



# St. Herman of Alaska Orthodox Church

A PARISH OF THE RUSSIAN ORTHODOX CHURCH OUTSIDE OF RUSSIA—EASTERN AMERICAN DIOCESE

Great Vespers & Confessions each Saturday at 6 pm - Daily Vespers & Bible Study each Wednesday at 7 pm - Divine Liturgy each Sunday at 10 am  
- 60 Clifton Chapel Lane, Stafford, Virginia 22555 - Mailing Address: P.O. Box 1295, Stafford, VA 22555- Website: www.sthermanorthodox.org

## Divine Services / Activities

### This Week: 6th Week After Pentecost

Sun. Jul. 13/June 30 ~ Synaxis of the Holy, Glorious and All-praised Twelve Apostles: Peter, Andrew, James and John the sons of Zebedee, Philip, Bartholomew, Thomas, Matthew, James the son of Alphaeus, Jude the brother of James, Simon the Zealot, Matthias

9:15 a.m. Congregational Singing Practice (all are encouraged to attend)

9:45 a.m. Reading of the Third Hour

10:00 a.m. Divine Liturgy followed by Fellowship Hour

12:30 p.m. Parish Council Meeting (all may attend)

Wed. Jul. 16/Jul. 3 ~ Holy Royal Martyrs of Russia: Tsar Nicholas II, Tsarit-sa Alexandra, Crown Prince Alexis, and Grand duchesses Olga, Tatiana, Maria, and Anastasia, and those martyred with them

7:00 p.m. Daily Vespers followed by Adult Bible Study

Sat. Jul. 19/Jul. 6 ~ Venerable Acacius of Sinai, who is mentioned in The Ladder

6:00 p.m. Great Vespers followed by Holy Confessions

Sun. Jul. 20/Jul. 7 ~ Venerable Thomas of Mt. Maleon

9:15 a.m. Congregational Singing Practice

9:45 a.m. Reading of the Third Hour

10:00 a.m. Divine Liturgy followed by Fellowship Hour

12:30 p.m. Catechumen's Class



Synaxis of the Holy, Glorious and All-praised Twelve Apostles  
July 13 / June 30

## 2014 Finances

The Parish needs \$1,416.38/week to meet budget

<u>Week</u>	<u>Amount Received</u>	<u>Difference</u>
		<u>from amount needed</u>
<b>Year-to-Date</b>	<b>\$ 39,131.66</b>	
July 6	\$ 1,906.00	+ \$ 489.62
June 29	\$ 461.00	- \$ 955.38

*Honor the Lord from your righteous labors and offer Him the first fruits from the fruits of righteousness, that your storehouses may be filled with an abundance of grain and your wine presses may gush with wine. Proverbs 3:9-10.*

## Attendance

Daily Vespers, 7/2  
~4~  
Great Vespers, 7/5  
~3~  
Divine Liturgy, 7/6  
~22~



## Prayer List

Archpriest Alexander requests that you send him the full name and general reason for intercessory prayer (such as health or illness, unemployment, family issues, military deployment to Afghanistan, etc.) for his pastoral care. Only the names of the living (and recently deceased) will be included in the prayer list in this weekly bulletin. He also requests that the faithful who have requested intercessory prayers for various persons let him know when there is no longer a specific need for prayer, so that we may keep the list current.

LIVING: Rebecca Laymon, Areti Stylianopoulos, Judith (Maria) Cook, Susan Koory, Robert Thompson, Tristan Thompson, Robert Cornwell, Mark Laymon, Kristin Blaylock, Janis Sergeant, Leonidas Stylianopoulos, Sophia Stylianopoulos, Archpriest Michael Sekela, Chad Gallagher, Emma Nicole Parkinson, Millicent Novic, Matushka Masha Potapov, Matushka Cindy Mitchell, Matushka Hannah Romeo, Matushka Sonia Resnikoff, Matushka Elizabeth (Bonnie) Opyoke, Rebekah Gribik, Lewis Gribik, Leanne Gribik, Pieter Dykhorst, Barbara Phillips, Presvytera Flora Chioros, Tom Zakielarz, Archpriest Seraphim Stephens, Maria Alexandrou, Alexandros Alexandrou, Silas Jordan, David Pelfrey, Pearle Galatas, Mark Heiser, Susan Fitzpatrick, JoAnn Bast, Paul Fitzpatrick, Elizabeth Elios, Jon Connerley, Patricia Connerley, Hieromonk Kyrill, David Laymon, Joan Laymon, Archpriest Seraphim Gan, Matushka Kathleen Webster, Jimmy Hicks, Martha Connerley, Kathy Sekela, Ana Rosado-Nazario, Noah Heitke, Smith family (mother Sandy and children: Aaron, Alyssa, and Hannah), Meriam Ibrahim, Archpriest Sergei Lukianov, Amanda Cotton, Elijah Stepanoff, Deacon Alexander Laymon, 1st LT Kayla Marquet Kerrigan, the captive Orthodox bishops from Aleppo, Syria: His Eminence Archbishop Boulos (Yazigi) and Mar Archbishop Youhanna Ibrahim

MEMORY ETERNAL: Craig Smith, Nicoletta Vastias, Agnes Berkompas, Faith Marie Rose, His Eminence Metropolitan Vladimir of Kiev

We are registered with two broadcast media weather alert systems: (1) television: WJLA-TV (channel 7) and News Channel 8, and (2) radio: WTOP radio (103.5, 103.9, 107.7 -- all FM) and WTOP.com Any closings will also be posted on the home page of our website and via email to those who have asked to be on our electronic mailing list.

**CONFESSION IS GOOD (EVEN VITAL) FOR THE BODY AND THE SOUL!**

The renowned Swiss psychiatrist Paul Tournier once wrote: "I could give very many examples, especially of patients who have come to visit me only once, . . . with the sole purpose of finding someone to whom they could confess a sin that has been weighing upon them for years. . . . The tremendous joy brought by forgiveness plays an important part in causing the medical effects [of healing]. . . In many cases I have seen a physical illness disappear overnight after the confession of a lie or an illicit love-affair." Thus even a Reformed Protestant like Tournier recognized that confession is good for the body, as well as the soul.

And we Orthodox have a special opportunity, rare in the modern world, to avail ourselves of the healing Mystery of Holy Confession at regular intervals in our own churches. A good spiritual rhythm would allow for each of us to come to Holy Confession each month, especially if one hopes to receive the Body and Blood of Our Lord at each Sunday Divine Liturgy. The timing may be extended through the practice of *oikonomia* (exception for the greater good of both the person and the community) to once every two months, but not a day longer, as our former hierarch Metropolitan Jonah permitted. It has been disappointing to me that Holy Confession is rather (shall we say?) "under-utilized" here at St. Herman of Alaska Orthodox Church.

Regular opportunities for Holy Confession here in Stafford include the following: each Saturday after Great Vespers, each Wednesday evening (or other evenings when scheduled) before Daily Vespers (that is, from 5:30 p.m. until 6:30 p.m.), Sundays during the fellowship hour after Divine Liturgy upon request, and by appointment with me at other times. Of course, a parishioner may have established a previous relation with another Orthodox priest-confessor that you wish to continue. If that is your situation, I ask only that you let me know the name of your priest-confessor, so that I can be confident that the spiritual relation is authentic and strong.

~ Archpriest Alexander



**Iconography Workshop**

During the week of September 8 we are hosting Fr. Mefodii from the Skete of St. Maximos the Confessor to lead a workshop in writing a finished icon. He is a master iconographer from the Prosopeon School of Iconology.

As in 15-16th century Russia, students will create icons using those traditional techniques and natural materials. The materials, process, and the content are rich with symbolic spiritual meanings, which will be presented before each step. Artistic ability is not necessary. Students work quietly and prayerfully so the week becomes a spiritual retreat.

For more information see the link to our workshop on our parish website, the flyer on the bulletin board in the hall, or see Matushka Joanna Laymon, the coordinator. The deadline to register is August 1st, so if you wish to attend, let her know at [sttheodosiaiconguild@yahoo.com](mailto:sttheodosiaiconguild@yahoo.com)



**Baseball on the Fourth of July**

A select group of parishioners and a guest from Aquia Episcopal Church enjoyed the 11:05 a.m. game between the Washington Nationals and Chicago Cubs in DC on July 4. Alas, the home team lost to the Cubs 7 -2, but "a good time was had by all." Middle row from right to left: altar boy Andrew Geracoulis & dad Steve, guest William Johnston, Alf Kentigern Siewers & son Nicholas (dual parishioners from Pennsylvania), Archpriest Alexander, altar boy Seraphim Rosado and dad Herman.

**Bulletin Editor Needed**

The parish is looking for someone to take over the responsibility of editing the weekly bulletin. Currently the bulletin is created in Microsoft Publisher but it could easily be done in other programs. If you can help with this important ministry please contact Reader Jason Connerley.

**Bookstore Expansion**

Over the coming months the Sisterhood will be expanding the bookstore. If you have suggestions on the type of product they should carry please contact Maria Connerley.

**Catechumens Class**

Archpriest Alexander holds classes for inquirers, pilgrims, and prospective catechumens for conversion to Holy Orthodoxy. The next class session will, God willing, be Sunday, July 20, toward the end of the fellowship hour.

Faithful Orthodox, both "cradle" and "convert," are also welcome to participate to help shepherd the seekers. For schedule, see or call the pastor: 703-297-7744.

**Reader Schedule**

July 13 ~ Adam Heitke  
July 20 ~ Reader Jason Connerley

If you are interested in assisting with the reading or becoming a tonsured reader please contact Deacon Alexander.



**Fellowship Hour**

July 13 ~ Simple Pot Luck (fruit, vegetables, pastries, cold cuts & cheeses)  
July 20 ~ Simple Pot Luck (fruit, vegetables, pastries, cold cuts & cheeses)

If anyone has any questions or is interested in hosting a particular Sunday please contact Maria Connerley.



**Prosfora**

Nancy St. Clair is currently providing the Prosfora.

If you are interested in helping to make Prosfora for the church, please contact Nancy St. Clair.

