

# St Michael's Orthodox Church

*A parish of the Orthodox Church in America, Diocese of Eastern Pennsylvania*

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## June 30, 2024: 1<sup>st</sup> Sunday After Pentecost: All Saints

*MANY YEARS to our Protodeacon Gabriel, who celebrates 34 years in the Holy Diaconate on July 1.*

### Schedule of Services

Saturday, June 29, 6:30 p.m. – Great Vespers with Confessions.

Sunday, June 30, 9:30 a.m. – Divine Liturgy & Fellowship.

Saturday, July 6, 6:30 p.m. – NO VESPERS

Sunday, July 7, 9:30 a.m. – Divine Liturgy & Fellowship. *All Saints of North America*

*Coffee Hour is offered by:*

June 30: Ruthie Lasichak & Roxanne Neutts

July 7: Vickie Kravitsky & Charette Radionoff

July 14: Susan Schlasta & Deborah Bernosky

July 21: Millie Telep & Mat. Alexandra

### Announcements

- **Sunday June 30 is the FOCA Day at Knoebel's Amusement Park!** (Fellowship of Orthodox Christians in America) *Everyone* from Orthodox parishes in the area are invited. \$5/person for dinner, served at 6pm.
- We will begin a collection today to build up a fund for a **community dinner** sometime in the Fall, offered freely to anyone who needs a meal. These donations will determine the feasibility and support for such a project.

### Hymns of the Day

*Resurrection (Tone 8)*

Thou didst descend from on high, O Merciful One! / Thou didst accept the three-day burial to free us from our sufferings! // O Lord, our Life and Resurrection, glory to Thee!

*For All Saints (Tone 8)*

As with fine porphyry and royal purple, / Thy Church has been adorned with Thy martyrs' blood shed throughout all the world. / She cries to Thee, O Christ God: / "Send down Thy bounties on Thy people, // grant peace to Thy habitation and great mercy to our souls!"

*For All Saints (Tone 8)*

The universe offers Thee the God-bearing Martyrs / as the first fruits of creation, O Lord and Creator. / By their prayers keep Thy Church, Thy habitation, in abiding peace // through the Theotokos, O most Merciful One!

### *The Gifts of the Holy Spirit*

**Spiritual gifts** are for the benefit of the Church; they are given **not for the individual's sake, but for the common good of the community**. The Holy Spirit distributes the gifts as He wills, according to **the needs of the Church...** Every gift from the Holy Spirit is intended **to build up the Church and strengthen faith**. They should not be used for personal gain or self-glorification, but to **serve the community and fortify faith...**

The Holy Spirit is the main agent in the life of the Church. He **grants** us the power to serve, **teaches** us the truth, and **guides** us in the way of righteousness. Every **successful** ministry in the Church is due to the work of the Holy Spirit... Just as one body has many members, each with its own function, so **the Church has multiple gifts**, each serving a specific **purpose** and complementing the other gifts...

– St John Chrysostom

## Today's Scripture

*Epistle: Hebrews 11:33-12:2*

*Brethren:* By faith, the Saints subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the enemies. Women received their dead raised to life again. And others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of cruel mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn asunder, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented; of whom the world was not worthy. They wandered in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a good report through faith, did not receive the promise. God having provided something better for us, that they should not be made perfect without us.

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with patience the race that is set before us, looking unto Jesus, the Author and Finisher of our faith.

*Gospel: Matthew 10:32-33, 37-38; 19:27-30*

*The Lord said to his disciples,* "Every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny before my Father who is in heaven.

"He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me."

Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or wife or children or lands, for my name's sake, will receive a hundred-fold, and inherit eternal life. But many that are first will be last, and the last first."

### In your prayers...

*Especially pray for:* Debbie Bernosky, recovering at home from illness. *The ill and the afflicted:* Fr Michael Evans, Fr Joseph Chupek, Fr Peter Telencio, Fr Gregory White, Fr John Sorochka, Fr Michael Shepherd, Pdn. Gabriel Petorak, Peter Senio, Gregory Hansen, Olga Krutz, Maryanne Krisa, Michael Krisa, Barbara Mosley, Mary Ann Serafini, Alexis Meholic, Tom Shaw, Marilyn Petorak, Sandy Gillott. *Those who are alone or confined:* Eileen Dance, John Drutarosky, Theresa Krenitsky, Nicholas Mattise, Barbara Palubniak, Peggy Petrilak, Peter Senio, Jerry & Marilyn Soroka, Paul Kostiak, Dolores Brophy, Paul & Barbara Mosley, Adam & Mary Ann Serafini.

*The newly-departed* Mat. Paula Soucek; Audrey Matthews. *Also remember the departed:* Paul Zrowka (6/30/1987), Anastasia Sloat (6/30/2015), Pdn. Gregory Hatrak (7/1/2017), Justine Mattise (7/1/1986), Michael Petorak (7/1/1996), John Mikowich (7/3/1990), Stephen Jubinski (7/4/1973), Eugene Keklock (7/5/2008), Kuzma Leschak, Sr (7/5/1948), Julia Meholic (7/5/1983).

While physical fatigue may be alleviated by a good night sleep; even that sleep flees from us in face of anxiety, depression, and the stress of a thousand problems waiting for resolution. Behaviorists will rightly point out that diet, proper exercise, and recreation can help us get more balanced, but **unless we deal with the inner causes** of our condition, **we will never really be free**, nor able to positively influence our condition. *What, then, can we do?*

To the fearful and sorrowing, to those "troubled about many things" (Luke 10:41), to those "that labour and are heavy laden," (Matthew 11:28), there is Someone who can "satisfy the weary soul and replenish the sorrowful soul" (Jeremiah 31:25), and ultimately "give us rest" (Matthew 11:28). There is one Person who can change our inner state and give us the freedom we desire and that Person is Christ.

Rather than focusing on what is causing fatigue, stress, and cognitive overload that does not allow us to remain in control; the Church Fathers suggest focusing on Christ and letting Him have control over our hearts, bringing us rest, the assurance of His care, and trust that He will take care of our tomorrow if we give Him our today. And one simple, yet powerful, way to do this is through the practice of the Jesus Prayer.

– Bishop Alexis of Sitka and Alaska