



Weekly Bulletin

Orthodox Church of the Annunciation

"The Feeding of the Five Thousand"

Troparion of the Resurrec- tion, Tone 7

By Thy Cross, Thou didst destroy death! To the thief, Thou didst open Paradise! For the myrrhbearers, Thou didst change weeping into joy! And Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy!

Troparion of Annunciation, Tone 4

Today is the beginning of our salvation, the revelation of the eternal mystery! the Son of God becomes the Son of the Virgin as Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: Rejoice, O Full of Grace, the Lord is with you.

Kontakion of Annunciation Tone 8

O Victorious Leader of triumphant hosts! We, your servants delivered from evil, sing our grateful thanks to you, O Theotokos! As you possess invincible might set us free from every calamity so that we may sing: Rejoice, O Unwedded Bride!

The 8th Sunday after Pentecost, Tone 7, July 30th, Matt. 14:14-22

On the eighth Sunday after Pentecost we read one of the gospel accounts of the multiplication of loaves (Matt. 14:14-22). With five loaves and two fishes, Jesus feeds a crowd of more than five thousand. This account throws light on the Savior's human concern and kindness: "And Jesus...saw a great multitude, and was moved with compassion toward them". It also throws light on the way men can collaborate in God's work: Jesus makes use of the disciples — and wants to use us — in distributing bread to the multitude. "He...gave the loaves to his disciples, and the disciples to the multitude." But above all, the multiplication of the loaves is the sign of a spiritual reality: Jesus is the food of our soul, the living bread come down from heaven. Nor do we speak only of the gift that Jesus makes of Himself in the Eucharist. His presence, his word, his invisible action are already a food, the true manna, of which we can say, as did the disciples in another part of the gospels: "Lord, evermore give us this bread".

In the epistle which is read at the Liturgy (1Cor.1:10-18), St. Paul speaks out against the divisions and the growth of factions which he finds in the bosom of the Christian Church. Some say they are of Paul, others of Apollos, others, still, of Cephas. But Christ is not divided, and it is not Paul — as he himself says — who was crucified for us. Let us then hold on to the attitude, "...and I of Christ", of those who did not wish to say "I am of Paul", or "I of Cephas".

Ecclesiastical groups must not be allowed to veil from us the face of Christ Jesus. We can develop our hidden life with Jesus and keep it aloof from all such theological "side-taking". The more a serious and humble work for the Church — which is the body of Christ — is blessed by Our Lord, the more any ecclesiastical "agitation" becomes dangerous to us and spiritually sterile. Paul thanks God that very few people have been baptized by him, so that they will not associate his name with the baptismal rite. And let us, too avoid linking our spiritual life to the name of anyman, or to any human institution, "lest the cross of Christ should be made of none effect."

(Taken from *The Year of Grace of the Lord*, by a monk of the Eastern Church)

Announcements and Activities

Great Vespers for Transfiguration— Saturday, at 5:30 PM

Divine Liturgy for Transfiguration— Sunday, at 10AM.

Coffee Hour— This week's Coffee Hour is being sponsored by Luci Aboud. Next week's Coffee Hour will be sponsored by Tricia and Edie. The Coffee Hours for August 6th and 13th fall withing the Dormition Fast. As they are on big feasts (Transfiguration and St. Tikhon of Zadonsk), fish, wine and oil are permitted. But no meat, eggs or dairy or items with dairy: sour cream, chocolate, etc. The fast will conclude with the celebration of the Domition Liturgy on August 15. I wish you all a good fast.

Church School/Adult Ed— summer recess until October.

August BBQ Fundraiser- Are you selling those tickets? We will need help with all aspects of the fundraiser: set up, cooking, preparing plates and, as of right now, selling tickets. I think everyone will be delighted with the food, so let's be sure to get those tickets sold. Thank you!

Pray for... Sarah, the daughter of Fr. Lawrence's godfather, health issues. **Youseff and Jimmy**— who are ill. **Jonathan**— ill. **Reposed Barbara Ranjo**. **Laure**— battling Cancer. **Paul**— ill **Ralph**-ill **Archpriest Lawrence**, from Canada, progressive eye disease. **Tsige Roman**— our beloved Tsige reposed on December 3rd. Please keep praying for her homeland of Ethiopia. **Brian**— ill.. **Jonathan**— ill. **Katia**— sister of Shkbarra's **Grace**, Heather's goddaughter. **Reposed Priest, James. Reposed Hierarchy Tikhon. Rufin**— soldier in Ukraine. **Elise**, ill. **Sally**, surgery, **Reposed Patrick, Reposed Jim, Reposed Alex; Christian**, prayers. **Chris**, reposed. **Galina**, reposed. **Patrick**, reposed. **Clint Arsenios**— reposed. **Heather Mary**— uncommon fatigue **Lou Mendez**. Battling ongoing health issues. **George and Steve**, a request from Luci. F.

From the Lives of the Saints...

THE HOLY APOSTLES SILAS, SILVANUS, CRESCENS, EPAENETUS AND ANDRONICUS

They were numbered among the Seventy Apostles. St. Silas was sent from Jerusalem to Antioch with Paul and Barnabas to settle the dispute between the faithful there regarding circumcision: namely, whether or not it was necessary to circumcise pagans when they convert to Christianity. Then pleased it the apostles and elders, with the whole Church, to send chosen men of their own company to Antioch with Paul and Barnabas; namely, Judas surnamed Barsabas, and Silas, chief men among the brethren (Acts 15:22). After this, Silas traveled with Paul throughout Asia and Macedonia, and was appointed as the bishop in Corinth, where he died peacefully.

St. Silvanus assisted both of the Chief Apostles. By Silvanus, a faithful brother unto you, as I suppose, I have written briefly, exhorting, and testifying that this is the true grace of God wherein ye stand (1 Peter 5:12); For the Son of God, Jesus Christ, Who was preached among you by us, even by me and Silvanus and Timotheus, was not yea and nay, but in him was yea (2 Corinthians 1:19). As Bishop of Thessalonica, Silvanus labored much and suffered much, until he finally exchanged this earthly life for the heavenly life. St. Crescens was a companion of the Apostle Paul and then Bishop of Galatia and a missionary in Gaul—where he died as a martyr for Christ during the reign of Emperor Trajan. For Demas hath forsaken me, having loved this present world, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia (2 Timothy 4:10). t. Epaenetus is mentioned by the Apostle Paul and was Bishop of Carthage. Salute my well beloved Epaenetus, who is the firstfruits of Achaia unto Christ (Romans 16:5).

St. Andronicus, Bishop of Pannonia, is also commemorated separately on May 17. Salute Andronicus and Junia, my kinsmen, and my fellow prisoners, who are of note among the apostles, who also were in Christ before me (Romans 16:7).

THE HOLY PRIESTLY-MARTYR VALENTINE

Valentine was the bishop of the Italian City of Interamna. He cured the brother of the Roman tribune, Frontanus, of an illness. When Cherimon, the son of the renowned philosopher Craton, took ill, Craton, taking the advice of Frontanus, summoned Bishop Valentine to Rome. Cherimon was completely contorted, and so bent over that his head was between his knees. Valentine sculdled himself in a room with Cherimon and spent the entire night in prayer. The next day he brought Cherimon out completely healed and presented him to his father. Then Craton, his entire household, and three of his disciples were baptized. Cherimon left the home of his father and went with Valentine. Abundius, the son of the Roman eparch, was also baptized then. Enraged at this, the eparch arrested Valentine and beheaded him after much torture. Three disciples of Craton: Proclus, Abibus and Apollonius, were also beheaded then. Abundius took their bodies and buried them with honor. They all suffered in the year 273 A.D. and became citizens of the Heavenly Kingdom.

THE PRIESTLY-MARTYR POLYCHRONIUS, BISHOP OF BABYLON

When Emperor Decius overran Babylon, he captured Polychronius with three presbyters, two deacons and two baptized princes, Abdon and Senin. Polychronius made no reply before the emperor and remained silent, while St. Parmenius, a presbyter, spoke on behalf of all. The emperor took the bishop and priests to Persia, to the city of Kordoba, where they were beheaded. Decius took the princes Abdon and Senin to Rome, and there they were thrown to the wild beasts, then slain by the sword. They all suffered honorably in the year 251 A.D.

Taken from, Prologue of Ochrid, by St. Nikolai Velimirovich

“There do not exist many or few, nor small or great problems. The only problem is the absence of Christ from our lives” (From the life and teachings of Elder Epiphanius Theodoropoulos)