

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.
- ❖ **JULY 13 SERVICES WILL BE LED BY DN. JOHN.** We will have Matins at 9am followed by Typika with communion at 10am.
- ❖ **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

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4TH SUNDAY

AFTER

PENTECOST

July 6, 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 Fourth Sunday after Pentecost)

Sing praises to our God, sing praises. Clap your hands all ye peoples.

The Reading from the Epistle of St. Paul to the Romans. (6:18-23)

Brethren, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For, the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

THE GOSPEL

(For the Fourth Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (8:5-13)

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching Him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And Jesus said to him, "I will come and heal him." But the centurion answered Him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, He marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the Kingdom of Heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

SAINTS & FEASTS OF THE DAY

Righteous Father Sisoës the Great of Egypt; Apostles Archippos, Philemon and Onesimos of the Seventy; Martyrs Lucy the Virgin, Rex the Imperial Vicar in Campania and 24 others with them; Martyrs Apollonius, Epimachus & Alexander

THIS WEEK'S SERVICES

July 6 – July 13

Wed. 6:30pm: Vespers

Sat. 6:30pm: Vespers

Sun. 9:00am: Matins

10:00am: Typika with Communion

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "The goal of reading is the application, in our lives, of what we read. Not to learn it by heart, but to take it to heart. Not to practice using our tongues, but to be able to receive the tongues of fire and to live the mysteries of God." -- Elder Paisios the Athonite
- ❖ "If you worship Christ in your heart, you can save your kinsfold as well as yourself; if your heart worships father and mother, son and daughter, you will certainly lose both yourself and them." -- St. Nicholai of Zica
- ❖ "Glory in this life is of less significance than a spider's web, and more insubstantial than dreams; therefore lift up your mind to what is of first importance, and you will easily calm your saddened soul. He who seeks the one glory and the other cannot attain them both. It is possible to achieve both, only when we seek not both, but one: heavenly glory. Therefore, if you desire glory, seek divine, heavenly glory, and earthly glory will often follow on from it." -- St. Isidore of Pelusium
- ❖ "If a man has a full intention to please God, then God teaches him His will either through thoughts, through some other person, or through Holy Scripture." -- St. Peter of Damascus
- ❖ "Malice will never drive out malice. But, if someone does an evil act to you, you should do good to him, so that by your good work you may destroy his malice." -- A Desert Father