

### SAINTS AND FEASTS OF THE DAY

The placing of the Theotokos' Robe in Blachernae & 4th Sunday of Matthew; Juvenaly, archbishop of Jerusalem; the New-martyrs of Samothrace; repose of Job, first patriarch of Moscow; Archbishop John Maximovitch of Shanghai and San Francisco

### THIS WEEK'S SERVICES

*July 2—9*

Mon. July 3 – 9:30am: Akathist to the Mother of God, Nurturer of Children

Sat. July 8 – 6:00pm: Great Vespers

Sun. July 9 – 9:00am: Orthros

Sun. July 9 – 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.
- ❖ **BECOMING TRULY HUMAN** film part 2 will be shown today starting about 15 minutes into coffee hour in the parish hall basement. We will watch the remaining 40 minutes of the film and then have 20 minutes of discussion. All interested members of our parish are welcome to attend.
- ❖ **Fr. Matthew will be out of town July 4-7** attending the Diocesan Parish Life Conference. He will be available via email.
- ❖ **CHRISTIAN ED RUMMAGE SALE RESULTS = \$933.** Many thanks go to Brigitte Dahl and her team of volunteers for organizing the two day sale. The funds will be used to purchase more materials for CGS as well as for training teachers.

### 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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*Fourth Sunday  
after Pentecost and  
St. John of San  
Francisco  
July 2, 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 the Theotokos' Robe)

*My soul doth magnify the Lord, and my spirit doth rejoice in God my Savior. For He hath regarded the lowliness of His servant.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (9:1-7)**

Brethren, even the first covenant had regulations for worship and an earthly sanctuary. For a tent was prepared, the outer one, in which were the lamp stand and the table and the bread of the Presence; it is called the Holy Place. Behind the second curtain stood a tent called the Holy of Holies, having the golden altar of incense and the ark of the covenant covered on all sides with gold, which contained a golden urn holding the manna, and Aaron's rod that budded, and the tables of the covenant; above it were the cherubim of glory overshadowing the mercy seat. Of these things we cannot now speak in detail. These preparations having thus been made, the priests go continually into the outer tent, performing their ritual duties; but into the second only the high priest goes, and he but once a year, and not without taking blood which he offers for himself and for the errors of the people.

## 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.

## 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
- ❖ "It is said that traditional people are those who study traditional/patristic books, and this is not wrong. But truly traditional people are those who have received the Orthodox life from people who possess it and can pass it on simply and unmistakably." -- Elder Ephraim of Vatopaidi
- ❖ "In my attempts to teach prayer, I found people curious to learn about special techniques and gimmicks. It's the American way...forget cool tools. One of our greatest teachers, St Theophan the Recluse, said the essence of prayer is to stand attentively in the presence of God and to speak and to listen. We may be sure that God is trying to reach us." -- Archpriest Gabriel Rochelle
- ❖ "When Christ is your life you don't need books, you don't need treatises of theology, you don't need lectures, you don't need anything. I found the true God in prison after so many years of seminary and theology and books and Scriptures and all kinds of studies. You learn by experience because He is something to be experienced. God is alive." -- Fr. Roman Braga
- ❖ "You know, when you come to a forest, you do that to get a breath of fresh air. If you get there and see a dead animal, would you just turn around and go home?... This fresh air is like God's blessing in the church, Communion, and Confession. Sometimes people do understand that it doesn't matter that there are some sinful Orthodox people for there is Christ, after all!" -- Fr. Alexander Azarenkov
- ❖ "If you would know of the Lord's love for us, hate sin and evil thoughts, and day and night pray fervently. The Lord will then give you His grace, and you will know Him through the Holy Spirit, and after death, when you enter into paradise, there too, you will know the Lord through the Holy Spirit, as you knew Him on earth." -- St. Silouan
- ❖ "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



**SAINT HERMAN OF ALASKA ORTHODOX CHURCH**

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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).