



Weekly Bulletin

Orthodox Church of the Annunciation

The Healing of the Demoniac

Troparion of the Resurrec- tion, Tone 4

When the women disciples learned from the angel, the joyous message of Thy Resurrection. They cast away the ancestral curse and elatedly told the Apostles: death is overthrown, Christ God is risen, granting the world great mercy.

Troparion of the Annuncia- tion, 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 the Annuncia- tion, 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 5th Sunday after Pentecost Tone 4, July 28th , Matt. 8:28-9:1

The gospel for the fifth Sunday after Pentecost (Matt. 8:28-34;9:1) tells us how Jesus healed a case of diabolic possession, and how the demons entered into a herd of swine which then hurled itself into the Sea of Galilee. We have already come across this episode in the gospel for the twenty-third Sunday after Pentecost (Lu. 8:27-38)...

Let us come back to the great doctrine of justification by faith. In the epistle for today (Rom. 10:1-10), St. Paul continues to enlarge on this theme. He deplores the blindness of the Israelites who, "going about to establish their own righteousness, have not submitted themselves unto the righteousness of God". This "righteousness of God" is Christ Himself. "For Christ is the end of the Law...". Such a phrase must be correctly understood. Paul certainly does not intend to say that the content of the moral law has been abolished. Crimes that the law condemns remain crimes: the good that it commands continues to be good. But we are no longer tied by an external and institutional law, by a written text. The person of Jesus Christ has become our law. It is no longer a matter of knowing whether this or that action is prescribed or forbidden by a text, but of asking ourselves if it does or does not conform to Christ.

This new law, Christ Jesus, "the word of faith, which we preach," is not difficult to remember or to formulate: it is not a remote text, it is not even to be found somewhere outside ourselves. "The word is nigh thee, even in thy mouth, and in thy heart...if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved." Let us always remember that, unless it bears the fruits of holiness, a belief kept safe in our heart is no more than an empty formula. And let us give thanks to God that we have been delivered from multiple and burdensome outward observances: He has established us in a certain spirit, in accordance with a certain meaning. But, because the Apostle Paul is making use of a text from the Old Testament, let us read the phrase again in the original and pay attention to the last words: "But the word is very nigh unto thee, in thy mouth and in thy heart, *that thou mayest do it*". (taken from, *The Year of Grace of the Lord*, by a Monk of the Eastern Church)

From the Lives of the Saints...THE HOLY APOSTLES PROCHORUS, NICANOR, TIMON AND PARMENAS

Announcements and Activities

Great Vespers– Saturday, 5:30 PM.

Divine Liturgy – Sunday, at 10AM.

Coffee Hour– This week's Coffee Hour is our monthly potluck. As I read the Coffee Hour schedule, we were scheduled for Luci and Nicole next week, but it has been switched to read that Coffee and Bagels next week (August 4th) and Luci and Nicole on the following Sunday (August 11th).

Special Note for the Dormition Fast– The fast begins on Thursday, August 1st and ends on Thursday, August 15th. No meat, eggs, dairy or dairy by products (things with dairy in them, such as MILK chocolate, sour CRÈME, etc.) Shellfish are allowed on weekends, but not fish with a backbone. There are 3 festal weekdays when fish is allowed: August 6th (Transfiguration); August 9th (St. Herman of Alaska) and August 14th (St. Tikhon of Zadonsk). Have a profitable fast. During the fast, it is customary for Orthodox Christians to find time to make Confession– especially if it has been a while since you've come. Father Lawrence is available before and after Vespers and during the weekdays by appointment.

Church School– will begin in late September, early October.

July BBQ– Many thanks and Many Years to all who prepared for and worked at yesterday's BBQ. Special thanks to Virginia and the fundraiser committee, to Jason and his BBQ team, to Darrel for the Flyer, Elise for Social Media and for anyone else who worked in a special way for the success of this event. Special thanks to Nabil and Hapy Bistro for donation of the tri-tip meat. We expanded our reach by adding chicken this year. Blessings to all.

Consecration Committee– will meet, briefly, on Sunday, August 4th, during the Coffee Hour meal, so the choir can then do their practice.

Pray for... Sarah, the daughter of Fr. Lawrence's godfather. **Reposed**– Kalche. Eutychia's husband: **Stephen**– battling cancer. **Barbara H.** health issues. **Archbishop Benjamin**– our Vladyka, parkinsons. **Luci F.** recovering from knee procedure. Fr.'s grandson, **Christian, joint pain and problems from an inherited gene.** **Monk who is suffering from heart issues.** **Archpriest Matthew Tate**– a leader of diocese that is battling Leukemia. **Archpriest James, seizures.** **Catherine**– eye. **Philip**– special request.

All four were numbered among the Seven Deacons and the Seventy Apostles. The remaining deacons were Stephen, Philip and Nicholas. Stephen, the first martyr, is commemorated separately on December 27, and Philip on October 11. Because of his heresy, Nicholas did not enter into the ranks of the saints. The first four do not have separate days of commemoration, but are all commemorated on this day, July 28. Saint Prochorus was consecrated by the Apostle Peter as bishop of Nicomedia. For a time he was in the service of St. John the Evangelist and, on the Island of Patmos, wrote down the Book of Revelation, which he heard from the mouth of St. John. After that, he returned to Nicomedia, where he exerted much effort and labor to convert the people to the Faith. He died a martyr's death in Antioch, where he was slain by unbelievers. Saint Nicanor suffered in Jerusalem the same day as St. Stephen the Archdeacon and, soon after him, two thousand other Christians were slain by the wicked Jews. Saint Timon was a bishop in Arabia, and suffered on the cross for Christ. Saint Parmenas died before the eyes of the apostles, and was mourned and buried by them.

THE HOLY MARTYR JULIAN

During the reign of Emperor Antoninus, St. Julian crossed over from Dalmatia to Campania in Italy. He was a handsome young man, and his soul was completely devoted to the Lord. En route, he met the soldiers of the emperor, who were on their way to arrest Christians. "Peace be to you, brethren!" Julian addressed them. By such a greeting, and by the gentleness of the young man's countenance, the soldiers suspected that he was a Christian. Julian answered their questions: "I am a Christian, born in Dalmatia." Julian also openly admitted that he was traveling with the goal of converting idolaters to the One Living God. The soldiers beat him mercilessly and finally threw him into a pit, where he remained for seven days without any human sustenance. An angel of God appeared to him and gave him heavenly food. When brought to trial, Julian remained as firm in the Faith as a diamond. Witnessing his courage and steadfastness in the Faith, thirty men converted to Christ the Lord. Sentenced to death, Saint Julian knelt and lifted up his prayer to God, giving thanks to Him for his martyrdom and begging Him to have mercy on all those who would honor his memory. He was beheaded with an axe and gave up his soul to God.

THE VENERABLE PAUL OF THE MONASTERY OF XEROPOTAMOU

Paul was the son of Emperor Michael Kuropalates. Having an excellent education, rare wisdom and meekness, Procopius (as he was first called) was in his youthful years a subject of astonishment to all of Constantinople. In one of his charters, Emperor Romanus the Elder, called him "the greatest of all the philosophers." Being afraid that his soul would become proud, and desiring that it not perish because of human glory, this brilliant youth dressed in the rags of a beggar and went to Holy Mount Athos, where he received the monastic tonsure from the illustrious Saint Cosmas. After a long period of solitary monastic labor he restored the Monastery Xeropotamou, and shortly after that built the new Monastery of Saint Paul, where he died in old age. When this monastery was consecrated, Emperor Romanus sent a large portion of the Holy and Venerable Cross as a gift, which is preserved there even to this day. It is said that he preached the Holy Gospel in Macedonia and in Serbia. He endured much torment from the wicked iconoclastic Emperor Leo the Armenian, and reposed in the year 820 A.D. At the time of his death, St. Paul said to the brethren: "Behold, the hour comes that my soul has always desired, and which my body has always feared."

Taken from the Prologue of Ochrid, by St. Nikolai

"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)