

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.
- ❖ **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.* Any unsold donations will be given to the Bishop's Attic. 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.
- ❖ **FR. THOMAS FRIZELLE** will be available to hear confessions Saturday July 26 after Vespers.
- ❖ **THE EAGLE RIVER INSTITUTE** is coming up in just a few weeks at St. John Cathedral in Eagle River.
 - *Track 1: Orthodox Evangelism* by Fr. David and Matushka Rozanne Rucker
 - *Track 2: To Love is to Remember: 32 Years Serving in Alaska* by Fr. Nicholas and Matushka Anastasia Molodyko-HarrisPick up a Brochure located in the Narthex – or check out stjohnalaska.org to get more information and download the newly redesigned ERI brochure.
- ❖ **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. This is a pan-Orthodox conference open to young professionals between the ages of 21-40. For more information go to their website at <http://oypc2014.wix.com/oypc>.
- ❖ **JULY LITURGICAL CALENDARS** are available in the narthex and online at www.sainthermanwasilla.org.
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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

DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

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PROPHET ELIAS
(ELIJAH) AND

6TH SUNDAY AFTER

PENTECOST

July 20, 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 Prophet Elias)

*Thou art a priest forever, according to the order of Melchizedek.
The Lord said unto my Lord: Sit Thou on my right hand, until I make Thine
enemies Thy footstool.*

The Reading from the Epistle of St. James. (5:10-20)

Brethren, take as an example of suffering and patience the prophets who spoke in the Name of the Lord. Behold, we call those blessed who were steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful. But above all, my brethren, do not swear, either by Heaven or by earth or with any other oath; but let your yes be yes and your no be no, so that you may not fall under condemnation. Is anyone among you suffering? Let him pray. Is any cheerful? Let him sing praise. Is any among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven. Therefore confess your sins to one another, and pray for one another, that you may be healed. The prayer of a righteous man has great power in its effects. Elias was a man of like nature with ourselves and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again and the heavens gave rain, and the earth brought forth its fruit. My brethren, if any one among you wanders from the truth and someone brings him back, let him know that whoever brings back a sinner from the error of his way will save his soul from death and will cover a multitude of sins.

THE GOSPEL

(For Sixth Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (9:1-8)

At that time, Jesus got into a boat, crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—He then said to the paralytic—"Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they marveled, and they glorified God, Who had given such authority to men.

SAINTS & FEASTS OF THE DAY

Prophet Elias (Elijah) the Tishbite;
Righteous Iliya Chavchavadze of Georgia

THIS WEEK'S SERVICES

July 20 – July 27

Wed. 6:30pm: Daily Vespers

Sat. 6:30pm: Great Vespers

Sun. 9:00am: Matins

10:00am: Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "Never confuse the person formed in the image of God, with the evil that is in him: because evil is but a chance misfortune, an illness, a devilish reverie. But the very essence of a person is the image of God, and this remains in him despite every disfigurement." – St. John of Kronstadt
- ❖ "Christ, invisible to the bodily eye, manifests Himself on earth clearly through His Church...The Church is the Body of Christ both because its parts are united to Christ through His divine mysteries and because through her Christ works in the world." -- St. John of San Francisco
- ❖ "All of us have been called to serve God. We do this in our families, our parishes and our secular jobs. We serve God when we serve one another. Our acts of kindness and generosity, our prayers for our loved ones and our enemies, are all offerings to God which He receives from us and uses for the benefit of all mankind." -- His Eminence, Metropolitan JOSEPH
- ❖ "The unity of God the Father and Jesus Christ is a perfect unity, and this perfect unity is what our Lord calls us to have with one another. If we act in the name of God, then the proof of our motivations will be revealed in our unity. Endless arguing and bickering is a sign that God is absent and that we have forgotten Him. The contentious person is outside God's grace by his or her desires to dominate others." -- Metropolitan JOSEPH
- ❖ "When a man begins to train himself in keeping silent, silence to him seems to be lesser than speech; but when he is trained in silence then he knows that speech is lesser than silence." -- St. Nicholai of Zica
- ❖ A monk said to St. Sisoos: "I would like to preserve my heart but I cannot," to which the elder responded: "How can we preserve the heart when the gate to our heart, the tongue stands open?"
- ❖ Ammon complained to the venerable Sisoos the Great that he could not memorize the wise sayings that he read, in order to be able to repeat them in conversation with men. The saint replied to Him: "That is not necessary. It is necessary to attain purity of mind and to speak from that purity, placing your hope in God."