



***Sunday July 1, 2018*** 5th SUNDAY AFTER  
**PENTECOST — Tone 4.** Holy and Wonderworking  
 Unmercenaries Cosmas and Damian, Martyrs at  
 Rome (284). Martyr Potitus at Naples (2nd c.). Ven.  
 Peter of Constantinople (854). St. Angelina of Serbia  
 (16th c.). Translation of the Relics of Ven. John of Rila  
 from Trnovo to Rila in Bulgaria (1469).

***This Week's Schedule***

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

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

*Divine Liturgy 9:00 a.m.*

*followed by Coffee Hour*

**Reader Schedule**

| <b>DATE</b> | <b>3<sup>RD</sup> HOUR</b> | <b>6<sup>TH</sup> HOUR</b> | <b>EPISTLE</b> |
|-------------|----------------------------|----------------------------|----------------|
| July 01     | RILEY                      | RILEY                      | RILEY          |
| July 08     | SOUDER                     | SULPIZI                    | CAREY          |
| July 15     | LEWIS                      | PECK                       | PECK           |
| July 22     | BUNITSKY                   | BUNITSKY                   | FINCK          |

## Hymns and Prayers

### **Tone 4 Troparion**      *(Resurrection)*

When the women Disciples of the Lord  
learned from the Angel the joyous message of the Resurrection,  
they cast away the ancestral curse  
and elatedly told the Apostles:  
“Death is overthrown!  
Christ God is risen,//  
granting the world great mercy!”

### **Tone 8 Troparion**      *(for Saints Cosmas and Damian)*

Holy Unmercenaries and Wonderworkers, Cosmas and Damian, heal our  
infirmities!  
Freely you have received; freely you give to us.

### **Tone 4 Kontakion**      *(Resurrection)*

My Savior and Redeemer  
as God rose from the tomb and delivered the earth-born from their  
chains.  
He has shattered the gates of hell,  
and as Master,//  
He has risen on the third day!

### **Tone 2 Kontakion**      *(for Saints Cosmas and Damian)*

Having received the grace of healing,  
you grant healing to those in need.  
Glorious wonder-workers and healers, Cosmas and Damian,  
visit us and put down the insolence of our enemies,//  
and bring healing to the world through your miracles!

### **Tone 4 Prokeimenon**

O Lord, how manifold are Your works; in wisdom have You made them  
all. (*Ps 103/104:24*)

*v: Bless the Lord, O my soul! O Lord, my God, You are very great!*  
(*Ps 103/104:1*)

### **Epistle Romans 10:1-10**

*Brethren, my heart's desire and prayer to God for Israel is that they may be saved.*

*For I bear them witness that they have a zeal for God, but not according to knowledge.*

*For they being ignorant of God's righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness of God. For Christ is the end of the law for righteousness to everyone who believes.*

*For Moses writes about the righteousness which is of the law, "The man who does those things shall live by them."*

*But the righteousness of faith speaks in this way, "Do not say in your heart, 'Who will ascend into heaven?' (that is, to bring Christ down from above) or, 'Who will descend into the abyss?'" (that is, to bring Christ up from the dead).*

*But what does it say? "The word is near you, in your mouth and in your heart" (that is, the word of faith which we preach):*

*that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.*

*For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.*

#### **Tone 4**

*Alleluia, Alleluia, Alleluia!*

*v: Go forth, prosper and reign, for the sake of meekness, righteousness and truth! (Ps 44/45:5)*

*v: For You love righteousness, and hate iniquity. (Ps 44/45:8)*

### **Gospel Matthew 8:28-9:1**

*When He had come to the other side, to the country of the Gergesenes, there met Him two demon-possessed men, coming out of the tombs, exceedingly fierce, so that no one could pass that way.*

*And suddenly they cried out, saying, "What have we to do with You, Jesus, You Son of God? Have You come here to torment us before the time?"*

*Now a good way off from them there was a herd of many swine feeding. So the demons begged Him, saying, "If You cast us out, permit us to go away into the herd of swine."*

*And He said to them, "Go." So when they had come out, they went into the herd of swine. And suddenly the whole herd of swine ran violently down the steep place into the sea, and perished in the water.*

*Then those who kept them fled; and they went away into the city and told everything, including what had happened to the demon-possessed men. And behold, the whole city came out to meet Jesus. And when they saw Him, they begged Him to depart from their region.*

So He got into a boat, crossed over, and came to His own city.

## **Communion Hymn**

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

### ***This Week's Announcement***

***Welcome to the Newly Illumined!*** Welcome to the newly illumined Luke Alexander Najemy, received yesterday into the church through the sacrament of Holy Baptism and Chrismation. May God grant the Najemy Family many blessed years!

***Special All Parish Meeting*** We will be holding a special all parish meeting on Sunday July 8<sup>th</sup>, 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 Thursday July 12<sup>th</sup> at 7:00 p.m. Please see Jeff Kendall if you are unable to attend.

***VCS July 30<sup>th</sup> -August 1<sup>st</sup>*** We will be offering Vacation Church School this summer July 30<sup>th</sup> through August 1<sup>st</sup>. Please make plans to be with us. There will be more details to come.

***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!

### ***St. Euphemia Gives the Answer***

*Euphemia was born in Chalcedon, to a senator and his wife. From her early years she was determined to dedicate her life to Christ in virginity rather than marrying and having children. The pagan governor of Chalcedon demanded that all citizens gather to worship and sacrifice to the gods. Christians refused, and came together secretly for worship and prayers. One day, Euphemia was discovered among a group of Christians worshipping in a house.*

*The soldiers in charge of arresting the Christians tried to flatter her, and to talk her into worshipping the pagan gods. "Don't throw your life away," they told her. "You are young and pretty. Is it such a serious matter to say a few prayers to the temple gods?"*

*Euphemia answered at once, "We are not fools. We know the difference between your lifeless statues and the true, living God we worship. Don't waste your time trying to convince us to change our minds!"*

*The soldiers saw that Euphemia gained courage from her fellow Christians. She was the youngest of the group. Perhaps, they thought, she would weaken without the others' support. She might then reveal the names of more Christians whom they could track down and arrest.*

*So they took Euphemia, alone, to be interrogated. She was cruelly tortured, and died in the arena where Christians often suffered during gladiatorial games. It was about the year 307. Her fellow Christians built a beautiful cathedral over her grave, and that was where the Council of Chalcedon met, 144 years later.*

*The meeting didn't go smoothly because the delegates were divided on a central issue. The monophysites said that if Christ is one Person, He must have only one nature. The Orthodox insisted that Christ is one Person having two perfectly united natures.*

*It was finally decided that each group would write a "confession of faith" telling what they believed, on a scroll. The two scrolls were sealed and placed in the tomb of the cathedral's patron, Saint Euphemia. A guard watched over the tomb for three days, while the delegates fasted and prayed.*

*When the tomb was opened, the scroll detailing the Orthodox position was in Euphemia's right hand, and the other scroll lay at her feet. Euphemia had given the answer: Christ is one Person in two unconfused, undivided and inseparable natures.*

*In Rovinj, Croatia you can climb to the highest point in the city, the top of the Tower of Saint Euphemia. A statue of the saint revolves on the tower. As it turns, the statue's right hand shows which way the wind is blowing, just as Saint Euphemia's right hand showed the way of belief so many centuries ago.*

### ***Troparion - Tone 3***

*You brought joy to the Orthodox  
and shame to the defenders of heresy,  
for you confirmed what the Fathers  
of the Fourth Council had correctly taught.  
Glorious martyr Euphemia, fair virgin of Christ,  
entreat Christ God to grant us His great mercy*

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

#### *God Is Within You*

*“Christ is not just some nice guy. He is God and God is within you. God is in our consciousness, in our heart, in our minds – not something material you see outside of yourself. You find God in yourself. You descend in your personality.*

*We are eternal, we never die, the body is going to the cemetery but the consciousness, the person is continually living. So when you descend into yourself, your consciousness is infinite. And this infinity is the temple of the living God.*

*St. Paul says many times you are the temple of the living God because God lives within you. You find God when you know yourself, when you know who you are. If you neglect that, “I don’t have time to think about myself” you will never find God because God is not something material, you do not find him in a specific place.*

*God is always with you if you want Him to be with you. You find God when you find yourself.”*

*Fr. Roman Braga*

*'Every good work which we perform through our own natural powers causes us to refrain from the corresponding sin; but without grace it cannot contribute to our sanctification.'*

*St. Mark the Ascetic*

*'The soul overcome by listlessness is manifestly also possessed by lack of faith. It is on account of this that it lets day after day go by without heeding the Gospels. Not paying attention to the inner warfare, it is taken captive by conceit and frequently elated by dreams. Conceit blinds the soul, not letting it perceive its own weakness.'*

*St. Symeon Metaphrast*

*"... Adam chose the treason of the serpent, the originator of evil, in preference to God's commandment and counsel, and broke the decreed fast. Instead of eternal life he received death and instead of the place of unsullied joy he received this sinful place full of passions and misfortunes, or rather, he was sentenced to Hades and nether darkness. Our nature would have stayed in the infernal regions below the lurking places of the serpent who initially beguiled it, had not Christ come. He started off by fasting (cf. Mk. 1:13) and in the end abolished the serpent's tyranny, set us free and brought us back to life?"*

*St. Gregory Palamas (The Homilies Vol. 2; St. Tikhon's Seminary Press)*

*"According to the Gospel, it should be said that undoubtedly each person is given his own saving cross. This cross has grown on the soil of our heart, and it is only through this cross that we can be saved. From this it follows that if we refuse to carry our cross of obedience for no legitimate reason, we refuse to go by the way of Christ, by the saving way, and we want to invent for ourselves another way, free of labor, for attaining the Kingdom of Heaven. But this cannot be."*

*+ St. Anatoly of Optina +*

**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>1-Jul</b>  | POT LUCK- Jon Whaler      | Hojnicky/Souder            | Skomorucha/Lewis             | Maloney               |
| <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            |