
St. Michael the Archangel Orthodox Church

2300 W. Huntington Dr.

Wilmington, DE 19808

(302) 995-6775

www.stmichael-delaware-oca.org

Sunday July 28, 2019 6th SUNDAY AFTER PENTECOST – Tone 5. Holy Apostles of the Seventy and Deacons: Prochorus, Nicanor, Timon, and Parmenas (1st c.). St. Pitirím, Bishop of Tambov (1698). Ven. Moses, Wonderworker, of the Kiev Caves (Far Caves – 13th-14th c.). Martyr Julian of Dalmatia (2nd c.). Martyr Eustathius (Eustace – ca. 321), of Apamea. Ven. Paul of Xeropotamou, founder of the Monastery of St. Paul on Mt. Athos (10th c.).

This Week Schedule

Wednesday 7/31 Little Angels 9:30 a.m.

Thursday 8/1 VCS 5:30 p.m.

Friday 8/2 VCS 5:30 p.m.

Saturday 8/3 Divine Liturgy(VCS) 10:00 a.m.

Great Vespers 5: 00 p.m.

Sunday 8/4 Hours 8:40 a.m. Divine Liturgy 9:00 a.m.

followed by Coffee Hour

Reader Schedule

<u>DATE</u>	<u>3RD HOUR</u>	<u>6TH HOUR</u>	<u>EPISTLE</u>
July 28	J PECK	BUNITSKY	FINCK
Aug 04	RILEY	RILEY	RILEY
Aug 6	TRANSFIGURATION		
Aug 11	LEWIS	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 3 Troparion *(Holy Apostles of the Seventy and Deacons)*

Holy Apostles Próchorus, Nícanor, Tímon, and Parménas,
entreat the merciful God,//
to grant our souls forgiveness of transgressions!

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 1 Kontakion *(Holy Apostles of the Seventy and Deacons)*

The glorious Nícanor, Próchorus, Parménas, and Tímon,
the honored deacons ↓ and ↑ eyewitnesses of the Word,
have been revealed as chosen vessels of the Faith.
Therefore, we celebrate your holy memory today,//
blessing you with gladness of heart.

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

Blessing of Vehicles Today. In commemoration of the holy prophet Elijah (July 20) who was taken into heaven on a fiery chariot, we will be offering the blessing of vehicles today following Liturgy. The glorious prophet Elijah is therefore known as the patron saint of vehicles, reminding us that we must struggle to manifest holiness in our lives, especially when we travel. The blessing is for cars and any kind of vehicle.

Vacation Church School Aug.1st-Aug.3rd Our vacation church school will be held this Thursday, August 1st through Saturday, August 3rd, 2019. Our focus will be on the vocations of the Divine Liturgy. Our VCS will conclude with the Divine Liturgy on Aug. 3rd. We encourage all the faithful of St. Michael's to join us even though the focus will be on letting our little ones use their gifts. Please see Laura Whalen or Fr. Barnabas for more information.

Dormition Fast and August Feast Days The liturgical calendar once again comes to its close in August with the fourth and final fasting season of the Church year along with two major feasts. Every year the Orthodox Church sets aside the first fourteen days of August in honor of the Virgin Mary. This fast period begins on August 1st and peaks on August 15th, when the Church gathers to celebrate the great feast of the Dormition (Falling Asleep) of the Theotokos. Please plan to join us for these feasts as we make our way to the end of yet another liturgical year.

Feast of Transfiguration On Aug 6th, the Church celebrates the feast of the Transfiguration of our Lord. This feast commemorates our Lord's transfiguration before his disciples on Mt. Tabor. In His Transfiguration He reveals His glory to the disciples. In Him they (and we) now see for themselves the glory of God present in the person of Christ. We will celebrate with Vespers on Monday Aug. 5th at 7:00 p.m. Divine Liturgy for the feast will be Tuesday morning Aug 6th at 9:00 a.m. followed by the blessing of the first fruits.

Feast of the Dormition of the Theotokos The feast commemorates her glorification and salvation in Jesus Christ. Fr. John Hopko says that, "the feast of the Dormition is the sign, the guarantee, and the celebration that Mary's fate is, the destiny of all those of "low estate" whose souls magnify the Lord, whose spirits rejoice in God the Saviour, whose lives are totally dedicated to hearing and keeping the Word of God which is given to men in Mary's child, the Saviour and Redeemer of the world". According to tradition, while in prayer, an angel appeared to the Theotokos telling her that she would leave this world. As a token and promise that her Son awaited, the angel gave her a branch with flowers from Eden. So on this day in honor of the greatest flower of womanhood, and the first to receive the promise of the awaiting kingdom, flowers are brought for blessing. We will celebrate this feast with Vespers on Sunday Aug. 14th at 7:00 p.m. and Divine Liturgy on Aug. 15th at 9:00 a.m. followed by the blessing of flowers and seed.

Parish Council Meeting Just a reminder that our August parish council meeting will be held Thursday Aug. 8th at 7:00 p.m.

Inquirer's/ Basics of Orthodoxy Class Fr. Barnabas will be offering an Inquirer's/Basics of Orthodoxy Class on Saturday evenings in August. The first class will meet Saturday Aug. 10th following Vespers at 6:00 p.m. Any who are interested in finding out more or who are interested in becoming Orthodox should try to attend.

Traveling this Summer? Try to Go to Church! 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 - Check it out! Also, contact the priest ahead of time to inform him that you would like to come for Holy Communion at the Liturgy. May God bless your travels and come back safe and sound! * *If you do travel, please do not take a vacation from your financial support of our parish! The Church is here working even when you are not.* **Thank you for your mindfulness and continued support!* *

Church Library Summer Reading: Now that the nice weather is upon us, recharge your spiritual life by checking out one of the books at the library table, in the Church hall. There's something to inspire everyone: Saint's lives, books on the spiritual life, books on prayer, and books for the kiddos. Check it out today.

A Closer Look at Monasticism

Christians from various backgrounds are discovering the writings of the early desert monastics, and are finding great spiritual profit in the examples their lives offer.

A book entitled *"In the Heart of the Desert: The Spirituality of the Desert Fathers and Mothers"* by the Rev. Dr. John Chryssavgis (World Wisdom, Inc. 2003) gives insight into the world of the desert-dwellers, and gently invites the reader to apply that insight in a personal way. The book also addresses some of the mistaken ideas that people may have about the monastic life. One important aspect of that life, for example, is dealing with the passions. These are understood, by many people, to be feelings and impulses that are completely negative. Monks and nuns are seen as those who spend their lives working to annihilate the passions. But Fr. Chryssavgis points out that while some monastics did seem to view the passions in this way, others saw them as neutral or positive impulses coming from God. Taking this view, Abba Isaiah of Scetis wrote about three passions: anger, jealousy and lust. We see them as evil, he says, because we have misdirected and misused them: "However, the original purpose of anger is for it to be used against injustice in the world; the proper reason for envy is so that we may seek to emulate the virtues of the saints; and the natural goal of our desire is to thirst for God." It is possible, Abba Isaiah and others say, first to identify our own personal passions—the things we desire or are strongly drawn to—and then redirect them so they become means of loving others and loving God. This is the long struggle the monastics undertook. They strove to become "dispassionate," which does not mean indifferent, but truly charitable toward the whole world. Fr. Chryssavgis uses Saint Anthony's example to address the common idea that monastics hated their bodies, and all matter. Anthony, after his intense fights with demons and extreme ascetical effort, was not emaciated or exhausted. He seemed to be in perfect balance, physically and in every other way. Anthony's very simple way of life seems extreme to us, Fr. Chryssavgis writes, only because "our culture teaches us that the more we have, the better we are; Anthony's taught him that the less he had, the more he was!" The truth is that "we can often manage with a lot less than we would dare to imagine."

What did "obedience" mean to the desert monastics? Not domination, Fr. Chryssavgis writes. Obedience was a circle, and "was expected of everyone, elders and novices alike!" True spiritual guides didn't seek to be idolized or to be absolute authorities. Mother Amma said that the teacher "ought to be a stranger to the desire for domination, vainglory

and pride" and should be "full of concern for others, and a lover of souls."

Beautiful illustrations enhance the richness of this book, which brings the reader closer to the early men and women of the desert who have so much to teach us.

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

"This, therefore, was the [object of the] long-suffering of God, that man, passing through all things, and acquiring the knowledge of moral discipline, then attaining to the resurrection from the dead, and learning by experience what is the source of his deliverance, may always live in a state of gratitude to the Lord, having obtained from Him the gift of incorruptibility, that he might love Him the more; for "he to whom more is forgiven, loveth more:" and that he may know himself, how mortal and weak he is; while he also understands respecting God, that He is immortal and powerful to such a degree as to confer immortality upon what is mortal, and eternity upon what is temporal; and may understand also the other attributes of God displayed towards himself, by means of which being instructed he may think of God in accordance with the divine greatness. For the glory of man [is] God, but [His] works [are the glory] of God; and the receptacle of all His wisdom and power [is] man. Just as the physician is proved by his patients, so is God also revealed through men."

+*Hieromartyr St. Irenaeus, the Bishop of Lyons (130 AD - 202 AD)*

Prayers for the Departed: Peter Melnik, Michael Sinovich, Marie Karawulan, Virginia Sekerak Marie Holowatch,, David Rex

Prayers for the Sick and Those in Need: Archbishop Nikon, Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Josef Petranin, Fr. John Nightingale, Fr. Deacon James Carpenter, Mat. Ellen Chupeck, Lemlem Resat, Olga Riley, Barbara Hicks, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, John Griffith, Cynthia Griffith, Lubov Baldychev, Stephanie Hojnicky, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik

Date	<u>Coffee Hour</u>	<u>Service Duty</u>	<u>Church Cleaner</u>	<u>Library</u>
28-Jul	Pacienza/George/Grishin	Bunitsky/Morjana	Farrell	Gundersen
4-Aug	Hamwi/Morjana	Riley/Riley	Clause/Whalen	Farrell
11-Aug	Najemy/Kendall	Sulpizi/Finck	Hines	Skomorucha
18-Aug	Riley/Souder	Hojnicky/Souder	Skomorucha/Lewis Kiflemarian	Maloney
25-Aug	Pacienza/George/Grishin	Telep/Baldychev	S. Peck	Gundersen
1-Sep	J. Peck/Weins	Bunitsky/Morjana	N Carey	Farrell

Upcoming Dates to Keep in Mind

Dormition Fast Aug. 1st-15th

VCS August 1st- 3rd

Transfiguration Aug. 6th

Parish Council Meeting Aug. 8th

Dormition of the Theotokos Aug. 15th