

St. Herman's Orthodox Church

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

Metropolitan Jonah (Paffhausen), Pastor – 214.991.0876 metjonah@gmail.com
Priest Mark Grant, Assistant Pastor – 804.925.5888 frmarkgrant@gmail.com
Priest Alexander Laymon, Assistant Pastor – 540.212.1855 anevsky54@gmail.com
Archpriest Alexander Webster, Retired Attached – 703.297.7744 chaplain.webster@gmail.com
Hierodeacon Mark Sanford, Deacon – sanfordm@me.com

June 25 2023 – 3rd Sunday After Pentecost Sunday

Sunday: Hours and Divine Liturgy – 9:30 am
Saturday: Catechumen's Class, Confession – 5 pm Vespers – 5 pm
Wednesday: Confession – 4:30 pm Vespers – 6:30 pm Adult Education Class – 7 pm

Meal Team 4

Venerable Onuphrius the Great (400)

Mark 16:9-20 (3rd Matins Gospel)

Romans 5:1-10

Matthew 6:22-33

Galatians 5:22-6:2 Venerables

Matthew 11:27-30 Venerables

Troparion and Kontakions:

New Martyrs of the Turkish Yoke, Troparion, in Tone III –

The new martyrs, who with unremitting battle have cast down the ancient deception, have exalted the Faith of the Orthodox; for, having abolished the worship of the iniquitous and professed Christ boldly, they now unceasingly entreat Him as perfect God, that He grant us great mercy.

Kontakion of the new martyrs, in Tone I –

Rejoice mystically, O Church of Christ, beholding thy children, the new martyrs, standing round about thy table in their relics, like newly planted olive shoots; and cry aloud to the Creator of all: Thou art the confirmation of the martyrs, O Christ!

Troparion of the Sunday, Tone II –

When Thou didst descend to death, O Life immortal, / Thou didst slay hell with the splendor of Thy Godhead!
/ And when from the depths Thou didst raise the dead, / all the powers of heaven cried out: / O Giver of life,
Christ our God, glory to Thee!

Hymn to the Theotokos, Tone II –

All beyond thought, all most glorious, / are your mysteries, O Theotokos. / Sealed in purity, preserved in
virginity, / you were revealed to be the true Mother who gave birth to the true God. / Entreat Him to save our
souls.

Kontakion of the Sunday, Tone II –

Hell became afraid, O Almighty Savior, / seeing the miracle of Thy Resurrection from the tomb! / The dead
arose! Creation, with Adam, beheld this and rejoiced with Thee! / And the world, O my Savior, praises Thee
forever.

Kontakion for the venerable Peter, Tone II, "Seeking the highest..." –

Having withdrawn thyself from human companionship,/ out of divine desire and love for thy Lord, O Peter,/ thou didst dwell in caves of stone and deep ravines;/ and thou didst receive a crown from Him.// Pray thou unceasingly, that we be saved.

Kontakion for the venerable Onuphrius, Tone III, "Today the Virgin..." —

Illumined by the radiance of the all-holy Spirit,/ O divinely wise one,/ thou didst forsake all the tumults of life;/ and on reaching the desert, O venerable father,/ thou didst gladden God the Creator, Who is over all things.// Wherefore, Christ, the great Bestower of gifts, doth glorify thee, O blessed one.

Sts. John, Andrew, Heraclemon, and Theophilus, hermits of Egypt, s, Troparion, Tone IV —

O God of our fathers, deal ever with us according to Thy gentleness; take not Thy mercy from us, but by their supplications direct our life in peace.

Kontakion, in Tone VIII —

Come ye, let us hymn them that were breth-ren in the flesh, yet more so in spirit: the glorious John with the faithful Heraclemon, wondrous Andrew, and Theophilus, beloved of God. For, lo! loving the cruel life of the desert, they attained unto the longed-for heavenly homeland; where, abiding now in blessedness, they pray with boldness for our souls..

Romans 5:1 - 10

- 1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,
- 2 through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God.
- 3 And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance;
- 4 and perseverance, character; and character, hope.
- 5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.
- 6 For when we were still without strength, in due time Christ died for the ungodly.
- 7 For scarcely for a righteous man will one die; yet perhaps for a good man someone would even dare to die.
- 8 But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.
- 9 Much more then, having now been justified by His blood, we shall be saved from wrath through Him.
- 10 For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

11

Matthew 6:22-33

- 22 The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.
- 23 But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!
- 24 No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.
- 25 Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?
- 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?
- 27 Which of you by worrying can add one cubit to his stature?

- ²⁸ So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;
- ²⁹ and yet I say to you that even Solomon in all his glory was not arrayed like one of these.
- ³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?
- ³¹ Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'
- ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.
- ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.
- ²² The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.
- ²³ But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!
- ²⁴ No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.
- ²⁵ Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?
- ²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

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

Come for some or come for all. Bring water, lunch, and snacks. For more info on the park and for trails and parking map, visit
<https://www.dcr.virginia.gov/state-parks/sky-meadows>
Contact: amarr1119@gmail.com

Outdoor Activity and Hiking for All Ages

Where: Sky Meadows State Park

When: Saturday, July 1st

General Schedule:

930-10am: Visitor Center and exploring Historic Area

10am: Begin hiking Corporal Morgan Trail to Children's Discovery Area (plan is to stay in this area until about 1pm for more outdoor play, food, and fun for those not wanting to go on the next hike)

1115am: Begin hiking the rest of Corporal Morgan Trail to Rolling Meadows Trail (returning again to Children's Discovery Area)

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 Fund



The Sisterhood has established a donation box to collect money to furnish flowers for our church. The box is in the narthex. Please make checks payable to the Sisterhood of the Myrrh-bearing Women.

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

18-22 JULY

ST. HERMAN'S SUMMERCAMP

LOST RIVER STATE PARK, MATHIAS, WEST VA
THE GOAL IS FELLOWSHIP - TO GIVE PEOPLE THE OPPORTUNITY TO GET TO KNOW AND ENJOY EACH OTHER. THIS WOULD BE AN EXTENSION OF WHAT WE SEE HAPPENING AT ST. HERMAN WHENEVER OUR CHURCH DOORS ARE OPEN.



1. THE VENERABLE ONUPHRIUS THE GREAT

This saintly hermit had been living in the desert for sixty full years when the monk Paphnutius visited him. His hair and beard reached to the ground and his body, due to a long period of nakedness, was covered with long hair. All his hair was white as snow and his entire appearance was brilliant, sublime and awesome. Seeing Paphnutius, Onuphrius called him by name and recounted to him his [Onuphrius's] life in the wilderness. His guardian angel had appeared to him and brought him to this place in the wilderness. For a long time he had eaten only vegetables, which could rarely be found in the wilderness. After he had endured violent combat with the temptations of the demons, and his heart had been completely strengthened in the love of God, an angel of God brought him bread for nourishment. Besides that, by the good providence of God, there grew up next to his cell a palm tree that brought forth dates abundantly, and a spring of living water began to flow there. "However," Onuphrius said: "I mostly nourish myself and quench my thirst with the sweet words of God." To Paphnutius's question as to how he received Holy Communion, the hermit answered that an angel of God brought him Holy Communion every Saturday. The next day the elder told Paphnutius that it was the day of his departure from this world; he knelt down, prayed to God and gave up his spirit unto God. At that moment Paphnutius saw a heavenly light illuminating the body of the reposed saint and heard the singing of angelic hosts. Having honorably buried the body of Onuphrius, Paphnutius returned to his monastery, that as a living witness he might narrate to others, for their benefit, the wondrous life of this man and the greatness of God's providence toward those who have completely given themselves over to the service of God. Onuphrius died in the year 400 A.D.

2. VENERABLE PETER THE ATHONITE

Peter was a Greek by birth and a soldier by profession. Once, in battle against the Arabs, Peter was captured, bound in chains, and cast into prison. Peter remained imprisoned a long time in the town of Samara on the Euphrates River, and he constantly prayed that God would free him from prison and take him to a wilderness, where he would dedicate himself completely to a life of prayerful asceticism. St. Simeon the Receiver of God, together with St. Nicholas, appeared to him in prison and touched his iron chains with his staff; they melted like wax and Peter suddenly found himself in a field outside the town. He immediately set out for Rome, where he was tonsured a monk by the pope himself at the tomb of St. Peter. After this he again departed by boat for the east. The All-Holy Birth-giver of God, along with St. Nicholas, appeared to him in a dream, and the Birth-giver of God told St. Nicholas that she had designated Mt. Athos for Peter to live on in asceticism. Up to this time Peter had never heard of Mount Athos. Disembarking therefore on the Holy Mountain, Peter settled in a cave, where he remained for fifty-three years in difficult ascetic labors, in a struggle with hunger and thirst, with heat and cold, and especially with demonic powers, until he had overcome all with the help of God. After he had endured the first temptations and had successfully passed the first difficult tests before God, an angel of God began to bring him bread every forty days.

On several occasions, the tempter--the devil--appeared to him under the guise of an angel of light, but Peter repelled him with the sign of the Cross and the name of the All-Holy Birth-giver of God. About a year before his death he was discovered by a hunter who was hunting deer around Athos, and from the mouth of the saint heard his life's story. He died in the year 734 A.D. His relics were translated to Macedonia.

3. THE VENERABLE TIMOTHY THE EGYPTIAN HERMIT

Timothy first lived a life of asceticism in the Thebaid and then withdrew into the wilderness, where he lived for thirty years. Having pleasing God, he died peacefully.

4. THE VENERABLE BASSIAN AND JONAH

Bassian and Jonah were monks of the Solovki Monastery. They drowned and were washed ashore in the year 1651 A.D. Over their graves a sign appeared, and because of this a church was built. The Petrominsk Monastery was subsequently established there. Once, when Tsar Peter the Great was saved from a tempest, he remained there for three days, made a cross, and erected it on the shore.

HYMN OF PRAISE

THE VENERABLE PETER THE ATHONITE

Saint Peter in the fearful wilderness
Of all earthly riches was deprived,
But through tearful prayer he overcame
All the rich illusions of the devil.
His heart he bridled and to God raised it;
His mind he set upright and to heaven uplifted it.
Immobile as a rock among the cliffs,
Wearied by hunger and all-night vigils,
He directed himself toward every good,
As a fleshless one in earthly flesh.
On Mt. Athos, for half a century,
In prayer he spoke only with God.
From age he turned as white as snow;
No man he saw, nor did he desire to.
To him God revealed the window of heaven;
Countless miracles he saw,
The Mother of God and God's angels,
And the all-wonderful saints of God.
To him the Lord an angel sent
Who gave him Holy Communion from heaven,
Until Peter made himself a spiritual giant,
A city on a high mountain,
To be a teacher throughout the ages,
To the holy monks, a wonderful example.

REFLECTION

Great and wonderful is the Mystery [Sacrament] of Holy Communion. Even anchorites [recluses] and hermits craved for nothing so much as to be given the possibility to receive Holy Communion. St. Mary of Egypt begged St. Zosimas

to bring her the Holy Mysteries by the Jordan and commune her. Returning from visiting St. Onuphrius, the Venerable Paphnutius found a humble community of four young ascetics in the desert. When Paphnutius asked them whether and how they received Holy Communion, they replied that an angel of God visited them every Saturday and Sunday and gave them Holy Communion. Paphnutius remained until the following Saturday and was personally convinced. When Saturday dawned the entire community was filled with an indescribable, wonderful fragrance, and while they were at prayer, an angel of God in the form of a handsome young man, as bright as lightning, appeared with the All-pure Mysteries. Paphnutius became frightened and fell to the ground in fear. But they raised him up and brought him to the angel, so that he, along with them, received Communion from the hand of the angel. According to his own testimony, St. Onuphrius received Holy Communion from the hand of an angel, as did many other anchorites and hermits. Therefore, it is completely erroneous to think that solitaries and hermits did not receive Holy Communion. God, Who provided for their bodily nourishment, did not leave them without the Life-giving nourishment of the Body and Blood of Christ the Lord.

CONTEMPLATION

To contemplate the miraculous multiplying of the bread in the wilderness: And when it was evening, his disciples came to Him saying: This is a desert place, and the time is now past; send the multitude away that they may go into the villages, and buy themselves victuals (St. Matthew 14:15):

1. How the Lord fed five thousand people with the five blessed loaves;
2. How He is that Living Bread Who alone can miraculously feed my hungry soul, which all the rest of the world together cannot feed.

HOMILY

About the palace and the hut

"The house of the wicked shall be overthrown but the hut of the righteous shall flourish" (Proverbs 14:11).

The palace of Herod lies in ruins, but the cave of the Child of Bethlehem remains. The crowns of the caesars have been lost, but the bones of the martyrs have been preserved. The palaces of the pagan kings have been transformed into piles of stone and dust, but the caves of the ascetics have grown into most beautiful churches. The golden idols have been scattered into nothing, but the chains of the Apostle Peter are preserved as a holy relic. The powerful Roman Empire is now only a tale of the dead, while the hut of Christianity, the Holy Church, is today the most powerful realm in the world. Where are the Jews, the murderers of God? They are dispersed throughout the world. Where are the powerful Romans? In the grave. Where is the power of bloody Nero? Where is the power of the evil Diocletian and the depraved Maximian? Where is the success of Julian the Apostate? Where are those high towers? They are where the tower of Babel is--beneath dust and ashes, beneath shame and damnation.

Go about your own city and inquire how many homes of the godless are excavated? How many huts of the righteous have grown into beautiful houses? Brethren, heaven and earth are founded on justice, on God's steadfast justice. That is why all the pagan creations are like arrogant bubbles, which burst and are trampled on by passers-by. The palaces of the pharaohs and the Babylonians are like trampled bubbles, while the tent of the righteous Abraham flourishes and blossoms in eternity. O my brethren, how all-powerful and long lasting is justice, and how noisy and transient is injustice, like a storm on a summer's day!

O Righteous Lord, how magnificent and consistent You are in the exercise of Your justice.

To Thee be glory and praise forever. 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, Presbyteria Cindy, Priest George, Presbyteria 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

