

# St. Herman's Orthodox Church

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## July 9 2023 – 5<sup>th</sup> Sunday After Pentecost

**Sunday: Hours and Divine Liturgy** – 9:30 am

**Saturday: Catechumen's Class - 3 pm Vespers and Confession** – 5 pm

**Tuesday: Vigil** – 6 pm

**Wednesday: Hours and Divine Liturgy for the Feast of Sts. Peter and Paul** – 9:30 am. **NO Vespers or Class**

### **Meal Team 2**

Appearance of the Tikhvin Icon of the Most Holy Theotokos (1383)

Venerable David of Thessalonica

**Luke 24:12-35 (5<sup>th</sup> Matins Gospel)**

**Romans 10:1-10 (Epistle)**

**Matthew 8:28-9:1 (Gospel)**

**Philippians 2:5-11 Theotokos**

**Luke 10:38-42; 11:27-28 Theotokos**

### **Troparion and Kontakions:**

#### **Troparion of the Sunday, Tone IV –**

When the women disciples of the Lord 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!

#### **Hymn to the Theotokos, Tone IV –**

The mystery of all eternity, / unknown even by angels, / through you, O Theotokos, is revealed to those  
on earth: / God incarnate, by union without confusion. / He voluntarily accepted the cross for us, / by  
which He resurrected the first-created man, / saving our souls from death.

#### **Kontakion of the Sunday, Tone IV –**

My Savior and Redeemer as God rose from the tomb and delivered the earthborn from their chains. He  
has shattered the gates of hell, and as Master, He has risen on the third day!

#### **St. David of Thessalonica, Troparion, Tone VIII –**

In thee, O father, that which was created according to the image of God was manifestly saved./ For  
accepting thy cross thou didst follow after Christ,/ and praying thou didst learn to disdain the flesh,/  
for thou didst transcend it to take care of thine immortal soul.// Wherefore, with the angels doth thy  
soul rejoice, O venerable David.

#### **Kontakion, Tone I, "The choir of the angels..." –**

An ever-blossoming garden, bearing the fruits of the virtues,/ thou didst appear in the tree of a grove,  
like a right melodious bird;/ and receiving the Lord, the tree of life, in thy heart all the more,/ and  
cultivating it like a garden, O divinely wise one,/ thou hast thereby nurtured us with grace.// Pray thou  
ever in our behalf, O most blessed David.

### **Appearance of the Tikhvin Icon of the Most Holy Theotokos, Troparion, in Tone IV —**

Today thy most precious icon hath shone forth upon us in the air like the all-radiant sun, O Mistress, illumining the world with rays of mercy; and great Russia, reverently receiving it from on high as a gift of God, glorifieth thee as the Mistress of all, O Mother of God, and joyously magnifieth Christ our God Who was born of thee. Him do thou entreat, O Lady, Queen and Theotokos, that He preserve all the cities and lands where Christians live, un-harmed by all the assaults of the enemy, and save those who with, faith worship before the all-honored image of Him and thee, O Virgin who knewest not wedlock.

### **Kontakion, in Tone VIII —**

O ye people, let us make haste to the Virgin Theotokos and Queen, giving thanks to Christ our God; and gazing with compunction at her miraculous icon, let us fall down and cry out to her: O Mary our Mistress, visiting this land in the miraculous appearance of thy precious icon, save our Orthodox hierarchs and all Christians in peace and prosperity, showing us to be inheritors of the life of heaven. For to thee do we cry with faith: Rejoice, O Virgin, salva-tion of the world!

### **Romans 10:1 – 10**

- <sup>1</sup> Brethren, my heart's desire and prayer to God for Israel is that they may be saved.
- <sup>2</sup> For I bear them witness that they have a zeal for God, but not according to knowledge.
- <sup>3</sup> For they being ignorant of God's righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness of God.
- <sup>4</sup> For Christ is the end of the law for righteousness to everyone who believes.
- <sup>5</sup> For Moses writes about the righteousness which is of the law, "The man who does those things shall live by them."
- <sup>6</sup> But the righteousness of faith speaks in this way, "Do not say in your heart, 'Who will ascend into heaven?' " (that is, to bring Christ down from above)
- <sup>7</sup> or, " 'Who will descend into the abyss?' " (that is, to bring Christ up from the dead).
- <sup>8</sup> But what does it say? "The word is near you, in your mouth and in your heart" (that is, the word of faith which we preach):
- <sup>9</sup> that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.
- <sup>10</sup> For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

### **Matthew 8:28 – 9:1**

- <sup>28</sup> When He had come to the other side, to the country of the Gergesenes, there met Him two demon-possessed men, coming out of the tombs, exceedingly fierce, so that no one could pass that way.
- <sup>29</sup> And suddenly they cried out, saying, "What have we to do with You, Jesus, You Son of God? Have You come here to torment us before the time?"
- <sup>30</sup> Now a good way off from them there was a herd of many swine feeding.
- <sup>31</sup> So the demons begged Him, saying, "If You cast us out, permit us to go away into the herd of swine."
- <sup>32</sup> And He said to them, "Go." So when they had come out, they went into the herd of swine. And suddenly the whole herd of swine ran violently down the steep place into the sea, and perished in the water.
- <sup>33</sup> Then those who kept them fled; and they went away into the city and told everything, including what had happened to the demon-possessed men.

34 And behold, the whole city came out to meet Jesus. And when they saw Him, they begged Him to depart from their region.

<sup>1</sup> So He got into a boat, crossed over, and came to His own city.

## 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](mailto: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](#)

St. Herman is kicking off a new initiative this summer which is a Family Camping Trip. It is our hope that this will become an annual event. Lucie Myrekta is the coordinator. Please get in touch with her if you are interested in participating. Her contact information is below.

- Three St. Herman families have already committed to going.
- The dates that they have made reservations for are July 18-22. However, it is fine if you can not make it for exactly those dates as long as there is some overlap.
- The camping trip will be at Lost River State Park, Mathias, West Virginia.
- Families who are interested will need to make their own reservations.
- Some financial assistance is available.
- Everyone, from babies to grandparents, is encouraged to participate.

Lucie's contact info:

mobile - (414) 477 9601

[paluki@protonmail.com](mailto:paluki@protonmail.com)



## Prolog of Ohrid, July 9/June 26

[https://www.ohrid-prolog.com/index.php?lang=en&prayer\\_date=2023-05-07](https://www.ohrid-prolog.com/index.php?lang=en&prayer_date=2023-05-07)

### Venerable David

David was born in Thessalonica. At first, he lived a life of asceticism in the proximity of Thessalonica in a hut built beneath an almond tree. Later, he continued his asceticism in Thessaly. So much did he purify himself by fasting, prayer and all-night vigils that he was made worthy to receive great grace from God. Once he took live coals in his hand, placed incense on the coals and censured the emperor without any injury to his hand. Seeing this, the emperor bowed down to the ground before him. He amazed many people by his numerous miracles.

He died peacefully and took up habitation in eternal blessedness in the year 540 A.D.

### The Feast of the Icon of Tikhvin

This icon of the Holy Birth-giver of God [the Theotokos] was first in Constantinople but in 1383 A.D., seventy years before the fall of Constantinople in 1453 A.D., it suddenly appeared in the sky near the town of Tikhvin in northern Russia. There, where it descended to the ground, a monastic community and church were established.

The icon is named after the town of Tikhvin. Countless miracles were wrought from this miraculous icon; especially many of the sick received healing from it.

### THE FEAST OF THE HOLY ICON OF THE MOTHER OF GOD, THE GUIDE [HODIGITRIA]

The Evangelist Luke himself painted [wrote] this icon on wood. The All-holy Birth-giver of God saw this icon and blessed it. St. Luke donated this icon to the statesman Theophilus for whom he wrote the Acts of the Apostles. From Antioch, this icon was later brought to Jerusalem, from Jerusalem, Empress Eudocia took it and sent it to Constantinople as a gift to the emperor's sister, the pious Pulcheria. Pulcheria placed the icon in the church of Blachernae, her own memorial church. The All-holy Birth-giver of God once appeared to two blind men and led them into the church of Blachernae before her icon and there, restored their sight. Because of this, this icon was called Hodigitria the Guide. When the army of the Persian King Chozroes and the Scythian King Kagan attacked Constantinople, Patriarch Sergius brought this icon out to the ramparts of the city and processed with it around the ramparts. The All-holy Birth-giver of God then saved the Christians from the non-Christians. The armies of the adversaries became confused, the sea became agitated, the boats sank and the enemies who remained alive fled. From that time, the commemoration of this miracle of the All-holy Birth-giver of God was instituted on the fifth Sunday of the Honorable Fast Season [Lent] by chanting the Akathist.

During the time of iconoclasm, this icon was brought to the monastery of the Pantocrator and there it was sealed in a wall and a votive light was left there to burn in front of it. As it was sealed, so it was later found.

### HYMN OF PRAISE

#### THE FEAST OF THE ICON OF THE BIRTH-GIVER OF GOD [THEOTOKOS] OF LYDDA OR OF ROME

The icon of the Mother of God of Lydda  
Patriarch Herman, a prisoner for the Faith,  
From Constantinople, sent to the Pope  
When the east suffered for icons.  
The icon upon the water set out,  
Faster than the boats that sail the sea,  
Lighter than water and of the Zypher,  
Atop the waves, water it touches not.  
For a long time, the icon in Rome remained  
Much time, many years,  
Until the iconoclastic emperors  
From battle with Christ, ceased from fatigue  
And when golden peace, the east gilded  
The icon of Lydda returned home,

Lighter than water and of the Zypher  
Atop the waves, water it touches not.  
Two capital cities [Constantinople and Rome], two martyrs,  
The power of the Birth-giver of God, recognized,  
Power most wonderful, the icon of Lydda  
That raises the dead and heals the sick.

## REFLECTION

Until his last breath ceaseless repentance is necessary for a Christian. St. Mark the Ascetic says: "Think and you will see that the mystery of devotion in the chosen ones of God was realized through repentance." Repentance, even at the hour of death! This case occurred: an old ascetic and renowned spiritual father was dying and he called for a priest to administer Holy Communion to him. Along the way a robber joined the priest and desired to see for himself how a holy man dies. The holy elder peacefully received Holy Communion and peacefully talked with the priest. The robber then wept and said: "Blessed are you! Alas, what kind of death will I be worthy of?" The holy elder suddenly became proud and responded to him: "Be as I am and it will be to you as it is to me!" The robber returned along the road weeping all the time and lamenting over himself and, at that moment, dropped dead. Then the people saw a "fool for Christ" as he weeps over the holy elder and dances and sings over the robber. When he was asked the reason for this, he replied: "By the pride of that one [the elder] he lost all merits; the repentance of this one [the robber] he reaped all the fruits."

## CONTEMPLATION

To contemplate the miraculous healing of the bent over woman: "And behold, there was a woman who for eighteen years had a sickness caused by a spirit; and she was bent over and utterly unable to look upwards" (St. Luke 13:11):

1. How the Lord placed His hands on the deformed woman and the woman straightened up;
2. How my soul is deformed as the woman and is bent over to the ground;
3. How the Lord can put His hand on my soul, i.e., His Holy Spirit and the deformity will immediately be straightened up.

## HOMILY

### About the fear of the wicked man

**"The wicked man flees although no one pursues him; but the just man, like a lion feels sure of himself" (Proverbs 28:1).**

Wicked men are even afraid of shadows; to them shadows of trees seem as an army. Wherever something rustles, the wicked man thinks; the avenger comes! The trembling of leaves, he hears as a sound of chains; he takes the voices of birds as the shout of hunters who give chase after game; he sees grass as a spy of his evil deed; water, as a witness against him; the sun, as a judge; the stars, as those who taunt him. O my brethren, how many lies are born out of fear? For fear is of sin, sin is of the devil and the devil is the father of all lies.

Fear is the first-fruit of sin. When Adam sinned, he hid from the face of God. And when God cried out, Adam said: "I heard your voice in the garden and I was afraid" (Genesis 3:10). Before sin, Adam did not know about fear; neither did he hide from the face of God but, on the contrary, always hurried to encounter God. And as soon as he sinned, he "was afraid."

"But the just man, like a lion feels sure of himself." Without sin, without fear. Without sin, without weakness. The sinless ones are powerful, very powerful and brave, very brave. The righteous ones are strong and fearless. Such are the righteous ones, only the righteous ones.

**O Sinless Lord, save us from empty fear but before that, preserve us from sin, the parent of fear.**

**To You be glory and thanks always. Amen.  
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, 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

