

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 DORMITION FAST** starts Friday August 1 and runs through August 15. Wine and oil are permitted on Saturdays and Sundays. August 6 & 15 are fish, wine, and oil days. If you have any questions about fasting, please speak with Fr. Matthew.
- ❖ **THE PARAKLESIS SERVICE** to the Theotokos will be served August 1, August 6, August 13 and August 20 at 6:30pm.
- ❖ **VESPERAL LITURGY FOR TRANSFIGURATION** will be Tuesday August 5 at 6:30pm. We will also bless grapes at the end of Liturgy.
- ❖ **THE DORMITION OF THE MOST HOLY THEOTOKOS** will be celebrated with these services: Great Vespers with Lamentations to the Theotokos Thursday August 14 at 6:30pm; Divine Liturgy Friday August 15 at 8:00am.
- ❖ **THE EAGLE RIVER INSTITUTE** starts at St. John Cathedral Friday August 1. Go to www.stjohnalaska.org for more information.
- ❖ **AUGUST LITURGICAL CALENDARS** are available in the narthex and online at www.sainthermanwasilla.org.
- ❖ **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>.
- ❖ **YOU ARE NEEDED FOR A 2014 OCMC MISSION TEAM!** The Orthodox Christian Mission Center (OCMC) is seeking 10 volunteers to help fill teams that will serve in Albania, Tanzania and Uganda later this year. The Albania team departing on September 17th will lead spiritual retreats for clergy wives, women lay leaders and women's groups. The Tanzania team departing on October 27th will offer theological training for the clergy of the Metropolis of Mwanza. And, the Uganda team, also departing on October 27th will offer Christian stewardship workshops to clergy and laity in various communities. Are you able to serve on one of these teams? If so, you are urgently needed! Without 10 additional volunteers these teams may not go. Please visit http://www.ocmc.org/about/open_teams.aspx, or contact OCMC's Teams Department by e-mail at teams@ocmc.org or by phone at 1-877-463-6784 for more information and to apply.

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

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DEACONS
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**GREAT-MARTYR &
HEALER PANTELEIMON
AND
7TH SUNDAY AFTER
PENTECOST
July 27, 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 St. Panteleimon)

The righteous shall rejoice in the Lord. O God, hear my prayer.

The Reading from the Second Epistle of St. Paul to St. Timothy. (2:1-10)

Timothy, my son, be strong in the grace that is in Christ Jesus; and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hard-working farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything. Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore, I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

THE GOSPEL

(For the Seventh Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (9:27-35)

At that time, as Jesus passed on from there, two blind men followed him, crying aloud: "Have mercy on us, Son of David." When He entered the house, the blind men came to Him; and Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then He touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread His fame through all that district. As they were going away, behold, a dumb demoniac was brought to Him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons." And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity.

SAINTS & FEASTS OF THE DAY

Great-Martyr and Healer Panteleimon;

The martyred blind man healed by Panteleimon; Clement of Ochrid, bishop of greater Macedonia; Angelar, Gorazd, Nahum and Sabbas, disciples of Cyril and Methodios

THIS WEEK'S SERVICES

July 27 – August 3

Wed. 6:30pm: Daily Vespers

Fri. 6:30pm: Paraklesis

Sat. 6:30pm: Great Vespers

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

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "We do not suffer because there is too much godliness in the world, but because there is too much evil. We must overcome the evil around us with godliness, speaking the truth in love." -- His Eminence, Metropolitan JOSEPH
- ❖ "Never cease to give thanks for what you have received. Perhaps we are not rich men when it comes to money and property, but we are wealthy men in the eyes of God. He has given us many unseen gifts, eternal ones, ones that cannot be taken from us. We have been given more than we labored for. Rejoice, for God is generous and merciful. He is the God of Love, and He loves us all." -- His Eminence, Metropolitan JOSEPH
- ❖ "None of us have been asked to be born. It is a gift, the gift of life, and we shall be judged on what each of us does with this gift." -- His Eminence, Metropolitan JOSEPH
- ❖ "Reading the Bible without living the Bible will lead us nowhere." -- His Eminence, Metropolitan JOSEPH
- ❖ "Without a foundation of Christian virtues, all the education in the world is meaningless. Education cannot cure loneliness, anxiety, depression and fear. Only faith in God's mercy can." -- His Eminence, Metropolitan JOSEPH
- ❖ "Our Lord teaches us that all things come from Him. He is the source of all good. If we follow Him, even in times of sorrow and hardship, He increases us by allowing us to participate in His divinity." -- His Eminence, Metropolitan JOSEPH
- ❖ "If we are to become filled with a joy that the world cannot take away, we must give up everything, even our own selfish lives, so that we can be alive in our Lord, Jesus Christ." -- His Eminence, Metropolitan JOSEPH
- ❖ "The best things, the things we treasure most, come through difficulties. If we ignore the difficulties, we are neglecting the true joys." -- His Eminence, Metropolitan JOSEPH
- ❖ "Give your children a solid spiritual foundation, and they will be content with whatever they have. Deprive them of a life in Christ, and they will be miserable even in the midst of great wealth." -- His Eminence, Metropolitan JOSEPH