

St. Herman of Alaska Orthodox Church

May 1st Weekly Bulletin

60 Clifton Chapel Lane, Stafford, Virginia 22555 –
Mailing Address: P.O. Box 1295, Stafford, VA 22555 –
Website: www.sthermanorthodox.org



✠ Sunday Divine Liturgy 10 a.m. ✠

✠ Saturday Catechumen Class 3 p.m. Vespers and Confessions 5 p.m. ✠

✠ Wednesday Confession, Vespers and Adult Ed. Classes 5 p.m. 6:30 p.m. and 7 p.m.

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Fellowship Hour

May 8 – Fellowship Team 2
May 15 - Fellowship Team 3
May 22 – Fellowship Team 4
May 29 - POTLUCK

If anyone would like to join a team or be put on the list of substitutes, or is interested in hosting a particular Sunday please contact Brianna Lessin.

✠ ✠ ✠

Reader Schedule

COMING SOON!

If you are interested in assisting with the reading and becoming a tonsured reader please contact Fr. Alexander Laymon.

Liturgical Services/Activities:

Wed. May 3/April 21

Hieromartyr Januarius, Bishop of Benvento
NO VESPERS OR CLASS

Sat. May 7/April 24

St. Alexis Toth, Priest of Wilkes Barre, PA (1941)
5:00 p.m. Great Vespers

Sun. May 8/April 25

Sunday of the Myrrh-Bearing Women and the Righteous Joseph of Arimathea
9:30 a.m. Hours and Divine Liturgy



**Readings for the Week of
May 1st**

Sunday 5/1

Matthew 28:16-20 (1st Matins Gospel)
Acts 5:12-20
John 20:19-31

Monday 5/2

Matthew 25:1-13 Matins Gospel
Acts 3:19-26
John 2:1-11
Galatians 3:23-29 St. Matrona
Luke 7:36-50 St. Matrona

Tuesday 5/3

Acts 4:1-10
John 3:16-21
1 Corinthians 15:39-57 Departed
John 5:24-30 Departed

Wednesday 5/4

Acts 4:13-22
John 5:17-24

Thursday 5/5

Acts 4:23-31
John 5:24-30

Friday 5/6

Luke 12:2-12 Matins, Gospel
Acts 5:1-11
John 5:30-6:2
Acts 12:1-11 St. George
John 15:17-16:2 St. George

Saturday 5/7

Acts 5:21-33
John 6:14-27

Festal Icons

St Herman is blessed to have our very own iconographer in our midst. Matushka Joanna has embarked on a journey to provide the festal icons for our church. Take a moment to look around our church and see the beautiful hand written icons she has provided. St Herman recognizes the value of her labors. The Festal Icons Fund was created to provide recompense to Matushka Joanna for these valuable additions to our church. Please consider supporting her work by making a donation to that fund. We are trying to collect \$2000 for each icon.

Closing Costs for Clifton Chapel

To complete our purchase of Clifton Chapel the parish will need to pay for legal fees, title search and surveys of the property and the road. If you would like to assist in covering these expenses, please indicate "Clifton Chapel purchase" on your gift. Funds collected in excess of these needs will be added to the Clifton Chapel improvement fund.

Lawn Mowing

Young men! We need volunteers to mow the churchyard. Please find attached the flyer in the email, and sign-up roster that will be posted in the fellowship hall. Some key points: (1) the mowing season begins April 17, 2022, and ends September 25, 2022; (2) volunteers are requested to select at least two dates; (3) volunteering for a week on the schedule indicates that mowing will be completed before that date, such that the grounds are beautified for services on the listed date; and (4) only five men covered the 19 weeks of mowing last year and Rdr. Joseph is looking to the younger men of the parish to show greater initiative.

<https://www.signupgenius.com/go/4090a4fa4a623aaf49-parish>

Church Food Pantry

We need volunteers to help stock up the church pantry! Please contact Sue @ srcasablanca@gmail.com if you would like to get involved. This endeavor would help the whole church so please consider helping out.

Baptismal Gifts

We have been so blessed to have so many baptisms! I wanted to remind you that if you need a baptismal cross, Mother Andrea has many lovely ones in her gift shop. She is acquiring Russian ones while they are still available in places.

Her gift shop is stocked full of books, icons, liturgical items, and of course, gifts! Visit her website and visit her in Rochelle, VA at the Queen of All Skete."

<https://queenofallskete.org/about-us/>

Thank You!

Thank you to Reader John, Seraphim, Tony, and Donald for cleaning and mulching the area in front of the fellowship hall, Ramius Connour for helping fix the copier, and Anna Connour for running the Easter Egg hunt.



St. Matrona of Moscow

Matrona was born in 1881 into a poor family. Blind from birth, she bore her infirmity with humility and patience, and God made her a vessel of grace. At the moment of her baptism, the priest saw a cloud above the child, which shed forth a sweet fragrance as a sign of divine favor. From the age of six or seven, she exhibited an extraordinary gift of insight, discerning sicknesses of soul and body in the many people who visited her, revealing to them their secret sins and their problems, and healing them through prayer and wise counsel. Around the age of fourteen, she made a pilgrimage to the great holy places in Russia along with a devout benefactress. When they arrived at Kronstadt to receive the blessing of St. John, they became lost in the crowd. St. John suddenly cried out, "Matrona, come here! She will be my heir, and will become the eighth pillar of Russia." At that time, no one understood the meaning of this prophecy.

When she turned seventeen, Matrona became paralyzed and was unable to walk from then on. Knowing that this was God's will, she never complained but thanked the Lord. For the rest of her life – over fifty years – she lived in a room filled with icons, sitting cross legged on her bed. With a radiant face and a quiet voice, she received all who came to seek divine consolation through her presence. She foretold the great misfortunes that were to sweep down upon the country after the Bolshevik revolution, placing her gift of insight at the service of the people of God. One day when some visitors commiserated with her about her disablement, she replied: "A day came on which God opened my eyes, and I saw the light of the sun, the stars and all that exists in the world: the rivers, the forests, the sea and the whole of creation."


In 1925 she left her village to settle in Moscow and, after her mother's death in 1945, she moved frequently, welcomed secretly into the houses of the faithful. This was because the Communists, fearing her influence among the people, wanted to arrest her. But, every time, she had advance knowledge, and when the police arrived they learned that she had moved an hour or two earlier. One day, when a policeman arrived to arrest her, she advised him to return home as quickly as possible, promising him that she would not escape. When the man arrived home, he discovered that his wife was on fire, and was just in time to take her to the hospital.


St. Matrona led an ascetic life on her bed of pain. She fasted constantly, slept little, her head resting on her chest, and her forehead was dented by the innumerable signs of the Cross that she made. Not only the Muscovites but also people from afar, of all ages and conditions, thronged around her to ask her advice and her prayers. In this way she truly became the support of afflicted people, especially during World War II. To those who came to ask her for news of their relatives in battle, she reassured some and counseled others to hold memorial services. She spoke to some directly, and to others in parables, having in view their spiritual edification and recommending them to keep the Church's laws, to marry in the Church and to regularly attend Confession and take Communion. When the sick and possessed were brought to her, she placed her hands on their heads, saying several prayers or driving the demons out with authority, always insisting that she was doing nothing of herself but that God was healing by her mediation. When asked why the Church was undergoing such great persecutions, she replied that it was because of the sins of the Christians and their lack of faith. "All the peoples who have turned away from God have disappeared from off the face of the earth," she affirmed. "Difficult times are our lot, but we Christians must choose the Cross. Christ has placed us on His sleigh, and he will take us where He will."


Having foretold the day of her death, she gave instructions for her funeral. Before falling asleep in peace on April 19, 1952, she cried out, "Come close, all of you, and tell me of your troubles as though I were alive! I'll see you, I'll hear you, and I'll come to your aid." Miracles were multiplied at her tomb and, ever since her translation to the women's monastery of the Protecting Veil of the Mother of God (March 13, 1998), the faithful who, in their thousands, line up to venerate Moscow's new protectress, turn to her icon and bring her their various problems as though St. Matrona were alive in front of them.


6 facts about


St Matrona of Moscow


 blind from birth, she bore her cross with humility and patience

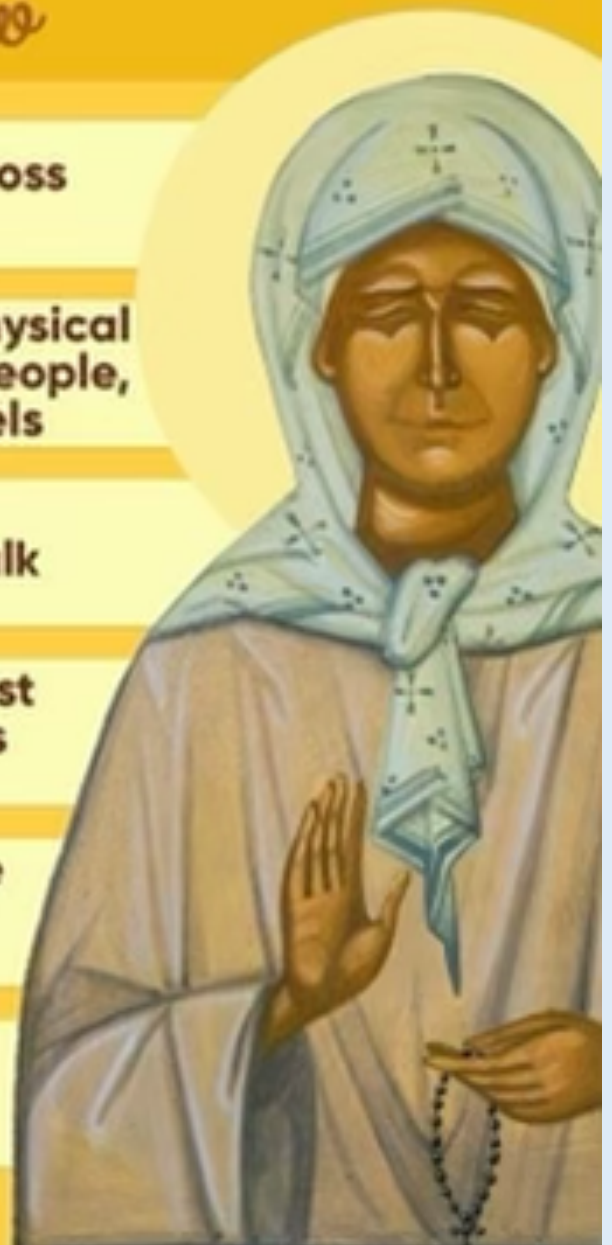
 from the age of 6 she offered physical and spiritual healing to many people, through prayer and wise counsels

 when she turned 17, she became paralyzed and was unable to walk from then on

 the Communists wanted to arrest her, but foreseeing this, she was able to move every time

 her forehead was dented by the innumerable signs of the Cross that she made

 she was the support of afflicted people, especially during World War II



Translation of the Relics of St. Nicholas Velimirovich of Ochrid and Zhicha from America to Serbia

One of the greatest preachers and teachers of the Scripture is widely regarded to be St. John Chrysostom who lived and died over 1,600 years ago. We in America especially honor the memory of a man who lived and walked among us who has been called “The New Chrysostom” or “The Serbian Chrysostom” for his gift of preaching and teaching. St. Nicholas Velimirovich was born in 1880 in the small Serbian village of Lelich to pious Serbian Orthodox parents. He grew up in a home imbued with the life of the Orthodox Faith. His parents often interrupted their farm work for daily prayer and observed and celebrated all of the fasts and feasts of the Church. His mother was often seen taking her little Nikola by the hand and walking three miles to the Chelije Monastery for prayer, Confession and Holy Communion. Later in life, St. Nicholas remembered these walks with his mother as being some of the most influential experiences of his life.

With the outbreak of World War I in 1914 the Serbian nation was in the midst of turmoil and needed a leader to help them through this crisis. Because of his education in England, St. Nicholas was sent on a diplomatic mission in order to enlist the support of the British government in aiding the Serbian people. A second diplomatic mission came in 1915, this time to New York City to rally support and aid for the Serbian nation. As the war came to an end, St. Nicholas returned home to Belgrade and became involved in the formation of the new Yugoslav state. In 1919 at the age of 39 he was elected as the bishop of the Diocese of Zhicha and later transferred to the Diocese of Ochrid and Bitola. He was responsible for the establishment of five orphanages and became affectionately known as “Deda Vladyka” (Grandfather Bishop).

During these final years in America, St. Nicholas devoted himself to teaching, preaching, and writing. He taught at the St. Sava Seminary in Libertyville, Illinois and in 1951 moved to St. Tikhon’s Monastery and Seminary in South Canaan, Pennsylvania. There he spent his final five years as professor, dean and rector of the seminary. The blessed saint fell asleep in the Lord during the night of March 17-18, 1956 in his humble room at St. Tikhon’s. He was found by one of the monks on the floor in a kneeling position. After funeral services at St. Sava Cathedral in New York, he was laid to rest at St. Sava Monastery and Seminary in Libertyville. According to his wish, in 1991 the saint’s relics were taken home to his beloved Serbia and he was glorified as a Saint by the Orthodox Church of Serbia.



The Holy Great-Martyr George

This glorious and victorious saint was born in Cappadocia, the son of wealthy and virtuous parents. His father suffered for Christ, and his mother then moved to Palestine. When George grew up he entered the military, where he attained, in his twentieth year, the rank of tribune, and as such he was in the service of the Emperor Diocletian. When Diocletian began his terrible persecution of Christians, George came before him and courageously confessed that he was a Christian. The emperor had him thrown into prison and ordered that his feet be placed in stocks and that a heavy stone be placed on his chest. After that, the emperor commanded that George be tied to a wheel, under which was a board with large nails, and he was to be rotated until his whole body became as one bloody wound. After that, they buried him in a pit with only his head showing above the ground, and there they left him for three days and three nights. Then George was given a deadly poison to drink by a magician. But through all of these sufferings, George continuously prayed to God, and God healed him instantly and saved him from death, to the great astonishment of the people. When he also resurrected a dead man through his prayers, many accepted the Christian Faith. Among these were Alexandra, the wife of the Emperor Diocletian; the chief pagan priest; the farmer Glycerius; and Valerius, Donatus and Therinus. Finally the emperor commanded that George and his own wife Alexandra be beheaded. Blessed Alexandra died on the scaffold before being beheaded, and St. George was beheaded in the year 303 A.D. The miracles which have occurred over the grave of St. George are countless. Numerous are his appearances, both in dreams and openly, to those who, from that time to today, have invoked him and implored his help. Inflamed with love for Christ the Lord, it was not difficult for this saintly George, for the sake of this love, to leave all: rank, wealth, imperial honor, his friends and the entire world. For this love, the Lord rewarded him with a wealth of unfading glory in heaven and on earth, and with eternal life in His kingdom. In addition, the Lord bestowed upon him the power and authority to assist all those in afflictions and difficulties who honor him and call upon his name.



Guard Your Heart!

"Guard your heart!" These words were spoken in the past by experienced ascetics. Father John of Kronstadt says the same thing in our days: "The heart is refined, spiritual and heavenly by nature. Guard it. Do not overburden it; do not make it earthly; be temperate to the utmost in food and drink, and in bodily pleasures in general. The heart is the temple of God. If any man defile the temple of God, him shall God destroy (1 Corinthians 3:17)." Spiritual experience in ancient times and spiritual experience in our time is identical, under the condition that the confession of faith is identical. The heavenly knowledge to which the ascetics of old attained does not differ from the heavenly knowledge to which the ascetics of today attain. For, as Christ is the same today and tomorrow, so it is with human nature. The main thing is: the human heart is the same; its thirst and its hunger are the same; and nothing is able to satisfy it but the glory, power and riches of God.

On Insults

In the course of an uprising in Constantinople during the reign of Emperor Constantine, some embittered men broke off the nose and ears of the statue of the emperor in the city. Many flatterers quickly came to the emperor and with great disgust told the emperor how rebels had broken the nose and ears from his statue, and they asked the emperor to punish the transgressors with the most severe punishment. The great emperor felt his nose and ears with his hands and said to the flatterers: "I feel that my nose and ears are whole and undamaged!" The flatterers were ashamed and withdrew. With such royal magnanimity we all need to endure insults from others. Yet let us listen with particular caution to the accusations against others that our flatterers bring to us. We should always confess before God and before ourselves that we, because of our sins, deserve even greater insults than those that are perpetrated against us.

Christ is Risen in Different Languages

Albanian: Krishti Ungjall! – Vertete Ungjall!

Arabic: Al Maseeh Qam! – Haqqan Qam!

Armenian: Christos harjav i merelotz! – Orhniale harutjun Christosi!

Byelorussian: Khristos Uvoskros! – Zaprowdu Uvoskros!

Chinese: Helisituosi fuhuole! – Queshi fuhuole!

Coptic: Pikhirstof aftonf! – Khen o methni aftonf!

Czech: Kristus vstal zmrtvy'ch! – Skutec ne vstal!

Danish: Kristus er opstanden! – Ja, sandelig opstanden!

Dutch: Christus is opgestaan! – Hij is waarlijk opgestaan!

English: Christ is Risen! – Indeed, He is Risen!

Estonian: Kristus on surnuist ülestõusnud! – Tõesti ülestõusnud!

Finnish: Kristus nousi Kuolleista! – Totisesti Nousi!

French: Christ est Ressuscité! – En Vérité, Il est Ressuscité!

Gaelic: Erid Krist! – G'deya! n erid she!

Irish Gaelic: Tá Críosa ar éirigh! – Go deimhin, tá e ar éirigh!

Scots' Gaelic: Tha Crìosa air èiridh! – Gu dearbh, tha e air èiridh!

Georgian: Kriste aghsdga! – Cheshmaritad aghsdga!

Greek: Christos Anesti! – Alithos Anesti!

Hebrew: Ha Mashiyach qam! – Ken hoo qam!

Hungarian: Krisztus feltámadt! – Valóban feltámadt!

Italian: Cristo è risorto! – È veramente risorto!

Japanese: Harisutosu Fukkatsu! – Jitsu Ni Fukkatsu!

Latin: Christus resurrexit! – Vere resurrexit!

Norwegian: Kristus er oppstanden! – Han er sannelig opstanden!

Polish: Khristus Zmartvikstau! – Zaiste Zmartvikstau!

Portuguese: Christo Ressuscitou! – Em Verdade Ressuscitou!

Romanian: Hristos a Inviat! – Adevarat a Inviat!

Russian: Khristos voskres! – Voistinu voskres!

Serbian: Hristos Vaskrese! – Vaistinu Vaskrese!

Slavonic: Christos Voskrese! – Voistinu Voskrese!

Slovak: Kristus vstal zmr'tvy'ch! – Skutoc ne vstal!

Spanish: Cristo ha resucitado! – Verdaderamente ha resucitado!

Sweedish: Kristus är upstånden! – Ja, Han är sannerligen uppstånden!

Syriac: Meshiha qam! – Bashrira qam!

Ukrainian: Kristus Voskres! – Voistinu voskres!

Welsh: Atgyfododd Crist! – Atgyfododd in wir!

2022 Finances
The Parish needs TBD/week to meet budget

<u>Week</u>	<u>Amount Received</u>	<u>Difference from amount needed</u>
April 3	\$ 4,638.19	TBD
April 10	\$ 3,186.00	TBD
April 17	\$ 3,389.00	TBD
April 24	\$ 2,227.00	TBD
Attendance @ 17 th : 160		
Attendance @ Pascha: 150		

Intercessory Prayer List

Metropolitan Jonah 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 the 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: Sarah, Emmanuel, Mark, Claudia, Katherine, Erika, Victoria, Michael, Tate, Renate, Dieter, Rebekah, Sofia, Ioannis, Anastasia, Elizabeth, Georgia, John, Elena, Alice, Matthew, Boris, Elizabeth, Davis (Columba), Moses, Emma, Kristin, Monk Sergius, Priest John, Priest David, Priest Costa, Priest Michael, Presbyteria Cindy, Priest George, Presbyteria Areti, Nun Aimiliane, Priest Charalambos, Monk Serapheim, Elizabeth, Katje, Rachel, Mandi, Clive, Claire, Rebecca, Janis, Paisley, George, Archpriest Alexander, Matushka Kathleen, Emma Nicole, Alexa Kate, Steven, Millicent, Archpriest Victor, Matushka Masha, Pdn. Patrick, Matushka Joanna, Matushka Sophia, Mother Theodora, Archpriest Alexander, James, Leonidas, Sophia, Maria, Larry, Bill, Modestos, Ephraim, Reader Moses, Jo Ann, Sarah, Paul, Brianna, Robert, Baby Nina, Charley & Alexandra, Irina & baby, Rebecca, Priest Alexander Laymon, Archpriest Michael Sekela, Fr. Filipe and his family, Irene and John, Inna and Emma, Ronin O'Neill, Anastasia and Mila, Brody (Anthony) Lessin, Sophia Stylianopoulos, Olga Petrova and the baby, Mary Zupan and Lawrence, Glen & Mich Mine, Sarah Francis, Jeanine Karam, Christina Kendrat

MEMORY ETERNAL: Anita Sanford, Roy Patrick St. Clair