

St. Michael Antiochian Orthodox Church of the San Fernando Valley
a Parish of the Antiochian Orthodox Christian Archdiocese of North America
16643 Vanowen Street; Van Nuys, California; 91406 stmichaelvannuys.org

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The Ninth Sunday after Pentecost and The Ninth Sunday of Matthew

Holy Martyr Kallinikos of Gangra in Asia Minor; Holy Virgin Martyr Theodota of Bithynia; Pious Emperor Theodosios the Younger; Constantine III, Patriarch of Constantinople; Lupus the Confessor, Bishop of Troyes; Martyr Serapia of Antioch

Sunday, July 29, 2018

Tone 8; Eothinon 9

Apolytikion of the Resurrection (Tone 8)

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

Apolytikion of 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 Transfiguration of Christ (Tone 7)

Thou wast transfigured on the mount, and Thy Disciples, in so far as they were able, beheld Thy glory, O Christ our God; so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

Daily Readings

THE EPISTLE (for the Ninth Sunday after Pentecost)

Make vows to the Lord Thy God and perform them.
In Judah God is known; His Name is great in Israel.

The Reading from the First Epistle of St. Paul to the Corinthians (3:9-17)

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can

anyone lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay or straw, each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him; for God's temple is holy, and you are that temple.

THE GOSPEL (for the Ninth Sunday of Matthew)

The Reading of the Holy Gospel according to St. Matthew (14:22-34)

At that time, Jesus made the Disciples get into the boat and go before Him to the other side, while He dismissed the crowds. And after He had dismissed the crowds, He went up on the mountain by Himself to pray. When evening came, He was there alone, but the Disciples' boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night He came to them, walking on the sea. But when the Disciples saw Jesus walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately He spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered Him, "Lord, if it is Thee, bid me come to Thee on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me!" Jesus immediately reached out His hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they got into the boat, the wind ceased. And those in the boat worshiped Him, saying, "Truly, Thou art the Son of God." And when they had crossed over, they came to land at Gennesaret.

The Synaxarion

On July 29 in the Holy Orthodox Church we commemorate the holy Martyrs Kallinikos of Gangra in Asia Minor and Theodota of Bithynia.

Verses

When Kallinikos was cast into the furnace,
the namesake of victory found a divine garland.

Theodota gave herself to bitter torments,
and by them as a gift unto God was given.

On the twenty-ninth the flames devoured Kallinikos and Theodota.

Kallinikos was born in Cilicia and educated in Christian piety. In Ancyra, a heathen Prince Sarcedos arrested him and cruelly tortured him for refusing to worship the idols. After that, the prince ordered that he be driven into the city of Gangra. The prince was afraid to kill him in Ancyra because many others, observing the heroic patience of this holy man, converted to the Faith of Christ. Along the way the soldiers became thirsty; Kallinikos prayed to God and brought forth water from a stone. When they arrived in the city of Gangra, the torturers threw Kallinikos into a fiery furnace. The saint prayed to God saying: "I give thanks to Thee, O Heavenly Father, for making me worthy of this hour in which I die for Thy Name." When the fire died down they found his body, whole and unharmed. He entered the eternal Kingdom in about the year 250.

Theodota of Bithynia was a young widow with three children. In Thessalonica, together with St. Anastasia, Theodota labored in the work of God completely dedicated to a pious life. The women were arrested during the time of Diocletian's persecution (284-305). At the trial, the dignitary Leucadius was captivated by the beautiful Theodota and he decided to take her home with him, intending to marry her. Theodota kept herself in purity with the protection of the angels, yielding neither to inducements nor charms, nor threats or assaults by the pagan. Theodota was sentenced to death and, together with her children, was thrown into a fiery furnace. Their holy souls soared into the Heavenly Fatherland.

On this day, we also commemorate Pious Emperor Theodosios the Younger; Constantine III, patriarch of Constantinople; Lupus the Confessor, bishop of Troyes; and Martyr Serapia of Antioch. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

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.

OFFERINGS

Holy Bread is being offered by Beverly Kushida Ansara in memory of her husband, Michael Ansara (+31 July, 2013), her son, Matthew Ansara (+25 June, 2001) and mother-in-law, Syria Ansara (+16 August, 1992). May they rest in peace. Memory eternal.

Holy Bread is also being offered by Ousama Zabaneh, the Zabaneh and Hello families, in loving memory of his wife, Anna Hello Zabaneh (+25 July, 2016). May our God Christ the Savior bless her memory and grant her eternal peace.

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

by Constantine & Mandy Nasr for the repose of the newly-departed servant of God, Adnan Sweis (+21 July, 2018). Memory eternal.

by Cindy & Richard Tamoush for the newly-departed servant of God, Carol Kinan (+24 July, 2018). Memory eternal.

for the repose of the newly-departed servant of God, Clair Bitar (+24 July, 2018), beloved wife, mother, grandmother and sister.
Memory eternal.

[Funeral Service: tomorrow, Monday, July 30 at the No. Hollywood Forest Lawn (6300 Forest Lawn Dr., Los Angeles) Chapel of the Hills, beginning at 12:30 p.m., immediately followed by the interment]

for the continued recovery and good health of Emile Skaff.

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

Holy Bread Offering List

Aug 05 - the Boutross and Horaney families
Aug 12 - open
Aug 14 - John Apostolou (Dormition)
Aug 19 - open
Aug 26 - open
Sep 02 - open

Coffee Hour Hosts Calendar

Aug 05 - open
Aug 12 - open
Aug 19 - Greg & Samia Habib
Aug 26 - Cindy & Richard Tamoush
Sep 02 - open

Please contact Fr. Timothy (818/219-3761; pastor@stmichaelvannuys.org) to sign-up to offer Holy Bread for open upcoming Sundays and Cindy Tamoush at: (818-345-4363; famtam5@socal.rr.com) for the Coffee Hour.

LITURGICAL CALENDAR

The Dormition Fast – August 1-14

[Note: During the period of the fast, the Church's Traditional fasting discipline is observed with the abstinence of meat, poultry, eggs, dairy, fish, wine and oil, through August 14th.

Wine and oil are permitted on Saturdays and Sundays. Also, Fish, wine and oil are permitted on the Feast of the Transfiguration.]

Service of the Paraklesis and the Veneration of the Holy Cross Wednesday,
August 1; 6:30 p.m.

The Tenth Sunday after Pentecost and the 10th Sunday of Matthew
The Forefeast of the Holy Transfiguration of Christ
Saturday, August 4th, Great Vespers, 5 p.m.
Sunday, August 5th, Orthros, 8:45 a.m., Divine Liturgy, 10 a.m.

ANNOUNCEMENTS

For Planning Ahead

The Feast of the Dormition this year falls on a Wednesday (August 15). The Feast is preceded by a fourteen day fast, beginning on Wednesday, August 1st. The traditional fasting discipline includes: no meat, poultry, eggs, dairy, fish, wine and oil, but wine and oil are allowed on Saturdays and Sundays; also fish wine and oil are permitted for the Feast of the Transfiguration (Monday, August 6). The Divine Liturgy for the Feast of the Dormition will be celebrated with a Vespersal Liturgy on Tuesday, August 14th at 6:30 p.m.

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.

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

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

Father Timothy on vacation: August 21-23; August 28 to September 6

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.

Six-month Financial Statement

In accordance with our Parish Constitution a Six-month Financial Statement is being made available to our members with the Balance Sheet. Please address your questions to our Treasurer, Connie Abdun-Nur Barilla at: <cmatthews46@yahoo.com>.

Join in Supporting our School Kit Drive

We are joining in the efforts of IOCC (International Orthodox Christian Charities) - the international humanitarian agency of the Assembly of Orthodox Bishops of the United States - to support the making of children's school kits. Your monetary donations may be made to St. Michael Church, earmarked: "IOCC School Kits." If you wish, you may also help us in gathering the following specific items: blunt rounded-tip metal scissors, 70-count spiral or tape-bound notebooks (8"X10.5" ruled paper totaling 200-210 sheets) [please do not provide loose-leaf or filler paper, 30-centimeter ruler (12"), hand-held pencil sharpener, new pencils with erasers, large 2.5" erasers, and a box of 24 crayons (24 only)]. Please help us in providing these specific items needed to fit each packet. Thank you for your support. For more information, please contact Katya at: <katya@stmichaelvannuys.org>.

THE DISCIPLINE OF FASTING

This Wednesday, August 1st, we will begin a two week period called, **The Dormition Fast**. It is one of the four major fasting periods in the discipline of the Orthodox church (the others being: Great Lent, the Christmas Fast and the Apostles' Fast). The August Dormition Fast precedes the memorial of the Holy Dormition of the All-Holy virgin Mother of God (August 15).

It is beneficial for us to make an effort to observe this fast (to the degree that it is not detrimental to our health). Jesus Himself fasted and taught His disciples about fasting (see St. Matthew's Gospel 6:16-18). The purpose of fasting is to be strengthened spiritually, allowing our spiritual desires to dominate our physical or carnal appetites. This is a means of becoming liberated from being dependent upon the things of this world; focusing our attention upon the spiritual virtues and things of the eternal Kingdom of God. The discipline of fasting provides power to the soul (when accompanied with prayer) in order that it might not yield to temptation and sin. According to St. Seraphim of Sarov, fasting is an "indispensable means" of gaining the fruit of the Holy Spirit in one's life (see Galatians 5:22-23), and Jesus Himself taught that some forms of evil cannot be conquered without it. (see Matthew 17-21 and Mark 9:29).

A special prayer service called the *Paraklesis* (pah-RAH-kle-sis), which means "supplicatory canon," is done each evening of the Dormition Fast. This year, the service will take place on Wednesday evening, August 1st, then on Tuesday and Thursday - August 7th and 9th, beginning at 6:30 p.m. The prayer service is especially dedicated on behalf of those who are in need of all forms of help and healing. Names of persons may be turned in to Father Timothy. A form is provided in the narthex.

The Orthodox Church has always understood the discipline of fasting to be accompanied with prayer and good works as mentioned in St. Matthew's Gospel (7:21). It is also important to remember that the Paraklesis Service is not limited to taking place during the Dormition Fast. It is a prayer service that may be said for anyone at any time, in a home or at a bedside, by personal request.

Attention Parents, Grandparents and Godparents:

Sunday, September 2, and 9, 2018 are the day of Church School Registration. On Sunday, September 16, is the first day of Church School classes when our children will also participate in the Procession of the Holy Cross.

NINTH SUNDAY AFTER PENTECOST AND THE NINTH SUNDAY OF MATTHEW

HOLY MARTYR KALLINIKOS OF GANGRA IN ASIA MINOR; HOLY VIRGIN MARTYR THEODOTA OF BITHYNIA; PIOUS EMPEROR THEODOSIOS THE YOUNGER; CONSTANTINE III, PATRIARCH OF CONSTANTINOPLE; LUPUS THE CONFESSOR, BISHOP OF TROYES; MARTYR SERAPIA OF ANTIOCH

طروبارية القيامة على اللحن الثامن

انحدرت من العلو يا متحنن، وقبلت الدفن ذا الثلاثة الأيام، لكي تُعتقنا من الآلام، فيا حياتنا وقيامتنا يا ربّ المجد لك.

طروبارية رقاد والدة الإله على اللحن الأول

في ميلادك حفظت البتولية وصنيتها، وفي رقادك ما أهملت العالم، يا والدة الإله، لأنك انتقلت إلى الحياة بما أنك أم الحياة. فبشفاعاتك أنقذي من الموت نفوسنا.

طروبارية رؤساء الملائكة باللحن الرابع

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

الآن وكلّ أوانٍ وإلى دهرٍ الدهيرين، آمين.

يا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا وَكَابَدَ الصَّلْبَ أَيُّهَا الصَّالِحِ. يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ وَأَرَى الْقِيَامَةَ بِمَا أَنَّهُ إِلَهٌ. لَا تُعْرِضْ عَنِ الَّذِينَ جَبَلْتَهُمْ بِيَدَيْكَ، بَلْ أَظْهَرِ تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحْمُ. وَتَقَبَّلْ وَالِدَتَكَ وَالِدَةَ الْإِلَهِ مُتَشَفِّعَةً مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخْلِصَنَا شَعْبًا يَا بَسًّا.

الرسالة

انذروا وأوفوا للرب إلهكم، الله معروف في أرض يهوذا.
فصل من رسالة القديس بولس الرسول الأولى إلى أهل كورنثس.

يا إخوة، نحن شركاء في العمل مع الله، وأنتم حقل الله وبناء الله. وبقدر ما أوتيت من نعمة الله، كبراني ماهر، وضعت الأساس وآخر يبني عليه. فليُنْتَبَهْ كُلُّ واحدٍ كيف يبني. فما من أحدٍ يستطيع أن يضع أساساً غير الأساس الذي وضعه الله، أي يسوع المسيح. فكل من بنى على هذا الأساس بناءً من ذهب أو فضة أو حجارة كريمة أو خشب أو قش أو تبن، فسيكون عمله بيننا، ويوم الرب يعلنه، لأن النار في ذلك اليوم تكشفه وتمتحن قيمة عمل كل واحد. فمن بقي عمله الذي بناه نال أجره، ومن احترق عمله خسر أجره. أما هو فسيخلص، ولكن كمن ينجو من خلال النار. أما تعلمون أنكم هيكل الله، وأن روح الله يسكن فيكم؟ فمن أفسد هيكل الله أهلكه الله، لأن هيكل الله مقدس، وهذا الهيكل هو أنتم.

الإنجيل

فصل شريف من بشارة القديس متى

في ذلك الزمان: أمر يسوع تلاميذه أن يركبوا القارب ويسبقوه إلى الشاطئ المقابل حتى يصرف الجموع. ولما صرفهم صعد إلى الجبل ليصلي في العزلة. وعندما جاء المساء كان هناك وحده. أما القارب فكان في وسط البحر وكانت الأمواج تلطمه، لأن الريح كانت مخالفة له. وعند آخر الليل، جاء يسوع إلى تلاميذه ماشياً على البحر. فلما راه تلاميذه ماشياً على البحر ارتعبوا وقالوا: "هذا شبح!" وصرخوا من شدة الخوف. فقال لهم يسوع في الحال: "ثقوا أنا هو، لا تخافوا!" فقال له بطرس: "إن كنت أنت هو، يا سيد، فمرني أن أجيء إليك على الماء." فأجابه يسوع: "تعال." فنزل بطرس من القارب ومشى على الماء آتياً إلى يسوع. ولكنه خاف عندما رأى شدة الريح فأخذ يغرق، فصرخ: "نجني، يا سيد!" فمد يسوع يده في الحال وأمسكه وقال له: "يا قليل الإيمان، لماذا شككت؟" ولما صعدا إلى القارب هدأت الريح. فسجد له الذين كانوا في القارب وقالوا: بالحقيقة أنت ابن الله!" وعبروا إلى بر جنيسارت.

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 الذي يوزع عند انتهاء مراسيم القداس). رجاء مراجعة الكاهن إذا رغبت أن تصبح عضواً في الكنيسة الأرثوذكسية