Alfred Mokhiber*

**Prayers for the Sick and Those in Need:** *Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Josef Petranin, Fr. John Nightingale, Fr. Deacon James Carpenter, Mat Julia Petranin, Mat. Ellen Chupeck, Mat. Lisa Weremedic, Matushka Myra Kovalak, Lemlem Resat, Peter Melnik, Olga Riley, Marie Holowatch, Marie Karawulan, Barbara Hicks, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Lydia Kendall, Mary Anne Farrell, John Griffith, Cynthia Griffith, Benjamin, Patrica, Lubov, Stephanie Hojnicky, Leah Reed, Jameson Edward Reed, Anastacia Sarmousakis, Ioana*

**Prayers for Women and the Child to be born:** *Susanne Didinato, Jacquelyn Marie Wham, Rachael Irene Shatley, Stephanie Riley, Catalina Mary Finck*

<b>Date</b>	<b><u>Coffee Hour</u></b>	<b><u>Service Duty</u></b>	<b><u>Church Cleaner</u></b>	<b><u>Library</u></b>
<b>8-Jul</b>	Elia/Gunderson/Farrell	Telep/Baldychev	Peck/Peck	Lewis
<b>15-Jul</b>	Afoworki	Bunitsky/Lewis	Baldychev/Sylvest	Gundersen
<b>22-Jul</b>	Oberto/Peck	Elia/Morjana	Hines	Farrell
<b>29-Jul</b>	Gerassimakis/Bunitsky	Riley/Riley	Suplizi	Skomorucha