

SAINTS AND FEASTS OF THE DAY

Hieromartyr Joseph of Damascus & His Companions;
Third Sunday of Matthew;
The 45 martyrs at Nikopolis in Armenia; Venerable Anthony of the
Kiev Caves; Venerable-martyrs Nikodemos the Albanian and
Nektarios of St. Anne Skete on Athos

THIS WEEK'S SERVICES

July 10 – July 17

Mon. July 11 – 9:30am: “Akathist to the Mother of God, Nurturer of
Children”, followed by knitting/coffee group from 10:00am-Noon.
Tues. July 12 – 6:30pm: Daily Vespers
Sat. July 16 – 6:30pm: Great Vespers
Sun. July 17 – 9:00am: Matins
Sun. July 17 – 10:00am: Divine Liturgy

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.
- ❖ **PARISH COUNCIL MEETING** –today after coffee hour
- ❖ **Upcoming Youth Events:**
 - July 15-16 – Cardboard City at AK State Fair Green Gate
5:00pm Friday thru 8:00am Saturday
Contact Katya Jenkins at (907) 982-4954 for more info.
- ❖ **July 16-22 – Fr. Matthew will be in Pennsylvania** attending
the Archdiocese Clergy Symposium. He will be available via
phone and email during that trip.
- ❖ **Saturday July 16 – No Confessions heard after Vespers**
- ❖ **Sunday July 17 – Fr. Thomas Frizelle will serve liturgy**
- ❖ **ST. JOHN SUMMER CAMP** will be August 11-14.
Applications are in the narthex and are due by August 1. Contact
Fr. Matthew if you need any financial assistance.

CHRISTIAN EDUCATION

On break until August 23

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

DEACON

Rev. Dn. Thomas Ross

Contact Information

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*St. Joseph of
Damascus & His
Companions
July 10, 2016*

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 from a non-Orthodox church or otherwise are 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. Joseph of Damascus)

*The saints shall boast in glory, and they shall rejoice upon their beds.
Sing unto the Lord a new song; His praise is in the church of the saints.*

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 Third Sunday of Matthew)

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

(6:22-33)

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink; nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of heaven: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow;

THE GOSPEL (CONTINUED)

they neither toil nor spin; yet I tell you, even Solomon himself in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first His kingdom and His righteousness, and all these things shall be yours as well."

A GOOD WORD

VITAMINS FOR THE SOUL

All quotes are from St. Gregory of Nazianzus, aka "The Theologian"

- ❖ "These three things God requires of all the Baptized: right faith in the heart, truth on the tongue, temperance in the body."
- ❖ "Give something, however small, to the one in need. For it is not small to one who has nothing. Neither is it small to God, if we have given what we could."
- ❖ "What He was, He laid aside; what He was not, He assumed. He takes upon Himself the poverty of my flesh so that I may receive the riches of His divinity."
- ❖ "I cannot think on the one without quickly being encircled by the splendor of the three; nor can I discern the three without being straightway carried back to the one."
- ❖ "Different men have different names, which they owe to their parents or to themselves, that is, to their own pursuits and achievements. But our great pursuit, the great name we wanted, was to be Christians, to be called Christians."
- ❖ "Let us become like Christ, since Christ became like us. He assumed the worse that He might give us the better; He became poor that we through His poverty might be rich"
- ❖ "Remember God more often than you breathe."
- ❖ "The first of all beautiful things is the continual possession of God."
- ❖ "We are not made for ourselves alone, we are made for the good of all our fellow creatures."



SAINT HERMAN OF ALASKA ORTHODOX CHURCH

6988 N En Dove Rd - Wasilla, AK 99654
 Reverend Matthew Howell, Pastor (907)373-5254



JULY 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun 26 All Saints 9:00am Matins 10:00am Divine Liturgy	Jun 27 Fr. Matthew to Parish Life Conference in Phoenix, AZ June 27 - July 1 Fast	Jun 28 6:30pm Great Vespers with Litia Fast	Jun 29 Ss. Peter & Paul Fast: fish, wine, & oil allowed	Jun 30	1 Fast	2 6:30pm Great Vespers
3 9:00am Orthros 10:00am Divine Liturgy	4	5 6:30pm Daily Vespers	6 Fast	7	8 Fast	9 6:30pm Great Vespers
10 St. Joseph the Damascene 9:00am Matins 10:00am Divine Liturgy	11	12 6:30pm Daily Vespers	13 Fast	14	15 St. Vladimir Fast: fish, wine, & oil allowed	16 6:30pm Great Vespers
17 9:00am Orthros 10:00am Divine Liturgy	18	19 6:30pm Great Vespers	20 Prophet Elijah Fast: fish, wine, & oil	21	22 Fast	23 6:30pm Great Vespers
24 9:00am Orthros 10:00am Divine Liturgy	25	26 6:30pm Daily Vespers	27 Fast	28	29 Fast	30 6:30pm Great Vespers
31 9:00am Orthros 10:00am Divine Liturgy	Aug 1 Procession of the Cross Fast	Aug 2 6:30pm Paraklesis Fast	Aug 3 Fast	Aug 4 Seven Holy Youths of Ephesus Fast	Aug 5 6:00pm Great Vespers with Litia 6:45pm Divine Liturgy with Blessing of Grapes at end of service Fast	Aug 6 TRANSFIGURATION OF THE LORD 6:30pm Great Vespers Fast: fish, wine, & oil

Please consult the Sunday bulletin for changes to the monthly calendar.
 Confessions heard after Vespers and by appointment.



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AUGUST 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul 31 9:00am Orthros 10:00am Divine Liturgy	1 Procession of the Cross Fast	2 6:30pm Paraklesis Fast	3 Fast	4 Seven Holy Youths of Ephesus Fast	5 6:00pm Great Vespers with LITIA 6:45pm Divine Liturgy with Blessing of Grapes at end of service Fast	6 TRANSFIGURATION OF THE LORD 6:30pm Great Vespers Fast: fish, wine, & oil
7 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil	8 Fast	9 Translation of the Relics of St. Herman of Alaska St. Mathias 6:30pm Paraklesis Fast: wine & oil	10 Fast	11 Fast	12 Fast	13 6:30pm Great Vespers Fast: wine & oil
14 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil	15 DORMITION OF THE THEOTOKOS See bulletin for service times	16 6:30pm Daily Vespers	17 Fast	18 Fast	19 Fast	20 6:30pm Great Vespers
21 9:00am Orthros 10:00am Divine Liturgy	22 Fast	23 <i>Family Night</i> 5:30-6:00pm Dinner 6:00-7:30pm Christian Education for all Ages 7:00pm Daily Vespers	24 Fast	25 Fast	26 Fast	27 6:30pm Great Vespers
28 9:00am Orthros 10:00am Divine Liturgy	29 Beheading of the Baptist See bulletin for service times Fast: Strict fast	30 <i>Family Night</i> 5:30-6:00pm: Dinner 6:00-7:30pm: Christian Education for all Ages 7:00pm: Daily Vespers	31 Fast	Sep 1 The Church New Year	Sep 2 Fast	Sep 3 6:30pm Great Vespers

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

July 5, 2016

TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN

Greetings to you and your families in the name of our Lord, God and Savior Jesus Christ. I pray that this letter finds you in the best of health.

I write to you today with a heavy heart as we continue to be confronted with the images of destruction, death, and human tragedy in the wake of the severe flood that struck West Virginia recently. The entire state of West Virginia has undergone heavy rain which caused a deadly and devastating flood that affected severely most of the counties. Roads, houses, farms, businesses, and schools were, if not destroyed, at least damaged by water, sewage, or mud. Many of the structures are no longer qualified to be reoccupied and repairs will cost more than cleaning up and rebuilding. Many of these areas lost power and drinking water. In addition to that sad situation, it was reported that in some areas there were looting incidents. To say the least, it is an extremely sad and difficult situation.

With that in mind, we appeal to you, the faithful of our God-protected Archdiocese, to respond to this disaster with your prayers and monetary offerings so that we can help those desperate people in West Virginia who are in need of our support. Please take collections in your churches and send one check per parish made out to the "Antiochian Archdiocese", marked in the memo section "West Virginia", as soon as possible.

Thank you in advance for your help and wishing you all of God's blessings, I remain,

Your father in Christ,

A handwritten signature in black ink, appearing to be the name 'Joseph' with a stylized flourish at the end.

+JOSEPH

Archbishop of New York and Metropolitan of All North America

CC: All our beloved Hierarchs

"The disciples were first called Christians in Antioch" (Acts 11: 26)

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