

SAINTS AND FEASTS OF THE DAY

First Sunday after Pentecost: All Saints Sunday
Holy, Glorious Apostles Barnabas and Bartholomew;
Barnabas of Basa in Cyprus and Barnabas of Vetluga;
commemoration of the appearance of the Archangel Gabriel to a
monk on Athos and the revelation of the hymn “It is truly meet”

THIS WEEK’S SERVICES

June 11 – June 18

Mon. June 12 – 9:30am: Akathist to the Mother of God, Nurturer
of Children
Tues. June 13 – 6:00pm: Daily Vespers
Sat. June 17 – 6:00pm: Great Vespers
Sun. June 18 – 9:00am: Orthros
Sun. June 18 – 10:00am: Divine Liturgy

PARISH ANNOUNCEMENTS

- ❖ **WELCOME** to all who are visiting with us today! We hope you will feel at home here and, if you do not already have a church home, will consider becoming a part of the Saint Herman Church community.
- ❖ **THE APOSTLES FAST** starts tomorrow and ends at the feast of Saints Peter and Paul (June 29).
- ❖ **RUMMAGE SALE – June 23 & June 24.** The Rummage sale to support our Christian Ed program will be June 23 and 24. If you can help set up, sell items, and clean up, then please contact Brigitte Dahl. Items to be sold can be brought to the parish hall at the end of coffee hour on Sunday June 18.

CHRISTIAN EDUCATION

On break until August 22

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

*Antiochian Orthodox Christian Archdiocese of North America
Diocese of Los Angeles and the West*

PRIMATE and DIOCESAN HIERARCH

His Eminence, the Most Reverend Metropolitan JOSEPH

PASTOR

Rev. Fr. Matthew Howell

DEACON

Rev. Dn. Thomas Ross

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*First Sunday
after Pentecost:
All Saints Sunday
June 11, 2017*

A NOTE REGARDING HOLY COMMUNION

Welcome! In the Orthodox Church, reception of the Holy Eucharist is reserved for baptized, chrismated Orthodox Christians who have *prepared by prayer, fasting and a recent confession*. If you are visiting from a non-Orthodox church or otherwise are not prepared to commune today, you are welcome to receive some of the unconsecrated, blessed bread which the acolytes are holding. We pray for all to be united in the Body and Blood of Christ! If you would like to learn how you can enter into communion with the Orthodox Church, please speak with our clergy.

THE EPISTLE

God is wonderful among His saints. Bless God in the congregations.
The Reading from the Epistle of St. Paul to the Hebrews. (11:33-12:2)

Brethren, all the saints through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, so that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfection of our faith.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew.
(10:32-33, 37-38; 19:27-30)

The Lord said to His disciples, "Everyone who acknowledges Me before men, I also will acknowledge before my Father Who is in heaven; but whoever denies Me before men, I also will deny before My Father Who is in heaven. He who loves father or mother more than Me is not worthy of Me; and he who loves son or daughter more than Me is not worthy of Me; and he who does not take his cross and follow Me is not worthy of Me." Then Peter said in reply, "Lo, we have left everything and followed Thee. What then shall we have?" Jesus said to them, "Truly, I say to you, in the New World, when the Son of Man shall sit on His glorious throne, you who have followed Me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or wife or children or lands, for My Name's sake, will receive a hundred fold, and inherit eternal life. But many that are first will be last, and the last first."

A GOOD WORD

"WHAT IS THE APOSTLES FAST?" BY FR. BRENDAN PELPHREY

"Orthodox Christians around the world observe four fasting seasons during the year. Two of these—the Great Fast for the forty days of Lent, and the Dormition Fast during the first fifteen days of August—are considered "strict" fasts. The other two are generally observed as "lesser" fasts: the so-called "Christmas Lent" or fast during the forty days before the Feast of the Nativity, and the Fast of the Apostles which occurs in June. In America the Fast of the Apostles is probably the least well known, but is among the oldest of Christian traditions. It is mentioned by St. Athanasius in the fourth century, and there are other testimonies to its existence very early in the history of the Church. The fast begins on the day after the observance of All Saints' Sunday, which falls one week after Pentecost. The fast ends with the observance of the Feast of Sts. Peter and Paul, which is held on June 29. In earliest practice, however, the fast was probably not connected with the Feast of Peter and Paul. Rather, it was a time for fasting after the celebration of Pentecost and/or All Saints...Today, the fast still has a variable length because of its connection to the date of Pentecost, and therefore of All Saints...This means that the length of the Fast of the Apostles also varies each year...There are different traditions regarding how strictly to follow the Fast. In most Orthodox traditions, the fast is not as severe as that during Great Lent. Fish, wine and oil are permitted on all days except Monday, Wednesday and Friday...For faithful Orthodox today, the Fast of the Apostles can be an occasion for reflection upon the lives and example of the Holy Apostles. On the Sunday of All Saints, we remember and celebrate the lives of all those who have gone before us in the faith: our fathers, forefathers, the apostles, preachers, evangelists, teachers, hierarchs and martyrs. The readings which are appointed for that day remind us that countless worshippers of God have sacrificed their lives for the faith which we have inherited. Following Jesus' admonition recorded by St. Matthew, the Apostles left behind their parents, their children, and their possessions in order to bring the Good News of Jesus Christ to people who did not know Him. Christian missionaries around the world are still doing this today. During the Fast of the Apostles we are reminded to pray for them all, and for Orthodox mission everywhere."

Excerpt Taken from <http://myocn.net/what-is-the-fast-of-the-apostles/>



SAINT HERMAN OF ALASKA ORTHODOX CHURCH
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JUNE 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 28 Fathers of the 1st Ecumenical Council 9:00am Orthros 10:00am Divine Liturgy	May 29 Fr. Matthew to Kodiak May 29-31	May 30	May 31 Fast	1	2 Fast	3 Country Fair 11am - 3pm 6:00pm Great Vespers with Litia
4 PENTECOST 9:00am Orthros 10:00am Divine Liturgy followed by blessing of fishing nets 12:15pm Kneeling Vespers (following Coffee Hour)	5 Fast free	6 6:00 pm Evening Service Fast free	7 Fast free	8 Fast free	9 Fast free	10 5:00pm Chanter's Workshop 6:00pm Great Vespers 7:00pm Becoming Truly Human film and discussion Fast free
11 All Saints 9:00am Orthros 10:00am Divine Liturgy	12 Fast	13 6:00 pm Evening Service Fast	14 Fast	15 Fast	16 Fast	17 5:00pm Chanter's Workshop 6:00pm Great Vespers 7:00pm Becoming Truly Human film and discussion Fast: wine & oil
18 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil	19 Fast	20 6:00 pm Daily Vespers 6:30 pm Parish Council Meeting Fast	21 Fast	22 Fast	23 9:00am - 4:30pm Rummage Sale to benefit Christian Education Fast	24 Nativity of the Baptist 9:00am - 4:30pm Rummage Sale to benefit Christian Education 5:00pm Chanter's Workshop 6:00pm Great Vespers 7:00pm Becoming Truly Human film and discussion Fast: fish, wine, & oil
25 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil	26 Fast	27 Fast	28 6:00pm Great Vespers with Litia 6:45pm Divine Liturgy Fast	29 Ss. Peter & Paul	30 Fast	Jul 1 5:00pm Chanter's Workshop 6:00pm Great Vespers 7:00pm Becoming Truly Human film and discussion



YOU CAN HELP THE YOUTH GROUP OF SAINT HERMAN ANTIOCHIAN ORTHODOX CHURCH EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Every quarter Fred Meyer sends a check to our church, which gets deposited into our Youth Group account to be used for camp and retreat scholarships and other activities. Here is how you can support our youth group:

1. Go to www.fredmeyer.com/communityrewards.
2. At the top right of the screen, click "Sign in" or "Register"
3. After signing in, click "[Re-enroll or link your Rewards Card now](#)" under the section **Are you a Fred Meyer Customer?**
4. In the search box, enter 91379 or "Saint Herman Antiochian Orthodox Church"
5. Click the button next to our church's name, then click "Enroll."

Then, every time you shop and use your Rewards Card, you are helping the Youth Group of Saint Herman Church earn a donation! *You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.* If you do not have a Rewards Card, it is available at the Customer Service desk of any Fred Meyer store. For more information, please visit www.fredmeyer.com/communityrewards.