

### **SAINTS AND FEASTS OF THE DAY**

Fifth Sunday after Pentecost & Fifth Sunday of Matthew;  
Hieromartyr Pankratios, bishop of Taormina in Sicily; Martyrs  
Andrew and Probus; Venerable Dionysios the Orator, first settler of  
Small St. Anne skete on Athos, and his disciple Venerable  
Metrophanes

### **THIS WEEK'S SERVICES**

*July 9—16*

Mon. July 10 – 9:30am: Akathist to the Mother of God, Nurturer  
of Children  
Tue. July 12 – 6:00pm: Daily Vespers  
Sat. July 15 – 6:00pm: Great Vespers  
Sun. July 16 – 9:00am: Orthros  
Sun. July 16 – 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.

### **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

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*Fifth Sunday  
after Pentecost*

*July 9, 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 Fifth Sunday after Pentecost)

*How great are Thy works, O Lord! In wisdom hast Thou made them all. Bless the Lord, O my soul.*

### **The Reading from the Epistle of St. Paul to the Romans. (10:1-10)**

Brethren, my heart's desire and prayer to God for Israel is that it may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says: Do not say in your heart, "Who will ascend into Heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

## THE GOSPEL

(For the Fifth Sunday of Matthew)

### **The Reading from the Holy Gospel according to St. Matthew. (8:28-9:1)**

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.

## 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 the Athonite
- ❖ "If you worship Christ in your heart, you can save your kinsfolk as well as yourself; if your heart worships father and mother, son and daughter, you will certainly lose both yourself and them." -- St. Nicholai of Zica
- ❖ "Glory in this life is of less significance than a spider's web, and more insubstantial than dreams; therefore lift up your mind to what is of first importance, and you will easily calm your saddened soul. He who seeks the one glory and the other cannot attain them both. It is possible to achieve both, only when we seek not both, but one: heavenly glory. Therefore, if you desire glory, seek divine, heavenly glory, and earthly glory will often follow on from it." -- St. Isidore of Pelusium
- ❖ "Taking refuge in medical science does not preclude calling upon divine aid. That is, Christians, without rejecting medical aid, must pray that God enlighten the doctors to make the correct diagnosis, to proceed to the necessary tests, and to determine the appropriate therapy." -- Father Epiphanius Theodoropoulos
- ❖ "As many times as the enemy attacks you either through passion or through sadness or despondency or despair, immediately grab the weapon of prayer, and you shall see how much it disappears and not even a trace of it remains." -- Father Philotheos Zervakos
- ❖ "Those who labor little, and build the life of their soul on sensual shallowness, build on sand, which cannot uphold anything, even in this transitory world – and even more so in eternity." -- St. Nicholai of Zica
- ❖ "Love every man in spite of his falling into sin. Never mind the sins, but remember that the foundation of the man is the same – the image of God." -- St. John of Kronstadt
- ❖ "Always remember the harsh trials of those who grieve and those who are despised (in prisons, exile, etc.), so that you might be duly grateful for your small and insignificant trials and be able to endure them with joy." -- St. Isaac the Syrian