

St. Herman's Orthodox Church

60 Clifton Chapel Lane, Stafford, Virginia 22555 –
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Metropolitan Jonah (Paffhausen), Rector – 214.991.0876 metjonah@gmail.com

Priest Alexander Laymon, Assistant Rector – 540.212.1855 anevsky54@gmail.com

Priest Mark Grant, Attached – 804.925.5888 frmarkgrant@gmail.com

Archpriest Alexander Webster, Retired Attached – 703.297.7744 chaplain.webster@gmail.com

Hierodeacon Mark Sanford, Deacon – sanfordm@me.com

July 30 2023 – 8th Sunday After Pentecost

Sunday: Hours and Divine Liturgy – 9:30 am

Saturday: NO Catechumen's Class Vespers and Confession – Confessions starting at 3:30 pm

Tuesday: Vigil – 6 pm

Wednesday: Confessions – 4:30 pm **Vespers** - 6:30 pm **Class and Potluck** – 7:00 pm

Meal Team 2

Commemoration of the Holy Fathers of the First Six Councils (movable holiday on Sunday closest to July 16).

Great-martyr Marina (Margaret) of Antioch in Pisidia (4th c.)

John 20:11-18 (8th Matins Gospel)

1 Corinthians 1:10-18

Matthew 14:14-22

2 Corinthians 6:1-10 Great-martyr

Luke 7:36-50 Great-martyr

Hebrews 13:7-16 Fathers

John 17:1-13 Fathers

Troparion and Kontakions:

Troparion of the Sunday, Tone VII –

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!

Hymn to the Theotokos, Tone VII –

Since you are the treasure of our resurrection, / we put our hope in you, O all-praised one. / Lead us from the abyss of transgressions, / for you have saved those guilty of sin, / O evervirgin Mother of our salvation.

Kontakion of the Sunday, Tone VII –

The dominion of death / can no longer hold men captive, / for Christ descended, shattering and destroying its powers! / Hell is bound, while the prophets rejoice and cry: /"The Savior has come to those in faith! / Enter, you faithful, into the Resurrection!

Commemoration of the Holy Fathers of the first six Ecumenical Councils, Troparion, in Tone VIII –

Most glorious art Thou, O Christ our God, Who hast established our fathers upon the earth as beacons, and hast thereby guided us all to the true Faith! O greatly Compassionate One, glory be to Thee!

Kontakion, in Tone VIII, "As the first fruits..." –

The preaching of the apostles and the dog-mas of the fathers sealed the one Faith of the Church; and clad in the robe of truth woven of theology from on high, it setteth aright and glorifieth the great mystery of piety.

Holy Greatmartyr Marina, Troparion, Tone IV —

Thy ewe-lamb Marina crieth out to Thee with a loud voice, O Jesus:/ "I love Thee, O my Bridegroom,/ and, seeking Thee, I pass through many struggles:/ I am crucified and buried with Thee in Thy baptism,/ and suffer for Thy sake, that I may reign with Thee;/ I die for Thee that I might live with Thee./ As an unblemished sacrifice accept me,/ who sacrifice myself with love for Thee// By her supplications save Thou our souls, in that Thou art merciful.

Kontakion, Tone III, "Today the Virgin..." —

Arrayed in the beauties of virginity, O Virgin Marina,/ thou wast crowned with imperishable crowns;/ and stained with the blood of thy martyrdom, O martyr,/ thou hast received the trophy of victory for thy suffering,// piously shining forth miracles of healing.

1 Corinthians 1:10 – 18

- ¹⁰ Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment.
- ¹¹ For it has been declared to me concerning you, my brethren, by those of Chloe's household, that there are contentions among you.
- ¹² Now I say this, that each of you says, "I am of Paul," or "I am of Apollos," or "I am of Cephas," or "I am of Christ."
- ¹³ Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul?
- ¹⁴ I thank God that I baptized none of you except Crispus and Gaius,
- ¹⁵ lest anyone should say that I had baptized in my own name.
- ¹⁶ Yes, I also baptized the household of Stephanas. Besides, I do not know whether I baptized any other.
- ¹⁷ For Christ did not send me to baptize, but to preach the gospel, not with wisdom of words, lest the cross of Christ should be made of no effect.
- ¹⁸ For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Matthew 14:14 – 22

- ¹⁴ And when Jesus went out He saw a great multitude; and He was moved with compassion for them, and healed their sick.
- ¹⁵ When it was evening, His disciples came to Him, saying, "This is a deserted place, and the hour is already late. Send the multitudes away, that they may go into the villages and buy themselves food."
- ¹⁶ But Jesus said to them, "They do not need to go away. You give them something to eat."
- ¹⁷ And they said to Him, "We have here only five loaves and two fish."
- ¹⁸ He said, "Bring them here to Me."
- ¹⁹ Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes.
- ²⁰ So they all ate and were filled, and they took up twelve baskets full of the fragments that remained.
- ²¹ Now those who had eaten were about five thousand men, besides women and children.
- ²² Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away.

Announcements

Food Pantry

We are now moving to a system of giftcards for food, groceries, and gas. Please contact Fr. Alexander Laymon for assistance anevsky54@gmail.com

Limited Seating

The pews around the nave are placed there primarily for pregnant women, parents with small children, the aged and infirm. If you are young and healthy please be considerate of other parishioners and allow those who need to sit down a place to do so.



SEWING GUILD

The sewing guild meets every second Saturday of the month from noon until 2:30 pm to work on pattern making and other various projects for the church. Bring your sewing machine and white thread to help with these projects. No sewing experience is required; these are learn as you go projects.

SARITHSEWS@GMAIL.COM
THOSEMILLIGANS@GMAIL.COM



FLOWER Guild



Everyone is welcome to bring flowers for the chapel. Bringing flowers is a great opportunity to show love and thanksgiving to God. You can also commemorate your saint, a special person, or a special occasion. The sign up dates are set on Sundays, but if you wish to bring the flowers the day before, that is fine. Sundays are available through December 31, 2023.

[Click Here to Sign Up](#)

1. THE HOLY FEMALE MARTYR MARINA

Marina was born in Pisidian, Antioch of pagan parents. At the age of twelve, Marina learned about the Lord Jesus Christ: how He became incarnate of the All-Pure Virgin and how He worked many miracles, suffered death on the Cross and gloriously resurrected. Her young heart became inflamed with love for the Lord and she vowed that she would never marry, and in her soul she further desired to suffer for Christ and be baptized in the blood of martyrdom. Her father hated her for her faith and did not consider her as his daughter. The imperial deputy, Olymbrius, learning from Marina that she was a Christian, at first desired that she would become his wife. When Marina refused, he ordered her to bow down before the idols. St. Marina replied: "I will neither bow down nor offer sacrifice to the breathless and dead idols, who do not recognize themselves and do not know that we honor or dishonor them. I will not give them the honor that belongs only to my Creator." Then Olymbrius subjected Marina to harsh torture, and threw her into prison, completely covered with wounds and blood. In the prison Marina prayed to God. After her prayer, the devil appeared to her in the guise of a horrible serpent that entwined itself around her head. When she made the sign of the cross, the serpent burst apart and vanished. Then she was engulfed with a heavenly light, and it seemed to her that the walls and roof of the prison vanished, and a radiant, towering cross appeared. A white dove perched atop the cross, issuing forth a voice which said: "Rejoice Marina, rational [discerning] dove of Christ, daughter of Zion in the highest, for your day of rejoicing draws near." Then, Marina was healed of all her wounds and pains by the power of God.

The demented judge tortured her the following day, both in fire and in water, but Marina endured all, as though she were in another body. Finally, he condemned her to be beheaded. Before her death, the Lord Jesus appeared to her, accompanied by angels. She was beheaded during the reign of Diocletian; but in soul and power, she has remained alive in the heavens and on earth. A hand of St. Marina reposes in the Monastery of Vatopedi on Mt. Athos. There is also a monastery dedicated to St. Marina with a portion of her miracle-working relics, located atop Mount Langa in Albania, overlooking Lake Ohrid. Countless miracles have occurred and still occur in this monastery, witnessed not only by Christians, but by many Muslims as well. So much respect did the Turks have for this holy place, that they never dared disturb either the monastery or its property. At one time a Turk was the guardian of the monastery.

2. THE VENERABLE LEONID OF USTNEDUMSK

From his youth, this Russian saint lived a spiritual life of asceticism in several monasteries: in Solovki, Mirozh and elsewhere. He then founded his own monastery along the Luza River, in the province of Vologda. He lived a strict life of asceticism, such that his soul was filled with the light of grace and the power of the Holy Spirit. A spiritual beacon, Leonid attracted many to the ascetic life. He is called of "Ustnedumsk," because once, when he was bitten by a poisonous serpent, he neither thought nor spoke about it, and he remained alive. Having pleased God, Leonid died peacefully on July 17, 1653 A.D. His relics repose in his monastery.

HYMN OF PRAISE

THE HOLY MARTYR MARINA

Saint Marina, to the Lord, prayed,
And with warm tears she strengthened her prayers;
"Lord Jesus, my God and Savior,
All who in You hope, You help.
Be near me, near to my soul,
When the unbelievers begin to destroy my body.
Be near me, O Strength of martyrs,
That, without fear and cries, I endure the torment.
Before the hungry wolves, like a sheep I stand,
As a lonely bird before many hunters,
As a poor fish snared by the net--
But, O Lord of salvation, to You I look!
My body, like a cheap sack, let them tear,
O Christ, You will I not deny;
To all corruptible pleasures, I prefer sufferings with You,
Only to Your authority, O Savior, I bow down
Conqueror of death, the devil and hades,

Your victories now, through me, repeat!
Praise be to You, my Lord and Savior,
That You help all who hope in You."

REFLECTION

Until Christ becomes all for the soul--all that has permanent and unchanging value--man cannot enter into suffering for Christ. How could St. Marina, a fifteen-year-old girl, enter into suffering for Christ? Because Christ was all to her, absolutely all! How could Saint Julitta have rejoiced on seeing her three-year-old son Cyricus dead for the Faith of Christ? Again Christ was all to her, absolutely all. Behold, how St. Tikhon of Zadonsk speaks exhaustively--in the form of a conversation between Christ and man--about how Christ can be all to man:

"Do you desire good for yourself?
Every good is in Me.
Do you desire blessedness?
Every blessedness is in Me.
Do you desire beauty?
What is more beautiful than Me?
Do you desire nobility?
What is more noble than the Son of God and the Holy Virgin?
Do you desire height?
What is higher than the Kingdom of Heaven?
Do you desire riches?
In Me are all riches.
Do you desire wisdom?
I am the Wisdom of God.
Do you desire friendship?
Who is a more loving Friend than I, Who laid down My life for all?
Do you desire help?
Who can help except Me?
Do you seek joy?
Who will rejoice without Me?
Do you seek comfort in misfortune?
Who will comfort you other than Me?
Do you seek peace?
I am the Peace of the soul.
Do you seek life?
In Me is the source of life.
Do you seek light?
I am the Light of the world" (John 8:12)

CONTEMPLATION

To contemplate the miraculous bronze serpent in the wilderness (Numbers 21):

1. How all the people would have died from the bite of the serpents, until Moses raised the bronze serpent on a pole;
2. How all who were bitten by a serpent were made whole as soon as they gazed upon the bronze serpent;
3. How the bronze serpent prefigures Christ on the Cross.

HOMILY

About the need to repeat and repeat

"Wherefore I will not be negligent to put you always in remembrance of these things, though you know them, and be established in the present truth" (2 Peter 1:12).

A plow ploughs a field. Does not the plow repeat the same task every moment? How would he plow the field, if not by plowing from morning to dusk, making furrow after furrow?

A traveler walks down a road. Does not the traveler repeat the same task every second with the same effort?
How else would he travel the road and reach his destination?

The carpenter prepares the boards in his workshop. Does not the carpenter repeat the same task with every board, with the same labor? How else would he be able to prepare the required number of boards?
Brethren, are not all of our beneficial works comprised of strands and strands of repetition? Therefore, let not the preacher of the truth become slothful, and let him not say: "I've told them, and I will not repeat it!" Let not the hearer of the truth become proud, and let him not say: "I have heard it once, and I do not need to hear it again!"

O preacher of the truth, do not be afraid to repeat and repeat: to teach repeatedly, and to remind repeatedly. Without repetition, the field is not plowed, nor the path traveled, nor the framework of the house prepared. And it is your task to plow, to lead and to prepare.

O hearer of the truth, do not become proud and say that you heard the truth once. Truth is food for the soul. You have eaten bread today, yesterday, and the day before yesterday, and for months before, and years past. And you will eat it again, so that your body will be healthy. Nourish your soul as well. Nourish it with the truth--the same truth, yesterday, today, tomorrow and until death--so that your soul may be healthy, strong and radiant.

O Lord Jesus, nourish us every day and every hour with Your truth, which is Yourself, O Jesus, sweet nourishment!

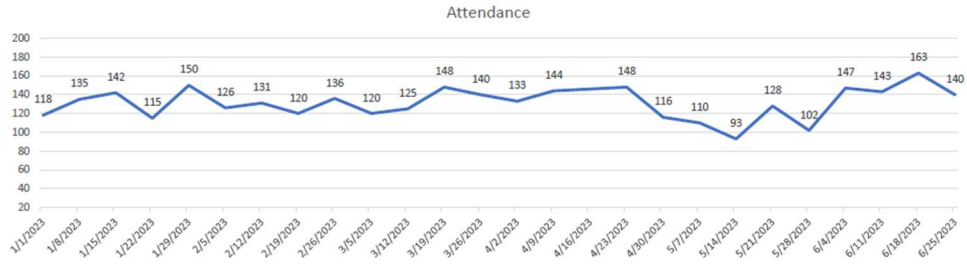
To Thee be glory and praise forever. Amen.

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.

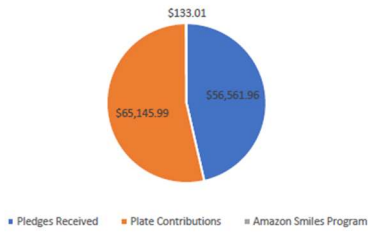
LIVING: Sarah, Emmanuel, Mark, Claudia, Katherine, Erika, Victoria, Michael, Tate, Renate, Dieter, Rebekah, Sofia, Ioannis, Anastasia, Elizabeth, Georgia, John, Elena, Alice, Matthew, Boris, Elizabeth, Davis (Columba), Moses, Emma, Kristin, Monk Sergius, Priest John, Priest David, Priest Costa, Priest Michael, Presbytera Cindy, Priest George, Presbytera Areti, Nun Aimiliane, Priest Charalambos, Monk Serapheim, Elizabeth, Katje, Rachel, Mandi, Clive, Claire, Rebecca, Janis, Paisley, George, Archpriest Alexander, 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, Sarah Francis, Jeanine Karam, Christina Kendrat, Alexa, Valentina, Victor, Maria, Max, Mark, Elena, Anna, Benedict, Fr, Mark Grant and family

MEMORY ETERNAL: Andrew Geracoulis, Maria Papademetriou

2023 Financials- Operating Fund Income



2023 Yearly Contributions



June 2023 Contribution vs. Budget Monthly Needed

