

## THIS WEEK'S SERVICES

July 5 – July 12

Sat. July 11 – 6:00pm: Great Vespers

Sun. July 12 – 9:00am: Orthros

Sun. July 12 – 10:00am: Divine Liturgy

All services will be live streamed at our St. Herman of Alaska

Facebook Page as long as we have limits on the number of people who can attend. <https://www.facebook.com/Saint-Herman-Of-Alaska-Orthodox-Church-338375632883539/?ref=bookmarks>

## PARISH ANNOUNCEMENTS

- ❖ **NO MORE SIGN UP SHEET FOR JULY** - Services are limited to 50-60 people total between the Fellowship Hall and the church. No sign ups are necessary; just show up whenever you want to attend. However, once our buildings are full, we will ask people to watch the service on their phone in their car.
- ❖ **COFFEE HOUR** is being held outdoors.
- ❖ **CONFESSIONS** are being heard once again following Vespers.
- ❖ **LITURGICAL TEXTS** for reader services or to follow our live stream services can be found at <https://antiochian.org/liturgicday>
- ❖ **CHURCH SOFTBALL** – We have been invited to field a softball team against other churches in Wasilla. We will play July 26 at 2 & 4 pm at Meadow Lake Sports Complex. Come for an afternoon of fellowship and fun either to play with us or cheer us on!
- ❖ **FR. MATTHEW OUT OF TOWN JULY 19** – He will be serving at All Saints of North America Mission in Homer that weekend. Fr. Thaddaeus Werner will fill in for services at St. Herman Church on July 19.

# 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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*4<sup>th</sup> Sunday after  
Pentecost*

*July 5, 2020*

### A NOTE REGARDING HOLY COMMUNION

*Christ is in our midst! He is and ever shall be!*

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, then please speak with our priest.

## THE EPISTLE

(For St. Athanasius of Athos)

*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 Epistle of St. Paul to the Galatians. (5:22-6:2)**

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provocation of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

## 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.

## SAINTS AND FEASTS OF THE DAY

Venerable Athanasius of Athos, founder of the Great Lavra on Athos;  
Venerable Lampados of Irenoupolis; Hieromartyr Cyprian of Mount Athos; synaxis of the 23 martyrs of Lesvos; uncovering of relics of Sergios the wonderworker of Radonezh

## A GOOD WORD

- ❖ Have death before your eyes every day: think constantly about how you will separate from the body, how you will pass through the region of the powers of darkness who will meet you in the air, and how you will present yourself before God. Prepare yourself for the Dread Day of answering to the Judgment of God, as though you already behold it now. – St. Isaiah the Solitary
- ❖ Christ, invisible to the bodily eye, manifests Himself on earth clearly through His Church... The Church is the Body of Christ both because its parts are united to Christ through His divine mysteries and because through her Christ works in the world. – St. John of SF
- ❖ The crown of good works is love; the crown of passions is the justification of one's sins. – St. Isaiah the Solitary
- ❖ Never cease to give thanks for what you have received. Perhaps we are not rich men when it comes to money and property, but we are wealthy men in the eyes of God. He has given us many unseen gifts, eternal ones, ones that cannot be taken from us. We have been given more than we labored for. Rejoice, for God is generous and merciful. He is the God of Love, and He loves us all. – His Eminence, Metropolitan JOSEPH
- ❖ If we are unwilling to admit the specific sins in our lives, those that bring us suffering and turmoil, we cannot be freed from them by God's mercy. It is easy for us to admit in a general way that we are sinners, but are we ready to admit every situation where we have done wrong? This is hard work, and we must overcome a great deal of fear by trusting in our Lord. – Metropolitan JOSEPH
- ❖ Only our Lord Jesus Christ is strong enough to overcome sin and death. We must cling to Him by renouncing the sins we cling to out of self-justification. – His Eminence, Metropolitan JOSEPH

## CHRISTIAN EDUCATION

*CGS IS INDEFINITELY POSTPONED*

ADULT EDUCATION BOOK STUDY – Fr. Matthew will lead a book study for four weeks in July on *Race, Identity, and Reconciliation* by Nun Katherine Weston. Please order the book on Amazon if you would like to participate. *Classes will be Wednesdays from 7-8:30pm starting Wednesday July 8.* The Zoom meeting info will be sent via parish email, or you can request it at [sthermanchurch@gmail.com](mailto:sthermanchurch@gmail.com).



**SAINT HERMAN OF ALASKA ORTHODOX CHURCH**

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Reverend Matthew Howell, Pastor (907)373-5254



JULY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Jun 28</b> Transfer of Feast of Ss. Peter & Paul  9:00am Orthros 10:00am Divine Liturgy  Fast: wine & oil	<b>Jun 29</b> Ss. Peter & Paul	<b>Jun 30</b>	<b>1</b> St. Angelina of Serbia  Fast	<b>2</b> St. John Maximovitch of San Francisco	<b>3</b>	<b>4</b>   6:00pm Great Vespers
<b>5</b>  9:00am Orthros 10:00am Divine Liturgy	<b>6</b>	<b>7</b>	<b>8</b>  7:00-8:30pm Book Study on Racial Reconciliation (via Zoom)  Fast	<b>9</b>	<b>10</b>	<b>11</b>   6:00pm Great Vespers
<b>12</b>  9:00am Orthros 10:00am Divine Liturgy	<b>13</b>	<b>14</b>	<b>15</b> St. Vladimir  7:00-8:30pm Book Study on Racial Reconciliation (via Zoom)  Fast: fish, wine, & oil	<b>16</b> St. Ruth	<b>17</b> St. Marina the Great- Martyr Grand Duchess Anastasia	<b>18</b> Grand Duchess Elizabeth   6:00pm Great Vespers
<b>19</b>  9:00am Orthros 10:00am Divine Liturgy	<b>20</b> Prophet Elijah	<b>21</b>	<b>22</b> St. Mary Magdalene  7:00-8:30pm Book Study on Racial Reconciliation (via Zoom)  Fast	<b>23</b>	<b>24</b> Martyr Christina of Tyre St. Declan of Ardmore	<b>25</b> Dormition of St. Anna   6:00pm Great Vespers
<b>26</b>  9:00am Orthros 10:00am Divine Liturgy	<b>27</b> St. Panteleimon the Unmercenary Healer	<b>28</b>	<b>29</b>  7:00-8:30pm Book Study on Racial Reconciliation (via Zoom)  Fast	<b>30</b>	<b>31</b>	<b>Aug 1</b> Procession of the Cross   6:00pm Great Vespers  Fast

Confessions are heard following Vespers and by appointment.

# July Feast Days

July 1 – St. Angelina of Serbia  
Jelena Weeks

July 16 – Saint Ruth  
Mara Dittbrender

July 17 – St. Marina (Margaret), Great Martyr, of Antioch in Pisidia  
Kellie Davis

July 17 - Passion-bearer Grand Duchess Anastasia  
Anastasia Miller

July 18 – Passion-Bearer Grand Duchess Elizabeth  
Eliana Miller

July 22 – St. Mary Magdalene, Myrrh-Bearer and Equal of the Apostles  
Jolene Benson  
Maggie Arvidson

July 24 – St. Christina of Tyre the Martyr  
Christine Johnson  
Diana Truelson  
Becky Moore

July 24 – St. Declan of Ardmore  
Declan Horner

July 25 – Dormition of St. Anna, the mother of the Theotokos  
Anita Tegosiak

July 27 – St. Panteleimon the Unmercenary Healer  
Joshua Meals

Did we miss the feast of you or a loved one? Please email Fr. Matthew at [sthermanchurch@gmail.com](mailto:sthermanchurch@gmail.com) with the name and date of the saint and the person who celebrates that feast.



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

Fred Meyer is donating \$2.5 million per year to non-profits. At Saint Herman Antiochian Orthodox Church, all Fred Meyer Rewards Donations go to the Teen SOYO account. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to ***Saint Herman Antiochian Orthodox Church*** at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). You can search for us by our name or by our non-profit number (QS670).
- Then, every time you shop and use your Rewards Card, you are helping The St. Herman Youth Group 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, they are 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).