

## 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 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 at 6:30pm the next three Wednesdays: Aug. 6, Aug. 13 and Aug. 20.
- ❖ **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** continues at St. John Cathedral today and tomorrow. Go to [www.stjohnalaska.org](http://www.stjohnalaska.org) for more information or ask Fr. Matthew for more details.
- ❖ **AUGUST LITURGICAL CALENDARS** are available in the narthex and online at [www.sainthermanwasilla.org](http://www.sainthermanwasilla.org).
- ❖ **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](http://www.ocmc.org/about/open_teams.aspx), or contact OCMC's Teams Department by e-mail at [teams@ocmc.org](mailto: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

**PASTOR**  
Rev. Fr. Matthew Howell

**DEACONS**  
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Rev. Dn. John Phelps

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8<sup>TH</sup> SUNDAY  
AFTER PENTECOST

*August 3, 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

*The Lord will give strength to His people.*

*Ascribe to the Lord, O sons of God, ascribe to the Lord honor & glory.*

**The Reading from the First Epistle of St. Paul to the Corinthians.**

**(1:10-17)**

Brethren, I appeal to you, by the Name of our Lord Jesus Christ, that all of you agree and that there be no dissension among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius; lest anyone should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to preach the Gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

## THE GOSPEL

**The Reading from the Holy Gospel according to St. Matthew.**

**(14:14-22)**

At that time, when Jesus went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to Him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to Him, "We have only five loaves here and two fish." And He said, "Bring them here to Me." Then He ordered the crowds to sit down on the grass; and taking the five loaves and the two fish He looked up to Heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then Jesus made the disciples get into the boat and go before Him to the other side, while He dismissed the crowds.

## SAINTS & FEASTS OF THE DAY

Venerable and God-bearing fathers Isaac, Dalmatos and Faustus of the Dalmaton monastery; Venerable Theoklito and Theodora; Salome the myrrh-bearer; Venerable Anthony the Roman, wonderworker of Novgorod

## THIS WEEK'S SERVICES

*August 3 - 10*

Tues. 6:30pm: Vespers Liturgy for Transfiguration of Our Lord

Wed. 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*

**If You Desire to Become Equal to the Apostles, There is Nothing to Hinder You**

"Wherefore, if you desire to become equal to the apostles, there is nothing to hinder you. For to have arrived at this virtue only suffices for your not at all falling short of them. Let no one therefore wait for miracles. For though the evil spirit is grieved, when he is driven out of a body, yet much more so, when he sees a soul delivered from sin. For indeed this is his great power [cf. Acts 8:10]. This power caused Christ to die, that He might put an end to it. Yea, for this brought in death; by reason of this all things have been turned upside down. If then thou remove this, you have cut out the nerves of the devil, you have bruised his head, you have put an end to all his might, you have scattered his host, you have exhibited a sign greater than all signs.

"The saying is not mine, but the blessed Paul's. For when he had said, Covet earnestly the best gifts, and yet show I unto you a more excellent way; [1 Corinthians 12:31] he did not speak next of a sign, but of charity, the root of all our good things. If then we practice this, and all the self-denial that flows from it, we shall have no need of signs; even as on the other hand, if we do not practice it, we shall gain nothing by the signs.

Bearing in mind then all this, let us imitate those things whereby the apostles became great. And whereby did they become great? Hear Peter, saying, *Behold we have forsaken all, and followed You; what shall we have therefore?* Hear also Christ saying to them, *You shall sit upon twelve thrones, and, every one that has forsaken houses, or brethren, or father, or mother, shall receive an hundredfold in this world, and shall inherit everlasting life* [Matthew 19:27]. From all worldly things, therefore, let us withdraw ourselves, and dedicate ourselves to Christ, that we may both be made equal to the apostles according to His declaration, and may enjoy eternal life; unto which may we all attain, by the grace and love towards man of our Lord Jesus Christ to whom be glory and might forever and ever. Amen." --St. John Chrysostom, Homily 46 on St. Matthew's Gospel