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

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[www.stmichael-delaware-oca.org](http://www.stmichael-delaware-oca.org)

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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 halo around his head.

**Sunday July 12<sup>th</sup>, 2020** 5<sup>th</sup> SUNDAY AFTER  
PENTECOST – Tone 4. Martyrs Proclus and Hilary of  
Ancyra (2<sup>nd</sup> c.). Ven. Michael of Maleinus (962).  
Martyrs Theodore and his son, John, of Kiev (983). Ven.  
Arseny of Novgorod, Fool-for-Christ (1570). Ven. Simon,  
Abbot of Volomsk (1641). Martyr Golinduc (in Baptism  
Mary), of Persia (591). Ven. John (998) and Gabriel, of the  
Holy Mountain (Georgian). Icon of the Most-holy  
Theotokos, “THE THREE HANDS.” (8<sup>th</sup> c.). Saint  
Serapion the New (3<sup>rd</sup> c.).

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

**Friday 7/17** Little Angels 10:00 a.m.

**Saturday 7/18** Confessions 4:00 p.m. (by Appointment)

Vespers 5:00 p.m.

**Sunday 7/19** 6<sup>th</sup> Sunday after Pentecost Divine Liturgy 9:00 a.m.

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

### **Reader Schedule**

<b><u>DATE</u></b>	<b><u>3<sup>RD</sup> HOUR</u></b>	<b><u>6<sup>TH</sup> HOUR</u></b>	<b><u>EPISTLE</u></b>
Jul-12	Confession Prayers		CAREY
Jul-19	Confession Prayers		PECK
Jul-26	Confession Prayers		LEWIS

## Hymns and Prayers

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

When the women disciples of the Lord  
learned from the angel the joyous message of Thy 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**      *(Ven. Michael)*

The image of God was truly preserved in you, O Father,  
for you took up the Cross and followed Christ.  
By so doing you taught us to disregard the flesh for it passes away  
but to care instead for the soul, since it is immortal.//  
Therefore your spirit, O holy Father Michael, rejoices with the Angels.

### **Tone 4 Troparion**      *(Proclus and Hilary)*

Your holy martyrs Proclus and Hilary, O Lord,  
through their sufferings have received incorruptible crowns from You,  
our God.  
For having Your strength, they laid low their adversaries,  
and shattered the powerless boldness of demons.//  
Through their intercessions, save our souls!

### **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 4 Kontakion**      *(Proclus and Hilary)*

Like the morning star,  
your glorious sufferings enlighten us with holy miracles.  
We celebrate your memory, O Proclus and Hilary;  
pray to Christ our God for us//  
that He will save our souls!

**Tone 2 Kontakion**      *(Ven. Michael)*

By your deeds you withered the arrogance of the flesh;  
through enlightenment you gave wings to your agility of spirit.  
You were revealed as a dwelling place of the Trinity,  
Whom you now clearly behold.//  
Blessed Michael, unceasingly pray for us all!

**Tone 4**                      **Prokeimenon**      *(Resurrection)*

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 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 "A"- "K". Those parishioners will receive 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 parish as we face these challenging times.

***Church Cleaning and Service Duty Help*** Calling all cleaning and service duty personnel. We are hoping to get back to our rotating schedule for church cleaning and Sunday service duty. Once again, no one is required to serve due to the pandemic. However, if you feel comfortable, take the necessary precautions and would like to serve in these capacities, then we could use the help. For cleaners we have put together a detailed list for cleaning, however cleaning will be done immediately following Sunday Liturgy. We will assist and train everyone since these duties have changed. Those individuals cleaning and on service duty are invited to attend the liturgy on their assigned weeks.

***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. Please email Fr. Barnabas for an appointment. 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.

***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.**

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## *Philokalic Nourishment*

HE WHO GIVES ALMS IN IMITATION OF GOD  
DOES NOT DISCRIMINATE BETWEEN THE  
WICKED AND THE VIRTUOUS, THE JUST AND  
THE UNJUST, WHEN PROVIDING FOR MEN'S  
BODILY NEEDS. HE GIVES EQUALLY TO ALL  
ACCORDING TO THEIR NEED, EVEN THOUGH  
HE PREFERS THE VIRTUOUS MAN TO THE  
BAD MAN BECAUSE OF THE PROBITY OF HIS  
INTENTION.

ST MAXIMOS THE CONFESSOR



**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>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