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## **St. Michael the Archangel Orthodox Church**

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**Sunday July 5<sup>th</sup>, 2020** 4<sup>th</sup> SUNDAY AFTER PENTECOST — Tone 3. Ven. Athanasius, Founder of the Great Lavra and Cœnobitic Monasticism on Mt. Athos, and his six disciples (1000). Uncovering of the Relics of Ven. Sergius (Sérgii) of Rádonezh (1422). Martyr Anna at Rome (304) and Martyr Cyrilla, of Cyrene in Libya, a widow (304). Ven. Lampados of Irenopolis (10<sup>th</sup> c.). Hieromartyr Cyprian of Mt. Athos (1679).

### **This Week's Schedule**

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

**Saturday 7/11** Confessions 4:00 p.m. (by Appointment)

Vespers 5:00 p.m.

**Sunday 7/12** 5<sup>th</sup> Sunday after Pentecost Divine Liturgy 9:00 a.m.

*\*Please Note Services will also stream Online\**

### **Reader Schedule**

<u><b>DATE</b></u>	<u><b>3<sup>RD</sup> HOUR</b></u>	<u><b>6<sup>TH</sup> HOUR</b></u>	<u><b>EPISTLE</b></u>
Jul-5	Confession Prayers		RILEY
Jul-12	Confession Prayers		CAREY
Jul-19	Confession Prayers		PECK

## Hymns and Prayers

### **Tone 3 Troparion**      *(Resurrection)*

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world//

great mercy.

### **Tone 8 Troparion**      *(Ven. Sergius)*

From your youth you received Christ into your soul, O ven'rable one,  
and above all desired to leave behind the turmoil of the world.

You courageously settled in the wilderness, where you raised children  
in obedience, the fruits of humility.

Thus, as an abode of the Trinity, you enlightened all who approached  
in faith and granted healing to all.//

O our Father Sergius, pray to Christ God that our souls may be saved!

### **Tone 3 Kontakion**      *(Resurrection)*

On this day You rose from the tomb, O Merciful One,  
leading us from the gates of death.

On this day Adam exults as Eve rejoices;

with the Prophets and Patriarchs//

they unceasingly praise the divine majesty of Your power.

### **Tone 8 Kontakion**      *(Ven. Sergius)*

Having risen from the earth today and shining like the sun,  
your precious and incorrupt relics are as fragrant flowers, scented with  
miracles,

granting healing to all the faithful, and making glad your flock  
which you wisely gathered and tended.

Now as you stand before the throne of the Trinity, entreat God's  
help and grace for them and for all Orthodox Christians,  
so that we may sing: "Rejoice, O divinely-wise Sergius!"

**Tone 3****Prokeimenon** (*Resurrection*)

Sing praises to our God, sing praises! / Sing praises to our King, sing praises!

(Ps 46/47:6)

*v: Clap your hands, all peoples! Shout to God with loud songs of joy! (Ps 46/47:1)*

**Tone 7 Prokeimenon** (*Ven. Sergius*)

Precious in the sight of the Lord / is the death of His saints. (Ps 115/116:15)

**Epistle** Romans 6:18-23

*And having been set free from sin, you became slaves of righteousness. I speak in human terms because of the weakness of your flesh. For just as you presented your members as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness.*

*For when you were slaves of sin, you were free in regard to righteousness.*

*What fruit did you have then in the things of which you are now ashamed? For the end of those things is death.*

*But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life.*

*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

**Tone 3**

Alleluia, Alleluia, Alleluia!

*v: In You, O Lord, have I hoped; let me never be put to shame! (Ps 30/31:1)*

*v: Be a God of protection for me, a house of refuge in order to save me! (Ps 30/31:2)*

**Tone 6**

v. *Blessed is the man who fears the Lord, who greatly delights in His commandments. (Ps 111/112:1)*

### **Gospel Matthew 8:5-13**

*Now when Jesus had entered Capernaum, a centurion came to Him, pleading with Him, saying, "Lord, my servant is lying at home paralyzed, dreadfully tormented."*

*And Jesus said to him, "I will come and heal him."*

*The centurion answered and said, "Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed.*

*For I also am a man under authority, having soldiers under me. And I say to this one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my servant, 'Do this,' and he does it."*

*When Jesus heard it, He marveled, and said to those who followed, "Assuredly, I say to you, I have not found such great faith, not even in Israel!*

*And I say to you that many will come from east and west, and sit down with Abraham, Isaac, and Jacob in the kingdom of heaven.*

*But the sons of the kingdom will be cast out into outer darkness. There will be weeping and gnashing of teeth."*

*Then Jesus said to the centurion, "Go your way; and as you have believed, so let it be done for you." And his servant was healed that same hour.*

### **Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps 148:1)*  
The righteous shall be in everlasting remembrance. He shall not fear evil tidings. *(Ps 111/112:6b-7a)*

Alleluia, Alleluia, Alleluia!

### **This Week's Announcements**

***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.

***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.**

## *Wisdom from the Holy Fathers*

*The Lord arranges everything for our benefit and spiritual instruction, according to His mercy and wisdom; but we, due to our weakness and passionate habit, understand poorly – like infants.*

† *St. Leo of Optina*

*Love every man in spite of his falling into sin. Never mind the sins, but remember that the foundation of the man is the same - the image of God.*

† *St. John of Kronstadt*

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### *Philokalic Nourishment*

THE FATHERS KEPT THE COMMANDMENTS;  
THEIR SUCCESSORS WROTE THEM DOWN; BUT  
WE HAVE PLACED THEIR BOOKS ON THE  
SHELVES. AND EVEN IF WE WANT TO READ  
THEM, WE DO NOT HAVE THE APPLICATION TO  
UNDERSTAND WHAT IS SAID AND TO PUT IT INTO  
PRACTICE; WE READ THEM EITHER AS  
SOMETHING INCIDENTAL, OR BECAUSE WE  
THINK THAT BY READING THEM WE ARE DOING  
SOMETHING GREAT, THUS GROWING FULL OF  
PRIDE.

ST PETER OF DAMASKOS

**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

<b>Date</b>	<b><u>Service Duty</u></b>	<b><u>Church Cleaner</u></b>
<b>12-Jul</b>	Bunitsky/Morjana	Hines
<b>19-Jul</b>	Riley/Riley	Skomorucha/Lewis/M Kiflemarian
<b>26-Jul</b>	Sulpizi	S. Peck
<b>2-Aug</b>	Hojnicky/Najemy	Carey
<b>9-Aug</b>	Telep/Baldychev	Hines
<b>16-Aug</b>	Bunitsky/Morjana	Baldychev/Shatley/Sylvest
<b>23-Aug</b>	Riley/Riley	Suplizi