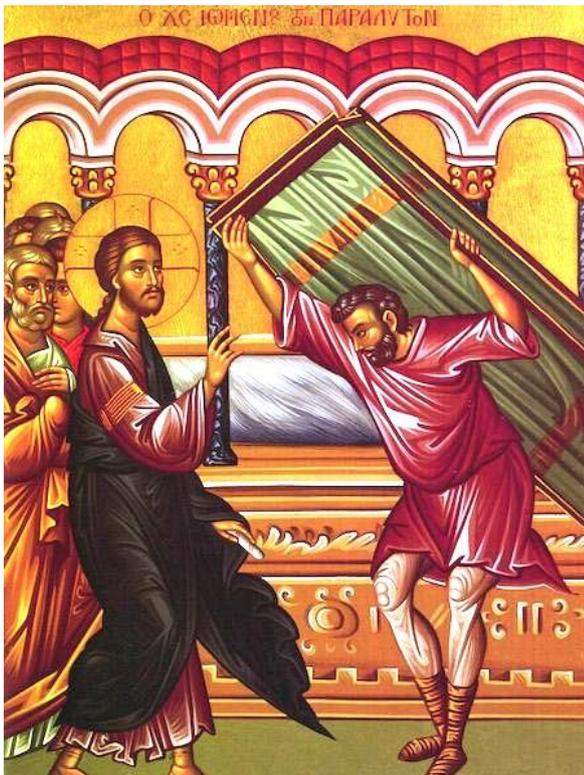




PARISH BULLETIN

HOLY ARCHANGHEL MICHAEL'S ROMANIAN ORTHODOX CHURCH

No. 171/28 July 2019



Sixth Sunday after Pentecost

Resurrectional Apolytikion. Mode Pl. 1.

Let us worship the Word, Who is unoriginate with the Father and the Spirit, and from a virgin was born for our salvation, O believers, and let us sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection.

Seasonal Kontakion. Grave Mode.

On the mount Thou wast transfigured, and Thy disciples, as much as they could bear, beheld Thy glory, O Christ our God; that when they should see Thee crucified, they would Thy Passion to be willing, and would preach to the world that Thou, in truth, art the Effulgence of the Father.

Prokeimenon. Mode Pl. 1. Psalm 11.

You shall guard us, O Lord; You shall preserve us.

Verse: Save me, O Lord, for the holy man has ceased.

The reading is from St. Paul's Letter to the Romans 12:6-14

Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is

good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.



The Gospel According to Matthew 9:1-8

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were

afraid, and they glorified God, who had given such authority to men.



Word of the week – Reflection For the Dormition Fast

A man named John was defeated and he became a thief. He became the captain of a band of one hundred thieves, but he had great reverence for the Theotokos. Each morning and evening he read the service of Supplication to the Theotokos.

Wishing to save him because of the great reverence he had for the Theotokos, the gracious God sent a holy monk who was immediately captured by the thieves.

The monk said to them: "I beg you to take me to your captain because I have something to tell you for your own good."

They took him to the captain and he said: "Ask all the men to come so that I can tell you something."

The captain called them and they came. The monk said: "Aren't there any more?"

"I have a cook," the captain replied.

"Ask him to come." But when he came, the cook was unable to look at the monk and turned his face aside.

The monk then said to the cook: "In the name of our Lord Jesus Christ I command you to tell me who you are, who sent you, and what you are doing here."

The cook replied and said: "I'm a liar and I always speak falsely. But since you have bound me with the name of Christ, I can't but tell you the truth. I'm the devil and I was sent by my superior to work

for the captain and to wait for the day when he wouldn't read the service of Supplication to the Theotokos to put him into hell. I have been watching him now for fourteen years and I have never found a day when he hasn't read the service."

The monk said: "I command you in the name of the Holy Trinity to disappear and no longer tempt Christians." And immediately the devil disappeared like smoke.

The monk then taught the thieves. Some became monks, others married and did good works and were saved. This is why I advise you all, men and women, to learn the service of Supplication and to use it in your prayers. And if you wish, take the book *The Salvation of Sinners*, which contains the seventy miracles of the Theotokos, of which I told you one so that you might understand.

- *St. Kosmas Aitolos*

The spiritual fast is closely united with the bodily, just as our soul is united with the body, penetrates it, enlivens it, and makes one united whole with it, as the soul and body make one living human being. Therefore, in fasting bodily we must at the same time fast spiritually: "Brothers, in fasting bodily let us also fast spiritually, severing all union with unrighteousness," the Holy Church enjoins us.

The main thing in fasting bodily is restraint from abundant, tasty and sweet foods; the main thing in fasting spiritually is restraint from passionate, sinful movements that indulge our sensual inclinations and vices. The former is renunciation of the more nourishing

foods for fasting food, which is less nourishing; the latter is the renunciation of our favorite sins for exercise in the virtues which oppose them.

The essence of the fast is expressed in the following Church hymn: "If you fast from food, my soul, but are not purified of the passions, in vain do we comfort ourselves by not eating. For if the fast does not bring correction, then it will be hateful to God as false, and you will be like unto the evil demons, who never eat."

The Great Fast and the Dormition Fast are particularly strict with regard to entertainment — in Imperial Russia even civil law forbade public masquerades and shows during these fasts.

- *Moscow Patriarchate*

The fast in August was established in honor of the Mother of God the Word; who, foreknowing her repose, ascetically labored and fasted for us as always, although she was holy and immaculate, and had no need for fasting. Thus, she especially prayed for us in preparation for being transported from this life to the future life, when her blessed soul would be united through the Divine Spirit with her Son. Therefore, we also should fast and praise her, emulating her life, urging her thereby to pray for us. Some, by the way, say that this fast was instituted on the occasion of two feasts — the Transfiguration and the Dormition. I also consider it necessary to remember these two feasts — one which gives us light, and the other which is merciful to us and intercedes for us.

- *St. Symeon of Thessaloniki*



Liturgical Schedule for this week

Wednesday <i>July 31</i>	6:00 pm	Paraklesis
Thursday <i>August 1</i>	6:00 pm	Paraklesis
Friday <i>August 2</i>	6:00 pm	Paraklesis
Saturday <i>August 3</i>	9:00 am 5:00 pm	Divine Liturgy & Memorial Vespers
Sunday <i>August 4</i>	8:30 am 9:30 am	Matins Divine Liturgy



Announcements:

- **The Dormition Fast (August 1st-15th)** begins Thursday. Abstain from meat and dairy. Fish is permitted on the feast of the Transfiguration (August 6th). See the calendar for oil and seafood restrictions.
- **Thanks** to everyone who has helped and participated in the Festival this year! May our Lord and Savior bless all of your effort, sacrifice, work and love.

