

## 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** started Friday August 1 and runs through August 15. Wine and oil are permitted on Saturdays and Sundays. August 15 is fish, wine, and oil day since it is a feast that falls on a Friday. If you have any questions about fasting, please speak with Fr. Matthew.
- ❖ **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 PARAKLESIS SERVICE** to the Theotokos will be served at 6:30pm the next two Wednesdays: Aug. 13 and Aug. 20.
- ❖ **AUGUST AND SEPTEMBER LITURGICAL CALENDARS** are available in the narthex and online at [www.sainthermanwasilla.org](http://www.sainthermanwasilla.org).
- ❖ **REGISTER TODAY FOR CHRISTIAN ED!** Christian education will be held Tuesday nights from 6:00-7:30pm starting September 9. In order to prepare enough supplies, please register your child for a class. Atrium Levels 1-2 require a \$50 registration fee. If this fee causes a hardship for your family, please speak with Fr. Matthew or Kai West. Registration forms and payments can be put in the tithe box or given to Kai West or Brigitte Dahl. Registration forms are due by September 1.

# 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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9<sup>TH</sup> SUNDAY AFTER  
PENTECOST &  
AFTERFEAST OF  
TRANSFIGURATION  
*August 10, 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 Ninth Sunday after Pentecost)

*Make vows to the Lord thy God and perform them.*

*In Judah God is known; His Name is great in Israel.*

### **The Reading from the First Epistle of St. Paul to the Corinthians. (3:9-17)**

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay or straw, each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him; for God's temple is holy, and you are that temple.

## THE GOSPEL

(For the Ninth Sunday after Pentecost)

### **The Reading from the Holy Gospel according to St. Matthew. (14:22-34)**

At that time, Jesus made the Disciples get into the boat and go before Him to the other side, while He dismissed the crowds. And after He had dismissed the crowds, He went up on the mountain by Himself to pray. When evening came, He was there alone, but the Disciples' boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night He came to them, walking on the sea. But when the Disciples saw Jesus walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately He spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered Him, "Lord, if it is Thee, bid me come to Thee on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me!" Jesus immediately reached out His hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they got into the boat, the wind ceased. And those in the boat worshiped Him, saying, "Truly, Thou art the Son of God." And when they had crossed over, they came to land at Gennesaret.

## SAINTS & FEASTS OF THE DAY

After-feast of the Transfiguration of Christ; Martyr and Archdeacon

Laurence of Rome, Hieromartyr Sixtus, bishop of Rome & those with them; Venerable Laurence of Kaluga, the Fool for Christ's sake

## THIS WEEK'S SERVICES

*August 10 - 17*

Wed. 6:30pm: Paraklesis

Thur. 6:30pm: Great Vespers with Lamentations to Theotokos

Fri. 8:00am: Divine Liturgy for Feast of the Dormition of Theotokos

Sat. 6:30pm: Great Vespers

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

## A GOOD WORD

*VITAMINS FOR THE SOUL*

### **The Banquet-Table of Christ**

"Christ, our generous host, has set before us again today a banquet-table worthy of veneration: a table not simply to be honored by custom, but recognized as part of our familiarity with God; a table not marked by yearning for earthly delights, but sharing in those of heaven; a table not splendid with Solomon's delicacies, but crowned by God's laws; a table not made blessed by abundance of food, but made solemn by thoughts of God. For what could be richer than Solomon's table, spreading out day by day (as is told us in the Third Book of the Kingdoms) 'thirty kors of fine wheat flour, and sixty kors of ground barley meal, and ten tender, choice calves and twenty grazing cows and a hundred sheep – to say nothing of deer and gazelles and choice birds' [see III Kingdoms 11:1-13]. But such a lavish abundance of dishes brought Solomon no benefit, nor did it lead him towards perfect virtue. Just the opposite: by leading him to indulge himself beyond measure, it led him to go mad in the end. But the table of the Lord, richly laid before us again today – a table that is immaterial, infinite, incorruptible, immortal, uncircumscribed, beyond human reckoning – directs us not only towards earthly blessings, but towards heavenly ones as well! For it does not offer us 'thirty kors of wheat flour,' but lavishes on us the kingdom of heaven, as the yeast in 'three measures of barley' [Mt. 13:33]. Nor does it set out 'sixty kors of barley,' but the bread of heaven itself; I mean that the Lord Christ rewards believers here with the gift of Himself, day after day."

--Leontius the Presbyter of Constantinople, Homily 14: On the Transfiguration, Light on the Mountain: Greek Patristic and Byzantine Homilies on the Transfiguration of the Lord, translated by Brian E. Daley, S.J., St. Vladimir's Seminary Press, Yonkers, NY, 2013, pp. 115-116.