
St. Michael the Archangel Orthodox Church

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An icon of St. Michael the Archangel, depicted as a warrior in a red and gold robe, holding a sword and a shield, with a golden halo behind his head.

Sunday June 28th, 2020 3rd SUNDAY AFTER PENTECOST – Tone 2. All Saints of Britain and Ireland. Translation of the Relics of the holy and wonderworking Unmercenaries Cyrus and John (412). Ven. Xenophon, Abbot of Robeiksk (Novgorod – 1262). Ven. Sergius and Herman, Wonderworkers of Valaam (ca. 1353). St. Paul, Physician of Corinth. Icon of the Mother of God “Of the Three Hands” (8th c.). Hieromartyr Basil (1918). Holy Martyr Pappias (4th c.).

This Week's Schedule

Monday 6/29 Divine Liturgy Ss. Peter and Paul 9:00 a.m.

Friday 7/3 Little Angels 10:00 a.m.

Saturday 7/4 Confessions 4:00 p.m. (by Appointment)

Vespers 5:00 p.m.

Sunday 7/5 4th Sunday after Pentecost Divine Liturgy 9:00 a.m.

Please Note Services will also stream Online

Reader Schedule

<u>DATE</u>	<u>3RD HOUR</u>	<u>6TH HOUR</u>	<u>EPISTLE</u>
Jun-28	Confession Prayers		LEWIS
Jul-5	Confession Prayers		RILEY

Hymns and Prayers

Tone 2 Troparion *(Resurrection)*

When You descended to death, O Life Immortal,
You destroyed hell with the splendor of Your Godhead.
And when from the depths You raised the dead,
all the powers of heaven cried out://
“O Giver of life, Christ our God, glory to You!”

Tone 5 Troparion *(Cyrus and John)*

You have given us the miracles of Your martyrs, Cyrus and John,
as an invincible rampart, O Christ God;
through their prayers, frustrate the plans of the heathens,
and strengthen the faith of the Orthodox Christians,//
for You alone are good and the lover of man.

Tone 2 Kontakion *(Resurrection)*

Hell became afraid, O almighty Savior,
seeing the miracle of Your Resurrection from the tomb!
The dead arose! Creation, with Adam, beheld this and rejoiced with
You,//
and the world, my Savior, praises You forever.

Tone 3 Kontakion *(Cyrus and John)*

Having received the gift of miracles through divine grace, O saints,
you work wonders in the world unceasingly.
You remove all of our passions through your invisible surgery,
divinely-wise Cyrus and glorious John,//
for you are truly divine physicians.

Tone 2 **Prokeimenon** *(Resurrection)*

The Lord is my strength and my song; / He has become my salvation. (*Ps*
117/118:4)

*v: The Lord has chastened me sorely, but He has not given me over to
death. (Ps 117/118:18)*

Epistle Romans 5:1-10

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God.

And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance;

and perseverance, character; and character, hope.

Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

For when we were still without strength, in due time Christ died for the ungodly.

For scarcely for a righteous man will one die; yet perhaps for a good man someone would even dare to die.

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

Much more then, having now been justified by His blood, we shall be saved from wrath through Him.

For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

Tone 2

Alleluia, Alleluia, Alleluia!

v: May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you! (Ps 19/20:1)

v: Save the King, O Lord, and hear us on the day we call! (Ps 19/20:9)

Gospel Matthew 6:22-33

The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.

But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!

No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.

Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

Which of you by worrying can add one cubit to his stature?

So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Communion Hymn

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

This Week's Announcements

Ss. Peter and Paul Fast The spirit of Holy Pentecost leads us to another feast of the church. The feast of the Holy Apostles Peter and Paul is celebrated on June 29th. We will celebrate with Divine Liturgy on Monday morning at 9:30 a.m. The Liturgy may be attended by any member provided they continue to follow the guidelines for in person worship.

In Person Worship We are continuing with Phase One of our plan for re-opening. The past few weeks we have been averaging about 30-40 people at Divine Liturgy. This week the parish council will discuss our movement to Phase Two. We are also continuing to stream our services for those who are still at home. Next week we will invite parishioners alphabetically. Those parishioners will receive a call or an

email inviting them to the Liturgy. If you are interested in attending, you will be asked to follow all procedures. If there are special needs or if anyone feels uncomfortable attending, we will be happy to try and accommodate. Please continue to pray for and support our committee as they face these challenging decisions.

Parish Council Meeting Our parish council will meet on Zoom this Wednesday 7/1 at 8:30 p.m. Please email Jeff Kendall if you are unable to attend.

In Person Confessions Fr. Barnabas will be hearing individual confessions with social distancing. Confessions will be available on Saturday afternoon from 4p.m. to 5 p.m. prior to Vespers. We hope to have a schedule and a sign-up. We will also be temporarily be offering the Prayers in Preparation for Confession (General Confession prayers) prior to every Divine Liturgy until the restrictions are eased. Please look to your emails for updates.

Little Angels Our Little Angels Group will also meet online during this time. Please check your emails for Meeting times.

Update on St. Michael's Liturgical Life The Holy Synod of Bishops has offered guidelines and requirements for the re-opening of our parishes. The parish council has formed a sub-committee that will organize and implement St. Michael's re-opening. There is a lot to do in preparation for re-opening, we ask your patience and understanding. Please look to your email or our parish web site for ongoing updates.

Brief Preparation for Participation in In-Person Worship:

1. Services are open only to parishioners and catechumens. (Others who identify St. Michael's as their church-home may ask the priest to attend.) Attendance, which will be limited in this phase of reopening, will be regulated by an official sign-up. The archbishop expects those who attend our services not to attend in-person services of other churches during this phase of reopening.
2. Medical professionals who care for COVID-19 patients may not come to church.
3. Anyone who has been exposed to, or is caring for those with, COVID- 19 may not come to church.
4. The elderly and "at risk" should stay home.

- a). A disclaimer will be placed on the door advising the elderly and “at risk” that they enter “at their own risk.”
- b.) The diocese directives state that senior citizens who are strong and understand the risk may come to services.
5. The parish council will offer a sign up for regular parishioners and catechumens.
6. Fr. Barnabas will divide out 3 rotating teams of parishioners (30 each) in alphabetical order. Each person will be contacted ahead of time and ask if they would like to be included in divine services once or twice per month.
7. Our “regular” weekend schedule during this season will be:
 - a. 5pm Saturday Vespers (Just choir members for now)
 - b. 8:20 am Sunday Prayers in preparation for Confession (General confession prayers) & 9am Divine Liturgy
8. Each team will rotate through these various services so that Communion will be offered (for now) at least once a month maybe more.
9. Additional services, outdoor services, etc. will be offered as often as is reasonably possible

Everyone should ask themselves these questions before they come:

(They are the standard questions everyone is asking.)

Do you have a fever, cough, shortness of breath, and or trouble breathing?

Persistent pain, pressure or tightness in chest?

Any recent loss of taste/smell or gastrointestinal upset?

Any contact with anyone with C-19?

If you answer YES to any of these questions you should stay at home.

† ***St Sampson the Hospitable of Constantinople (530) (27 June)***

He is counted as one of the Holy Unmercenary Physicians. "This saint was born of rich and eminent parents in ancient Rome, where he studied all the secular wisdom of that time, devoting himself in particular to the study of medicine.

Sampson was a compassionate and liberal physician, and gave the sick medicine for both soul and body, counselling each man to fulfil the requirements of the Christian faith. He moved to Constantinople, where he lived in a tiny house from which he distributed alms, comfort, advice, hope, medicine and all possible aid to those suffering in spirit and in body.

The Patriarch heard of Sampson's great virtue and ordained him priest. At that time the Emperor Justinian the Great became ill with what his

doctors believed to be an incurable disease. The Emperor prayed with great fervor, and God revealed to him in his sleep that Sampson would heal him.

When the Emperor summoned Sampson to court, the old man had only to put his hand on the diseased place and the Emperor was healed. When Justinian offered him an immense sum of money, Sampson thanked him but would accept nothing, saying to the Emperor: 'O Emperor, I had silver and gold and other riches, but I left it all for the sake of Christ, that I might gain heavenly and eternal wealth.'

When the Emperor insisted on doing something for him, Sampson asked him to build a house for the poor. In that home, Sampson cared for the poor as a father cares for his children. His compassion for the poor and weak was second nature to him. This holy man, filled with heavenly power and goodness, entered peacefully into rest on June 27th, 530. He was buried in the Church of the Holy Martyr Mocius, his kinsman. After his death, Sampson appeared many times to those who called upon him for aid.-

Holy Martyrs, Unmercenaries and Wonderworkers, Cyrus and John
(28 June) Saint Cyrus was a noted physician in the city of Alexandria, where he had been born and raised. He was a Christian and he treated the sick without charge, not only curing their bodily afflictions, but also healing their spiritual infirmities. He would say, "Whoever wishes to avoid being ill should refrain from sin, for sin is often the cause of bodily illness." Preaching the Gospel, the holy physician converted many pagans to Christ. During the persecution by Diocletian (284-305), Saint Cyrus withdrew into Arabia, where he became a monk. He continued to heal people by his prayer, having received from God the gift to heal every sickness.

In the city of Edessa at this time lived the soldier John, a pious Christian. When the persecution started, he went to Jerusalem and there he heard about Saint Cyrus. He began to search for him, going first to Alexandria and then to Arabia. When Saint John finally found Saint Cyrus, he remained with him and became his faithful follower.

They learned of the arrest of the Christian woman Athanasia and her three young daughters. Theoctiste was fifteen; Theodota, was thirteen; and Eudoxia, was eleven. Saints Cyrus and John hastened to the prison to help them. They were concerned that faced with torture, the women might renounce Christ.

Saints Cyrus and John gave them courage to endure what lay before them. Learning of this, the ruler of the city arrested Saints Cyrus and

John, and seeing their steadfast and fearless confession of faith in Christ, he brought Athanasia and her daughters to witness their torture. The tyrant did not refrain from any form of torture against the holy martyrs. The women were not frightened by the sufferings of Saints Cyrus and John, but courageously continued to confess Christ. They were flogged and then beheaded, receiving their crowns of martyrdom.

At the same place they executed the Holy Unmercenaries Cyrus and John. Christians buried their bodies in the church of the holy Evangelist Mark. In the fifth century the relics of Saints Cyrus and John were transferred from Canopis to Manuphin. Later on their relics were transferred to Rome, and from there to Munchen (Munich)

Saints Cyrus and John are invoked by those who have difficulty in sleeping.

Prayers for the Departed: Fr. Jozef Petranin, Barbara Hicks, Peter Melnik, David Rex

Prayers for the Sick and Those in Need: Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Daniel Kovalak, Mat. Ellen Chupeck, Lemlem Resat, Olga Riley, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, John Griffith, Cynthia Griffith, , Stephanie Hojnicky, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik, Alexandra Grishin, Sam Sylvest, Jamie Clause, Paula Flynn, Paula Daubert, Jack Mackenzie

Prayers for Catechmens Kristin Mackenzie, Edward Jones. Cole McElmurry, Sean & Jennifer Vojasek

Date	<u>Coffee Hour</u>	<u>Service Duty</u>	<u>Church Cleaner</u>	<u>Library</u>
28-Jun	No Coffee Hour	Sulpizi/Telep/Riley	Skomorucha	No Library
5-Jul	No Coffee Hour	Sulpizi/Telep/Riley	Skomorucha	No Library