



St. Michael the Archangel Orthodox Church

A Parish of the Orthodox Church in America

2300 W. Huntington Drive, Wilmington, Delaware 19808 • (302) 995-6775



Sunday July 31, 2016 6th SUNDAY AFTER PENTECOST — Tone 5. Forefeast of the Procession of the Honorable and Lifegiving Cross of the Lord. Righteous Eudocimus of Cappadocia (9th c.). Martyr Julitta at Cæsarea (304-305). St. Germanus, Bishop of Auxerre (448). Hieromartyr Benjamin, Metropolitan of Petrograd and Gdovsk (1922), and those with him: Archimandrite Sergius and the Laymen, Yuri and John.

This Week's Schedule

Friday 8/5 Transfiguration Vespers 7:00 p.m.

*Saturday 8/6 Transfiguration Liturgy 9:00 a.m.
Blessing of the First Fruits
Great Vespers 5:00 p.m.*

*Sunday 8/7 Hours 8:40 a.m.
Divine Liturgy 9:00 a.m.
followed by coffee hour*

Reader Schedule

DATE	3 RD HOUR	6 TH HOUR	EPISTLE
July 31	J RILEY	A RILEY	J RILEY
Aug 6	TRANSFIGURATION		
Aug 7	S BUNITSKY	K BUNITSKY	FINCK
Aug 14	L SULPIZI	SOUDERS	BRASOWSKI
Aug 15	DORMITION		
Aug 21	S BUNITSKY	K BUNITSKY	S BUNITSKY
Aug 28	SOUDER	PECK	PECK

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 1 Troparion

(for the Cross)

O Lord, save Your people,
and bless Your inheritance!
Grant victories to the Orthodox Christians
over their adversaries;
and by virtue of Your Cross,
preserve Your habitation!

Tone 4 Troparion

(Righteous Eudocimus)

He Who called you from earth to heaven,
keeps your body unharmed after death, holy Eudocimus;
for you lived a sober and holy life
and did not defile your flesh;//
so with boldness intercede with Christ that we may be saved!

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 3 Kontakion

(Righteous Eudocimus)

Today your honored memory
has assembled us at the holy shrine of your sacred relics;
all then who approach and venerate them

are rescued from the evil malice of ^demons//
and are swiftly delivered from various diseases, blessed Eudócimus.

Tone 4 Kontakion (for the Cross)

As You were voluntarily raised upon the Cross for our sake,
grant mercy to those who are called by Your Name, O Christ God;
make all Orthodox Christians glad by Your power,
granting them victories over their adversaries,
by bestowing on them the invincible trophy, Your weapon of peace!

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 blasphemeth!”

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 Announcements

Dormition Fast The Theotokos, the Virgin Mary, was “blessed amongst women,” and she was chosen “to bear the Savior of our souls.”

Orthodox Christians consider her to be the Queen of all the saints and angels. Knowing that she is eternally present at the throne of God interceding for mankind, we pray for her love, guidance, and protection. Every year the Orthodox Church sets aside the first fourteen days of August in honor of the Virgin Mary. This fast period peaks on August 15th, when the Church gathers to celebrate the great feast of the Dormition (Falling-Asleep) of the Theotokos. The fourth and final fasting season of the Church year is the Dormition Fast. This fast begins August 1st and lasts for two weeks until the Feast of the Dormition on August 15th.

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 Friday Aug. 5th at 7:00 p.m. Divine Liturgy for the feast will be Saturday 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. 11th at 7:00 p.m.

Summer Reading Table There is a new library table put out for your summer reading. Take a book with you on vacation, to the beach, wherever the summer takes you, take a book!

St. Tikhon's Annual Golf outing this year will be on Saturday, August 20 at Jack Frost National Golf Course. If you are interested in playing, we have a signup sheet in the Narthex. The cost is anticipated to again be \$100 per golfer. If you have any question, contact Jim Riley.

Study Group Summer Break Please note our study group will have our summer break during the month of July. Thanks to all who continue to help make the study group a blessed time for everyone.. We will resume late summer with the study of "The Ladder of Divine Ascent.

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

'God, who sees everything, rewards at their proper value not only our actions but also our voluntary thoughts and purposes.'

St. Mark the Ascetic

"Of course, it would be easier to get to paradise with a full stomach, all snuggled up in a soft feather-bed, but what is required is to carry one's cross along the way, for the kingdom of God is not attained by enduring one or two troubles, but many!"

St. Anthony of Optina

'A self-indulgent heart becomes a prison and chain for the soul when it leaves this life; whereas an assiduous heart is an open door.'

St. Mark the Ascetic

'He who has tasted the things for which he hopes will spurn the things of this world: all his longing will be spent on what he hopes for.'

St. Thalassios the Libyan

Prayers for the Departed: Infant Arsenius, Paul, Irene Sulick, Elizabeth Walens, Harry Wujcik

Prayers for the Sick and Those in Need: Fr. Vladimir Petorak, Fr. Joseph Chupeck, Fr. Josef Petranin, Mat Julia Petranin, Mat. Ellen Chupeck, Mat. Jennifer Franchak, Mat. Lisa Weremedic, Lemlem Resat, Alfred Mokhiber, Peter Melnik, Agnes Timchak, Olga Riley, Anna Hotrovich, Marie Holowatch, Marie Karawulan, Barbara Hicks, Maria Current, Anna Herko, Zack Bajuyo, Luke Wales, Nona Carey, Joseph Wojciechowski, Mona Elia, Lydia Kendall, , Maria and Doug Dozier, Mary Anne Farrell, Caiton Tompkins, Michael Vannello, Catalina(Mary) & Jeremy (John) Finck, Alma Clothier, Rae Svecz, Andrew Kovolkavich, Pearl Minnich, John Griffith, Cynthia Griffith, Carson, Stephen, Maria, Aiden, Peck Family, Harry Kutch, Stephanie Hojnicki

Prayers for Women and the Children to be Born of Them:
Kristine

Service Ministries

Date	Coffee Hour	Service Duty	Church Cleaner	Library
31-Jul	Oberto	Bunitsky/ Lewis	Farrell	Farrell
7-Aug	Conover/ Daubert/ George	Elia/ Morjana	Kendall	Skomorucha
14-Aug	Sulpizi/ Skomorucha	Riley	Baldychev/ Shatley	Maloney
21-Aug	Elia/Gunersen/ Farrell	Sulpizi/ Finck	Hines	Lewis
28-Aug	Peck/ Wales	Hojnicki/ Souder	Sulpizi	Gundersen

ALTAR SERVER SCHEDULE

DATE	VESPERS and LITURGY
Jul-31	Team George
Aug-06	TRANSFIGURATION SHARED
Aug-07	Team Conover
Aug-14	Team Gabriel
Aug-15	DORMITION SHARED