

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.
- ❖ **CONFESSIONS WILL BE HEARD SATURDAY JULY 19** after Vespers by Fr. Thomas Frizelle.
- ❖ **FR. MATTHEW is out of town through July 15**, attending the Diocesan Parish Life Conference in San Francisco and spending time in Sacramento with his extended family. If you have an emergency and need to see a priest immediately, please contact Fr. Christopher Stanton at 775-2046 or Fr. Thomas Frizelle at 441-2832. Fr. Matthew will be available via cell phone and email.
- ❖ **CHURCH RUMMAGE SALE JULY 25 & 26**. If you are able, please drop off any gently used item/s at the upstairs of the parish hall starting July 20th. *All proceeds go to support Saint Herman's Christian Education Department.* Also, we would like to invite the children to run their own bake sale and lemonade stand. Please talk with Kai West or Brigitte Dahl for further information.
- ❖ **JULY LITURGICAL CALENDARS** are available in the narthex and online at www.sainthermanwasilla.org.
- ❖ **ST. JOHN'S SUMMER CAMP WILL BE AUGUST 7-10** at North Star Bible Camp in Willow. All students entering grades 7-12 are welcome to attend. Cost is \$250. Registration forms are available at www.stjohnalaska.org and should be returned to the St. John Cathedral office as soon as possible.
- ❖ **THE FIRST ORTHODOX YOUNG PROFESSIONALS CONFERENCE** will be Aug. 14-17 in San Diego, CA. For more information go to their website at <http://oypc2014.wix.com/oypc>.

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

Rev. Dn. John Phelps

Contact Information

6988 N. En Dove Road
Wasilla, Alaska 99654

Office Telephone: (907)373-5254
Pastor's Cell Phone: (916)396-6325

FrMatthewHowell@gmail.com

www.SaintHermanWasilla.org

HOLY FATHERS

OF THE 4TH

ECUMENICAL

COUNCIL

July 13, 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

(For the Fathers of the 4th Ecumenical Council)
*Blessed art thou, O Lord, the God of our Fathers.
For thou art just in all that thou hast done to us..*

The Reading from the Epistle of St. Paul to Titus. (3:8-15)

My child Titus: This is a faithful saying and these things I will that thou affirm constantly, that they which have believed in God might be careful to maintain good works. These things are good and profitable unto men. But avoid foolish questions, and genealogies, and contentions, and strivings about the law; for they are unprofitable and vain. A man that is an heretic, after the first and second admonition, reject; knowing that he that is such is subverted, and sinneth, being condemned of himself. When I shall send Artemas unto thee, or Tychicus, be diligent to come unto me to Nicopolis: for I have determined there to winter. Bring Zenas the lawyer and Apollos on their journey diligently, that nothing be wanting unto them. And let ours also learn to maintain good works for necessary uses, that they be not unfruitful. All that are with me salute thee. Greet them that love us in the faith. Grace be with you all. Amen.

THE GOSPEL

(For the Fathers of the 4th Ecumenical Council)

The Reading from the Holy Gospel according to St. Matthew. (5:14-19)

“You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill. For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled. Whoever therefore breaks one of the least of these commandments, and teaches men so, shall be called last in the kingdom of heaven; but whoever does and teaches them, he shall be called great in the kingdom of heaven.”

SAINTS & FEASTS OF THE DAY

The Holy Fathers of the 4th Ecumenical Council; The synaxis of the Archangel Gabriel; Venerable Stephen of Mar Sabbas monastery and Heliophotos; Martyr Golinduch

THIS WEEK'S SERVICES

July 13 – July 20

Wed. 6:30pm: Daily Vespers

Sat. 6:30pm: Great Vespers followed by confessions heard

Sun. 9:00am: Matins

10:00am: Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ “‘Of the world’ again, not of one nation, nor of twenty states, but of the whole inhabited earth. And ‘a light’ to the mind, far better than this sunbeam: as if they were also a spiritual salt. And before they are salt, and now light, to teach you how great is the gain of these strict precepts, and the profit of that grave discipline: how it binds, and does not permit to become dissolute, and causes clear sight, leading men to virtue. ‘A city that is set on a hill cannot be hid...’ Again, by these words He trains them to strictness of life, teaching them to be earnest in their endeavors, as set before the eyes of all men, and contending in the midst of the amphitheatre of the world... For it was not fame that bearing them everywhere made them conspicuous, but also the actual demonstration of their works. Since, as though they had wings, more vehemently than the sunbeam they overran the whole earth, sowing the light of godliness... It was impossible that what they preached should sink into silence and obscurity... On this very account they should be illustrious and renowned.” – St. John Chrysostom
- ❖ “‘But whosoever shall do and teach’ says He, ‘shall be called great.’ For not to ourselves alone should we be profitable, but to others also, since neither is the reward as great for him who guides himself aright, as for one who with himself adds also another.” – St. John Chrysostom