

## SAINTS AND FEASTS OF THE DAY

Third Sunday after Pentecost & Third Sunday of Matthew;  
Apodosis (Leave-Taking) of the Forerunner's Nativity

### THIS WEEK'S SERVICES

*June 25 – July 2*

Mon. June 26 – 9:30am: Akathist to the Mother of God, Nurturer of Children

Wed. June 28 – 6:00pm: Great Vespers with Lita  
6:45pm: Divine Liturgy for Saints Peter & Paul

Sat. July 1 – 6:00pm: Great Vespers

Sun. July 2 – 9:00am: Orthros

Sun. July 2 – 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 – Tues. June 27 at 7:00pm**
- ❖ **FEAST OF SAINTS PETER AND PAUL** – we will celebrate this feast on Wednesday June 28 with the following services:
  - **6:00pm – Great Vespers with Litia**
  - **6:45pm – Divine Liturgy**The Apostles Fast will end following liturgy on that night.
- ❖ **BECOMING TRULY HUMAN** film will be shown today and next Sunday in two parts starting about 15 minutes into coffee hour. We will watch 40 minutes of the film and then have 20 minutes of discussion. All interested members of our parish are welcome to attend either week without making a reservation.
- ❖ **Fr. Matthew will be out of town July 4-7** attending the Diocesan Parish Life Conference. He will be available via email.

### CHRISTIAN EDUCATION

On break until August 22

# 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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*Third Sunday  
after Pentecost*

*June 25, 2017*

### 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 Third Sunday after Pentecost)

*The Lord is my strength and my song. The Lord has chastened me sorely.*

### **The Reading from the Epistle of St. Paul to the Romans. (5:1-11)**

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through Him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man—though perhaps for a good man one will dare even to die. But God shows His love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by His blood, much more shall we be saved by Him from the wrath of God. For if while we were enemies we were reconciled to God by the death of His Son, much more, now that we are reconciled, we shall be saved by His life. Not only so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received our reconciliation.

## 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

## THE GOSPEL (CONTINUED)

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; 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*

- ❖ "So, read the Fathers, even one or two lines a day. They are very strengthening vitamins for the soul." -- St. Paisios
- ❖ "We are called to go forth and boldly proclaim the Good News, following in the footsteps of the Disciples. But, we cannot do this unless we know what we are talking about. We must know our Faith inside and out. We must sharpen the sword of the intellect through prayer, ministry to others and study." -- Metropolitan JOSEPH
- ❖ "God the Holy Spirit has many abodes in this vast universe, but a pure heart is the place in which He most delights to dwell. This is His true abode; all others are only His workshop." -- St. Nicholai of Zica
- ❖ On the help we give the deceased through our prayers: "As is happens with wine inside a barrel—that when the vineyard blooms in the field, the wine somehow senses it, and blossoms in fragrance itself – so it is with the souls of sinners. They receive some relief from the Bloodless Sacrifice offered for them in charity." -- St. Athanasius the Great
- ❖ "For me, the only way to truly be an American is to be Orthodox. For only through the power of the Holy Spirit can we truly be one people." - His Eminence, Metropolitan JOSEPH
- ❖ "We have not understood the power and goodness of God. We do not allow Him as Lord to govern us, and this is why we are tormented." -- Elder Paisios of Mount Athos



**SAINT HERMAN OF ALASKA ORTHODOX CHURCH**

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Reverend Matthew Howell, Pastor (907)373-5254



JULY 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Jun 25</b>  9:00am Orthros 10:00am Divine Liturgy  <b>Fast: wine &amp; oil</b>	<b>Jun 26</b>  <b>Fast</b>	<b>Jun 27</b>  <b>Fast</b>	<b>Jun 28</b>  6:00pm Great Vespers with Litia 6:45pm Divine Liturgy  <b>Fast</b>	<b>Jun 29</b> Ss. Peter & Paul	<b>Jun 30</b>  <b>Fast</b>	<b>1</b>  5:00pm Chanter's Workshop 6:00pm Great Vespers
<b>2</b>  9:00am Orthros 10:00am Divine Liturgy	<b>3</b>	<b>4</b>  July 4-7 Fr. Matthew to Parish Life Conference in Los Angeles	<b>5</b>  <b>Fast</b>	<b>6</b>	<b>7</b>  <b>Fast</b>	<b>8</b>  5:00pm Chanter's Workshop 6:00pm Great Vespers
<b>9</b>  9:00am Orthros 10:00am Divine Liturgy	<b>10</b>	<b>11</b>  6:00pm Daily Vespers	<b>12</b>  <b>Fast</b>	<b>13</b>	<b>14</b>  <b>Fast</b>	<b>15</b> St. Vladimir  5:00pm Chanter's Workshop 6:00pm Great Vespers
<b>16</b>  9:00am Orthros 10:00am Divine Liturgy	<b>17</b>	<b>18</b>  6:00pm Daily Vespers	<b>19</b>  <b>Fast</b>	<b>20</b> Prophet Elijah	<b>21</b>  <b>Fast</b>	<b>22</b>  5:00pm Chanter's Workshop 6:00pm Great Vespers
<b>23</b>  9:00am Orthros 10:00am Divine Liturgy	<b>24</b>	<b>25</b>  6:00pm Daily Vespers	<b>26</b>  <b>Fast</b>	<b>27</b>	<b>28</b>  <b>Fast</b>	<b>29</b>  5:00pm Chanter's Workshop 6:00pm Great Vespers
<b>30</b>  9:00am Orthros 10:00am Divine Liturgy	<b>31</b>	<b>Aug 1</b> Procession of the Cross  6:00pm Paraklesis  <b>Fast</b>	<b>Aug 2</b>  <b>Fast</b>	<b>Aug 3</b>  <b>Fast</b>	<b>Aug 4</b> Seven Holy Youths of Ephesus  <b>Fast</b>	<b>Aug 5</b>  5:00pm Chanter's Workshop 6:00pm Great Vespers with Litia <b>Fast: wine &amp; oil</b>

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



## **YOU CAN HELP THE YOUTH GROUP OF SAINT HERMAN ANTIOCHIAN ORTHODOX CHURCH EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!**

Every quarter Fred Meyer sends a check to our church, which gets deposited into our Youth Group account to be used for camp and retreat scholarships and other activities. Here is how you can support our youth group:

1. Go to [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).
2. At the top right of the screen, click "Sign in" or "Register"
3. After signing in, click "[Re-enroll or link your Rewards Card now](#)" under the section **Are you a Fred Meyer Customer?**
4. In the search box, enter 91379 or "Saint Herman Antiochian Orthodox Church"
5. Click the button next to our church's name, then click "Enroll."

Then, every time you shop and use your Rewards Card, you are helping the Youth Group of Saint Herman Church earn a donation! *You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.* If you do not have a Rewards Card, it is available at the Customer Service desk of any Fred Meyer store. For more information, please visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).