

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.
- ❖ **PENTECOST KNEELING VESPERS** will be held after Liturgy today at noon.
- ❖ **CONFESSIONS WILL BE HEARD JUNE 14** after Great Vespers by Fr. Thomas Frizelle.
- ❖ **THE APOSTLES' FAST** will be Monday June 16 through Sunday June 29. It ends Sunday morning, June 29, following divine liturgy.
- ❖ **MONDAY JUNE 23 – 6:30pm – VESPERAL LITURGY** for Feast of the Nativity of St. John the Baptist
- ❖ **JUNE LITURGICAL CALENDARS** are available in the narthex and online at www.sainthermanwasilla.org.
- ❖ **THE ARCHDIOCESAN SPECIAL CONVENTION** held in Chicago on June 5 nominated Bishop BASIL, Bishop JOHN, and Archbishop JOSEPH. The results were announced according to alphabetical order; the tally of votes will not be released. These three names will be submitted to the Holy Synod of Antioch, which will select one to be our new Metropolitan. Our parish had one vote which went to Archbishop JOSEPH. If you have any questions, please talk to Fr. Matthew.
- ❖ **THE CHURCH BOOKSTORE** is now housed in Fr. Matthew's office, and will be open Sundays briefly during coffee hour or other times by request.
- ❖ **FOOD FOR HUNGRY PEOPLE** donations totaled \$141 this year during Lent. May God bless the generosity of those who contributed.

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

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

PRIMATE

His Eminence, the Most Blessed Patriarch JOHN
of Antioch

DIOCESAN HIERARCH

His Eminence, the Most Rev. Archbishop JOSEPH

PASTOR

Rev. Fr. Matthew Howell

DEACONS

Rev. Dn. Thomas Ross

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THE GREAT
FEAST OF
PENTECOST

June 8, 2014

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 or otherwise 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

Their voice has gone out into all the earth. The heavens declare the glory of God.

The Reading from the Acts of the Apostles. (2:1-11)

When the day of Pentecost had come, the Disciples were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondered, saying, "Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (7:37-52; 8:12)

On the last day of the feast, the great day, Jesus stood up and proclaimed, "If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, 'Out of his belly shall flow rivers of living water.'" Now this He said about the Spirit, which those who believed in Him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified. When they heard these words, many of the people said, "This is really the prophet." Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee? Has not the Scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" So there was a division among the people over Him. Some of them wanted to arrest Him, but no one laid hands on Him. The officers then went back to the chief priests and Pharisees, who said to them, "Why did you not bring Him?" The officers answered, "No man ever spoke like this man!" The Pharisees answered them, "Are you led astray, you also? Have any of the authorities or the Pharisees believed in Him? But this crowd, who do not know the Law, are accursed." Nicodemus, who had gone to Him before, and who was one of them, said to them, "Does our Law judge a man without first giving him a hearing and learning what he does?" They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee." Again Jesus spoke to them, saying, "I am the light of the world; he who follows Me will not walk in darkness, but will have the light of life."

SAINTS & FEASTS OF THE DAY

THE GREAT FEAST OF PENTECOST

CHRISTIAN EDUCATION

On break until after Labor Day

THIS WEEK'S SERVICES

June 8 – June 15

Wed. 6:30pm: Daily Vespers

Sat. 6:30pm: Great Vespers

Sun. 9:00am: Matins followed at 10:00am by Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "In order to fulfill the commandments of Christ, you must know them. They are expounded in the Gospels. Read the Holy Gospels, penetrate its spirit, make it the rule of your life, act in accord with the teachings of the Gospels. This is the one light in our life." -- St. Nikon of Optina
- ❖ "...shall we not serve the Lord Who by nature loves mankind, risk our lives and get rid of superfluous possessions in order to acquire heavenly riches? Shall we not endure dishonour from men, usually scoundrels, so as to attain to divine glory, exchanging the mortal for the immortal? Shall we not be hungry in moderation and thirsty, that we may eat the Bread of Life which came down from heaven (Jn. 6:51) and drink the true living water, whosoever is worthy to eat and drink of which, shall never hunger or thirst (Jn. 4:10, 14)? Should we not cleanse the eye of our soul, abstaining "from all defilement of the flesh and spirit" (II Cor. 7:1), in order that we may see the light which preceded the sun, or rather, that we become children of that light (Eph. 5:8), and other lights ourselves, through sharing in His light, holding forth the word of life (cf. Phil. 2:15-16)?" -- St. Gregory Palamas
- ❖ "Firmly believe that the Lord is at all times everything to you. During prayer He is the power and the fulfillment in the Holy Spirit of each of your words. During pious conversation He is your living water, the ardent flow of your words at all times ? He is everything to you. Be free from care in the presence of your Lord. He has enclosed you with Himself upon all sides. He penetrates you wholly and knows all your thoughts, all your needs and inclinations, and if you live in Him with faith and love, then no evil shall befall you. 'The Lord is at hand; be careful for nothing' (Phil. 4:6)." -- St. John of Kronstadt
- ❖ "I consider those fallen mourners more blessed than those who have not fallen and are not mourning over themselves; because as a result of their fall, they have risen by a sure resurrection." -- St. John of the Ladder
- ❖ "This Diocese IS a family, more than anything else. We are a family born of the water and the Spirit. Through Baptism and Chrismation, we receive the Gift of the Holy Spirit that unites us all beyond the power of human blood."
-- His Eminence, Archbishop JOSEPH

is Lord,' except in the Holy Spirit. There are different gifts but the same Spirit; there are different works but the same God who accomplishes all of them in everyone. To each person the manifestation of the Spirit is given for the common good" (1 Cor.12:4-7). There are different gifts, to be sure. In terms of talent and ability no two persons are exactly alike. But there is one great gift we all have received in common. In Genesis we read, "The Lord God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being". The very Breath of God brings us into existence as living beings. Life itself is the gift of the Spirit. And each individual life is given, in God's plan, to serve the common good. We are one creation, one people of God, one human race. We share a common destiny and consequently, a common mission. The goal we share is the promised Kingdom of God among all people, in which all God's children will be reconciled in peace and brotherhood, and love will reign eternal. The mission we share is to prepare the way for the Lord's coming through our works of peace and brotherhood and reconciliation.

"Then He breathed on them and said: 'Receive the Holy Spirit.' "

Receive the Holy Spirit and discover that this Gift will not come and go in the manner of the popular trends of our times. Receive the Holy Spirit and discover that God's gifts of love, mercy and forgiveness are never withdrawn. "Receive the Holy Spirit . . . Go, therefore, make disciples of all nations!" Accept this as your inspiration for life and your life will be an inspiration for those around you.

Fr. James C. Moulketis

Fr. James Moulketis is the pastor of St. Nicholas Church in Wyckoff, New Jersey. He is retired from the U.S. Navy Reserve and currently serves as President of the Archdiocesan Presbyter's Council.



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Father James C. Moulketis

Visiting New York City is always exciting. The museums, the theaters, Lincoln Center, Broadway, the sights and sounds of one of the greatest cities in the world. Seeing the great masters at the museums, hearing them at the city's music halls and theaters brings joy and inspiration to our hearts. But in New York and in the highways and byways of America we also see many people desperately looking for a new inspiration. Hanging their hopes on empty dreams and frivolous outlooks. Always looking for something new, something quick to bring them joy and peace and hope. The inspired works of the masters and our contemporary artists as well, just didn't happen in a moment's frenzy, nor were they a result of some pipe dream. True inspiration comes to those who have prepared themselves to receive it, those who search, those who pray, those who struggle and persevere, those who remain faithful and trust.

On the day of Pentecost the early Christians drew their inspiration from the greatest source of all. Our early forefathers and mothers understood that in transmitting the Good news of the Gospel they were in fact communicating an inspired life-style that transforms a life of emptiness and boredom into a life of high purpose and fulfillment. Those heroes of faith have left a timeless footprint and are still leading us today to a life of joyous fulfillment and peace and hope that surpasses all human understanding.

The time of Pentecost is a time for serious reflection on this sacred source of inspiration-the Holy Spirit of God. The word "inspire" means, literally, "to breathe upon," and the word "spirituality," which is at the root of the word "inspire," means the state of having been breathed upon. For this reason, the one who lives a life "in the Spirit", is one who has been breathed upon. This is one who has received the Holy Spirit as his life's inspiration.

The 20th chapter of John tells us that the Apostles locked themselves in a room fearful that Christ's persecutors would crucify them as well. Suddenly, the Risen Christ appears before them and

offers them His peace. Then John writes, "He breathed on them and said, 'Receive the Holy Spirit.' (Jn.20:22).

If we reflect seriously on this bible episode, we can learn a great deal about true inspiration. That the cowering Apostles are in need of inspiration is apparent. They are fearful and confused, not knowing what to do next. Then Jesus comes to fulfill their need. Now inspired, their lives take on new meaning and purpose. What is important to observe is that they do not receive their inspiration from within themselves. Their personality transformation, from timid and aimless men into bold and vigorous disciples, is generated from without. Jesus breathed the life of the Spirit into them. And that Holy Spirit, that Giver of Life, that Comforter, that Spirit of truth, filled everything and was everywhere. That Holy Spirit was their source of power and transformation, and is ours as well today. A real resource and true support, an everlasting joy here and now where we live, here and now where we work, here and now where we pray.

Along with recognizing the Holy Spirit as this source of joy and hope

and power we also learn another deep truth concerning inspiration in our lives: we must be prepared to receive it. The full power of the Spirit did not descend upon the Apostles when they first joined Christ. Their confirmation in the Spirit came after Jesus had taught them how to be receptive to it.

The Apostles were ready to receive the Breath of the Spirit through Jesus because they had learned that the Spirit of God was in Him. Jesus had prepared them for this great spiritual event in which their minds and hearts would be opened to the meaning of His own life of sacrificial self-giving. Jesus had prepared them to embrace a ministry of service as the inspired way of fulfillment. Jesus had prepared them for a way of life that needs no relief from their empty dreams and frivolous outlooks.

In his First Letter to the Corinthians, Paul makes this inspired observation: "No one can say, 'Jesus