

**St. Michael Antiochian Orthodox Church of the San Fernando Valley**  
**a Parish of the Antiochian Orthodox Christian Archdiocese of North America**  
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## The Sixth Sunday after Pentecost and The Sixth Sunday of Matthew

The Great Martyr Procopius of Caesarea in Palestine

The New-martyrs Theophanes and Anastasios of Constantinople; Venerable Theophilus the Myrrh-streaming of St. Basil Kelli on Athos; Procopius of Ustug, Fool-for-Christ

Sunday, July 8, 2018

Tone 5; Eothinon 6

Apolytikion for the Resurrection (Tone 5)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

Apolytikion of St. Procopius the Great-Martyr (Tone 4)

Thy Martyr, O Lord, in his courageous contest for Thee \* received as the prize the crowns of incorruption and life from Thee, our immortal God. \* For since he possessed Thy strength, he cast down the tyrants \* and wholly destroyed the demons' strengthless presumption. \* O Christ God, by his prayers, save our souls, since Thou art merciful.

Apolytikion for our Patron, Michael the Archangel (Tone 2)

O ye foremost of the heavenly hosts, we beseech thee, though we are unworthy, pray that we may be encompassed with a shadow of thine unearthly glory; preserving us who kneel and cry endlessly: Deliver us from oppression since ye are the prince of the highest powers.

Kontakion of the Feast of the Transfiguration (Tone 7)

Thou was transfigured on the Mount and Thy Disciples insofar as they were able beheld Thy glory, O Christ our God, so that when they should see Thee crucified they would remember that Thy suffering was voluntary and could declare to all the world that Thou art the radiant splendor of the Father.

Daily Readings

THE EPISTLE (for the Sixth Sunday after Pentecost)

Thou, O Lord, wilt preserve us and keep us from this generation.  
Save me, O Lord, for the Godly man hath disappeared.

### The Reading from the Epistle of St. Paul 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, and 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 (for the Sixth Sunday of Matthew)

The Reading of the Holy Gospel is according to St. Matthew (9:1-8)

At that time, Jesus got into a boat, 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 marveled, and they glorified God, Who had given such authority to men.

#### **A Note Regarding Holy Communion**

Since we understand Communion to mean that we have all things in common, sharing an identical Faith, *only* those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and recent Confession may participate in Holy Communion. (We invite all, however, to partake of the blessed bread which is distributed at the dismissal.) Please see the Pastor for inquiries on how to become a member.

## The Synaxarion

On July 8 in the Holy Orthodox Church we commemorate the holy Great-Martyr Procopius and those beheaded with him: Saint Theodosia, his mother; the Twelve Women of senatorial rank; Saints Antiochus and Nicostratus the Tribunes; and Abdas and Sabbas the prison guards.

### Verses

Meet it was that Procopius, his neck bending should say: Cut; I will not  
sacrifice to error. On the eighth they cut the heads off of  
swift-smiting Procopius and companions.

Procopius was born “Neanias” of a Christian father, Christopher, and a pagan mother, Theodosia, who raised him a pagan. When Neanias matured, Emperor Diocletian brought him to his palace for military service. Diocletian ordered Neanias to go to Alexandria with a garrison of soldiers to exterminate the Christians. But, while on the road, the Lord appeared to Neanias. A glowing cross as if of crystal appeared in the air and there came a voice saying: “I am Jesus, the crucified Son of God. By this sign that you saw, conquer your enemies and My peace will be with you.” Neanias made the same kind of cross and instead of going against the Christians in Alexandria he, with his soldiers, went to Jerusalem. Being brought before the court, Neanias removed his commander’s belt and sword and tossed them before the judge, thereby showing that he is only a soldier of Christ the King. After great tortures he was cast into prison where the Lord Christ, again, appeared to him, baptized him and gave him the name Procopius. One day twelve women of senatorial rank appeared before his prison window and said to him: “We also are servants of Christ.” Then they were thrown into the same prison where Procopius taught them the Faith of Christ and martyrdom. For that reason, in the Orthodox marriage ritual, Procopius is mentioned along with the God-crowned Emperor Constantine and Empress Helena. Witnessing their suffering and bravery, the mother of Procopius also believed in Christ and all thirteen women were martyred, along with four other men. Procopius honorably suffered in Caesarea in Palestine and was crowned with the glorious wreath of immortality on July 8, 303.

On this day, we also commemorate the New-martyrs Theophanes and Anastasios of Constantinople; Venerable Theophilus the myrrh-streaming of St. Basil Kelli on Athos; and Procopius of Ustug, fool-for-Christ. By their intercessions, O God, have mercy on us. Amen.

## OFFERINGS

The Holy Bread is being offered this morning by the Jurado, Namay and Ortega families in cherished memory of our beloved Loretta Namay-Jurado (+2 July, 2016) and Wedad Skaff-Namay (+9 July, 2011). Memory eternal.

The Holy Bread is also being offered by the O'Dea family in remembrance of their beloved father, grandfather and husband: Rev. Thomas O'Dea (+10 July 2011). Prayers are offered for God's healing of Teresa Chala; sister, aunt, and great aunt, celebrating her 75th birthday; also asking God to continue to bless and protect Father Timothy, celebrating another birthday. Many years! And for God's continued blessings on the Chala and O'Dea family.

Special offerings and requests for prayer are being made . . .

for the healing and continued health of Frank Boyer.

for the healing and continued health of Emile Skaff.

for the healing and continued health of Ron Zraick.

### LITURGICAL CALENDAR

Sunday of the Holy Fathers of the Fourth Ecumenical Council

Great Vespers – Saturday, July 14<sup>th</sup>, 5 p.m.

Orthros – Sunday, July 15<sup>th</sup>, 8:45 a.m., Divine Liturgy, 10 a.m.

Feast of the Holy Prophet Elias - Friday, July 20

### ANNOUNCEMENTS

Upcoming Events (see the foyer bulletin board for more information)

Parish Council Meeting - Monday, July 16; Conference Room

Antiochian Archdiocese Biennial Clergy Symposium, July 16-20  
at the Antiochian Village (Bolivar, Pennsylvania)

St. Nicholas Summer Camp Session I - July 15-21, 2018;  
Session II - July 22-28, 2018; Session III - July 29 to August 4, 2018

Dormition Fast - Wednesday, August 1 to Tuesday August 14, 2018  
The Feast of the Transfiguration - Monday, August 6

Vesperal Liturgy for the Feast of the Dormition - Tuesday, August 14  
Feast of the Holy Dormition - Wednesday, August 15

Orthodox Young Professionals Conference, August 16-19  
Denver, Colorado; [www.oypc.org](http://www.oypc.org)

Church School Registration - September 2, 9, 2018  
Church School Awards Presentation Coffee Hour - September 9, 2018  
Start of Church School Classes - September 16, 2018

St. Mark (Irvine) Annual Fundraiser - Saturday, September 22  
San Juan Golf Club; dinner, entertainment and silent auction.

### Additional Parking

We are now able to park along Vanowen Street immediately in front of our church property. The "No Parking at Any Time" signs have been removed. Additional parking is also available in the neighborhood outside of the north gate of our church property.

**Note to Coffee Hour hosts: coffee and paper goods will be provided each week.**

#### **Holy Bread Offering List**

Jul 08 - the Jurado, Namay and  
Ortega families  
Jul 15 - the Deeb, Kouri and Najjar  
families  
Jul 22 - open  
Jul 29 - open  
Aug 05 - open  
Aug 12 - open

#### **Coffee Hour Hosts Calendar**

Jul 08 - Ned Toomey  
Jul 15 - the Deeb, Kouri and Najjar  
families  
Jul 22 - Sharon & Nabeel Abughazaleh  
Jul 29 - "Peanut Butter Sunday"  
Aug 05 - open  
Aug 12 - open

Please contact Father Timothy (818/219-3761; [pastor@stmichaelvannuys.org](mailto:pastor@stmichaelvannuys.org)) to sign-up to offer Holy Bread for any of the open upcoming Sundays. Contact Cindy Tamoush at: (818-345-4363; [famtam5@socal.rr.com](mailto:famtam5@socal.rr.com)) to host the Coffee Hour.

**NOTE**

At the end of the Liturgy during the veneration of the cross, please refrain from speaking loudly and keep all conversation to a minimum in order that the prayers read after Holy Communion may be heard by everyone in the church.

Pastor's Sermon  
**The Sixth Sunday after Pentecost**

By V. Rev. Timothy Baclig

July 8, 2018

Today's Gospel lesson is an illustration of how God honors the faith that we exercise on behalf of others. The lesson also demonstrates Christ's authority to heal sufferings with the forgiveness of his sins.

As I am sure you already know, we are in a fasting period (August 1-14) dedicated to the Virgin Mother of God (the *Theotokos*). It concludes with the memorial or "Dormition" of the Theotokos, also called the "Feast of the Assumption." Each evening during the Fast our church traditionally holds an intercessory prayer service called *Paraklesis* [pah-RAH-ke-sis] on behalf of those who are in need of aid and help for health and support through trials and difficulties (see Liturgical Calendar for dates of scheduled services).

The word "intercession" and phrase "through the intercessions..." is often used in our services and pertain to the role that the Virgin mother and the saints have in prayer for us. The word intercession is distinct from the words: prayer or supplication.

Who is an intercessor? The Holy Theotokos ("The Mother of God"). There are myriads of intercessors which also include saints. They are intercessors, who pray on behalf of others; whose lives are testimony to the victory and triumph of the Cross some of whom have received the crowns of Holy Martyrdom. All of us need more than prayers, we need intercessors: persons who have "fought the good fight;" our advocates and mediators; whose triumph is victorious because of the One who has overcome all for us: our Lord God and Saviour, Jesus Christ.

The paralyzed man spoken about in today's Gospel, who lay on a mat, was brought to Jesus by some men of faith. In a commentary on today's lesson, St. Cyril of Alexandria stated: "What then does the Lord do? Having seen *their* faith—not that of the paralytic, but of [those who carried the man]; for it is possible for one to be healed by the faith of others . . . [Those who brought him to the Lord] believed, and the [paralyzed man] enjoyed the blessing of the cure."

Everyone needs someone at various times of one's life. A child is not able to live without nurturing and good parenting. A Godparent's responsibility is mentoring. A *cumbaro* and *cumbara*... stand as sponsors (like Godparents) to a bride and groom. A good employee does not become a good employee nor does one become a good business owner without being trained by people with experience. A student may not find a classroom experience enough and parents may seek the help of a tutor. And a senior member in a family is not without need once life becomes more difficult and physical disabilities increase. Today, we've developed the profession of being a "caregiver" for our elderly.

Aside from the fact that the paralytic in today's gospel was unable to make his way into the place where Jesus was all by himself, the man was apparently heavily laden with the guilt of sin. We hear Jesus say to the man when he saw him: "Take heart, my son; your sins are forgiven." So then, you might ask, did the man need physical or spiritual healing? Well, in this case it was obviously both. For Jesus also said to the man, "Rise, take up your bed, and go home." And the man did just that, and the people marveled.

We learn from the seven Gospel lessons and prayers of the Sacrament of Holy Unction (the Sacrament of healing) that sin can also impact our physical well being. Moreover, physical conditions can also be spiritually paralyzing. **It must be noted, however, that not all physical conditions are directly related to a person's spiritual life.**

Many people today, thanks to medical science, have the means of doing much more with physical disabilities than those who are fortunate to have all of their faculties and bodily functions. It amazes me to observe the stories of the many in our military that, in facing the trauma of various kinds of injuries today, are fortunate have surgical procedures that help to provide them with as much of a normal life as possible. Our

country has done a great deal to provide for facilities for disabled persons in public places that exceeds what can be noticeably provided by any other country. However, a positive disposition, a faithful partner in life, great determination, support of friends and family – all help to transform a personal disability into a tremendous testimony.

The New Testament scripture teaches that to each of us has been given a measure of faith. The quantity of faith is not so much the issue, for as we know, Jesus pointed out that having faith as small as a grain of mustard seed is indeed great faith. It is how one acts upon and exercises his faith that is very important. Having some men to help the paralytic meant all the difference to whether or not the man was healed on that day.

Similarly, we hear in today's Epistle lesson how each of us as a member of the Body of Christ – the Church, are to exercise the gift of faith in sober judgment (verse 3), and to exercise our gifts, talents, and skills in proportion to the measure of grace given to each of us (verse 5). The Apostle is specific. He says, **“if it is in serving, let him serve; if it is in teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is in leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.”** Above all, the passage continues, love must be the motivation. More importantly, St. Paul says, (verse 9ff) **“Love must be sincere. Hate what is evil; cling to what is good.”** He then points out, **“Be devoted to one another on brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, and faithful in prayer. Share with God's people who are in need. Practice hospitality.”**

You and I can play a vital role in being a help to others. Our Church provides a host of examples through the centuries beginning with St. Joseph of Arimathea who helped our Lord Jesus Christ with the Cross on the road to His crucifixion. You and I can play a vital role as not only being people of prayer, but as intercessors. The All-holy Virgin Mother of God is the first among the saints. Just bear in mind that such a gift, (being an intercessor) is a very holy calling. Many intercessors do not even know who they are. Yes, you and I are not without intercessors: those who stand with us pray and help us; do those things that demonstrate God's love and His abundant mercies

## SIXTH SUNDAY AFTER PENTECOST AND THE SIXTH SUNDAY OF MATTHEW

GREAT-MARTYR PROCOPIUS OF CAESAREA IN PALESTINE  
NEW-MARTYRS THEOPHANES AND ANASTASIOS OF CONSTANTINOPLE;  
VENERABLE THEOPHILOS THE MYRRH-STREAMING OF ST. BASIL KELLI ON ATHOS;  
PROCOPIUS OF USTUG, FOOL-FOR-CHRIST

### طروبارية القيامة على اللحن الخامس

لنسيخ نحن المؤمنين ونسجد للكلمة، المساوي للآب والروح في الأزلية وعدم الابتداء،  
المولود من العذراء لخلصنا، لأنه سر أن يصعد بالجسد على الصليب ويحتمل الموت،  
وينهض الموتى بقيامته المجيدة.

### طروبارية رؤساء الملائكة بالحن الرابع

أيها المتقدمون على الأجناد السماويين، نتوسل إليكم نحن غير المستحقين، حتى أنكم  
بطلباتكم تكتنوفوننا بظل أجنحة مجدكم غير الهولي، حافظين إيانا نحن الجاثين  
والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القوات العلوية.

### طروبارية التجلي على اللحن السابع

لما تجليت، أيها المسيح الإله في الجبل، وحسبما وسع تلاميذك شاهدوا مجدك، حتى عندما  
يُعابنونك مصلوباً يدركوا أن الأمك طوعاً باختيارك، ويبشروا للعالم أنك أنت بالحقيقة شعاع  
الآب.

## الرسالة

أنت يا رب تحفظنا وتسترنا من هذا الجيل. خلصني يا رب فإن البار قد فني  
فصل من رسالة القديس بولس إلى أهل رومية

يا إخوة، نحن لنا مواهب تختلف باختلاف ما نلنا من النعمة: فمن له  
موهبة النبوءة فأيتنبأ وفقاً للإيمان، ومن له موهبة الخدمة فليخدم، ومن

لَهُ مَوْهَبَةُ التَّعْلِيمِ فَلْيُعَلِّمْ، وَمَنْ لَهُ مَوْهَبَةُ الوَعظِ فَلْيَعِظْ، وَمَنْ يُعْطَى فَلْيُعْطِ بِسَخَاءٍ، وَمَنْ يَرِيسُ فَلْيَرِيسْ بِاجْتِهَادٍ، وَمَنْ يَرِحَمُ فَلْيَرِحَمْ بِسُرُورٍ. وَلِتَكُنَّ المَحَبَّةُ صَادِقَةً. تَجَنَّبُوا الشَّرَّ وَتَمَسَّكُوا بِالخَيْرِ. وَأَحْبُوا بَعْضُكُمْ بَعْضًا كإخوةٍ، مُفَضِّلِينَ بَعْضُكُمْ عَلَى بَعْضٍ فِي الكِرَامَةِ، غَيْرَ مُتَكَاسِلِينَ فِي الاجْتِهَادِ، مُتَّقِدِينَ فِي الرُّوحِ، عَامِلِينَ لِلرَّبِّ. كُونُوا فَرِحِينَ فِي الرَّجَاءِ، صَابِرِينَ فِي الضِّيقِ، مُوَظِّبِينَ عَلَى الصَّلَاةِ. سَاعِدُوا الإخوةَ القَدِيسِينَ فِي حَاجَاتِهِمْ، وَدَاوِمُوا عَلَى ضِيَاةِ الغُرَبَاءِ. بَارِكُوا مُضْطَهِّدِيكُمْ، بَارِكُوا وَلَا تَلْعَنُوا.

## الإنجيل

### فصل من بشارة القديس متى

في ذلك الزمان ركب يسوع القاربَ وعبرَ البُحيرةَ راجعًا إلى مدينته. فجاءه بعضُ الناسِ بكسيحٍ مُلقًى على سَرِيرٍ. فلَمَّا رأى يسوعُ إيمانَهُمْ قالَ للكسيحِ: «تَشَجَّعْ يَا ابْنِي، مَغْفُورَةٌ لَكَ خَطَايَاكَ». فقالَ بعضُ مُعَلِّمي الشريعةِ في أنفسهم: «هذا الرَّجُلُ يُجَدِّفُ!». وعرفَ يسوعُ أفكارَهُمْ، فقالَ: «لماذا تظنونُ السَّوءَ في قلوبِكُمْ؟ أيُّما أسهلُّ؟ أنْ يُقالَ: مغفورةٌ لَكَ خَطَايَاكَ، أمْ أنْ يُقالَ: قُمْ وَاَمْشِ؟ سأريكمُ أنْ ابنَ الإنسانِ له سلطانٌ على الأرضِ ليَغْفِرَ الخَطَايَا». وقالَ للكسيحِ: «قُمْ واحملْ سَرِيرَكَ واذْهَبْ إلى بيتِكَ». فقامَ الرَّجُلُ وذهبَ إلى بيته. فلَمَّا شاهدَ النَّاسُ ما جرى، خافوا ومجَّدوا اللهَ الَّذِي أعطى البشرَ مِثْلَ هذا السُّلطانِ.

#### ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعني عمومية المشاركة فيه لذوى العقيدة الواحدة، إلا إن المشاركة في سر القربان المقدس هنا مقتصر فقط على أعضاء الكنائس الأرثوذكسية والذين يحضرون أنفسهم بالصلاة والصوم والاعتراف منذ فترة قريبة (وعلى كل حال، فإننا ندعو الجميع للمشاركة في الخبز المقدس الذى يوزع عند إنتهاء مراسيم القديس). رجاء مراجعة الكاهن إذا رغبت أن تصبح عضواً فى الكنيسة الأرثوذكسية