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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Sunday of the Holy Fathers of the 4th Ecumenical Council

Venerable Macrina, sister of Basil the Great; Venerable Dios of Antioch; Theodore, archbishop of Edessa; uncovering of the relics of Venerable Seraphim of Sarov; Holy Stephen Lazarevic, Serbian Prince and Holy Militsa his mother

Sunday, July 19, 2020

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 the Holy Fathers (Tone 8)

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

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 for the Theotokos (Tone 2)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

Daily Readings

THE EPISTLE (for the Holy Fathers)

Blessed art Thou, O Lord, the God of our Fathers. For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Titus (3:8-15)

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all. Amen.

THE GOSPEL (for the Holy Fathers)

The Reading of the Holy Gospel is according to St. Matthew (5:14-19)

The Lord said to His Disciples: "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

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

The Holy Bread is being offered this morning by Don Meena and family in loving memory of Albert Meena (+18 July, 2020), beloved brother and uncle. Memory eternal.

Holy Bread was offered on Sunday, July 5th by Father Minas & Presbytera Nicole and Mary in memory of Presbytera's father, Iancu Ugureanu (+5 July, 2006). Memory eternal. Holy Bread was also offered last Sunday, July 12th with prayers for the continued health of their family.

Father Timothy, thanks everyone for their messages on the occasion of his sixty-sixth birthday. The Baclig and Horne families also thanks everyone for their kind expressions of love and condolences with the recent passing of Father Timothy's eldest sister, Arlene Horne (+7 July, 2020) of Midland-Odessa, Texas.

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

in memory of Raymond Salamy (+12 July, 1980), beloved husband, father and grandfather, by Joyce Salamy, Waleed & Michelle Moujaes, Dimitri, Alexander, Jonah and Sabine. Memory eternal.

by our St. Michael Parish Council and Church School staff for God's healing and continued health of Lila Coudsy.

for the repose of the newly-departed mother of Khouriye Donna Laffoon, Ruth Conn (+16 July, 2020). Memory eternal.

by Constantine Nasr and family for the repose of the newly-departed Subdeacon George Ghata of St. Elijah Church (Oklahoma City) Memory eternal.

for Adrienne Levy and Regan Hines being united today in the Sacrament of Holy Matrimony. May God grant them a long and healthy life!

for Presbytera Stela-Nicole Sarchizian celebrating her birthday (July 20). May God grant her many years!

for the continued health of the Zait family.

LITURGICAL CALENDAR

NOTE: Wednesday and Friday are observed as days of fasting

The Feast of the Holy Prophet Elias – Monday, July 20th

The Holy Righteous Mother Paraskeva of Rome and the Seventh Sunday of Matthew

<u>Great Vespers</u> – Saturday, July 25th, 5 p.m. <u>Orthros</u> – Sunday, July 26th, 8:45 a.m., <u>Divine Liturgy</u>, 10 a.m.

Fast of the Holy Dormition - August 1-14; and Feast - August 15

ANNOUNCEMENTS

There will be no Parish Council Meeting in July

All reports and Financial Statements should remain due and should be turned in by Monday, July 20, 2020 for review.

Live-streaming Sunday Orthros and Liturgy

Plan to view all of our scheduled church services on-line by logging on to: either **FaceBook** or **YouTube** via our parish website: <www.stmichaelvannuys.org> Your church offering may be made on-line via our website "Donation" tab or by mailing your check to the church at: 16643 Vanowen Street; Van Nuys, California; 91406. Mailing your check to the church will save our church a 3% service charge.

Church Attendance

We are currently restricting attendance at our church services due to the City policy regarding COVID-19 that applies to all houses of worship. However, parishioners preparing to receive Holy Communion may still do so by being at the church door by 11:15 a.m. on Sunday. A monitor will provide you with instructions when you arrive. Questions will also be answered by Father Timothy by e-mail at: frtimothy@stmichaelvan nuys.org The Sacrament(s) are also available on weekdays by appointment.

Zoom Meetings Scheduled Next Week

Bible Study with Father Timothy — Tuesday, July 21 at 7 p.m. **Use the link** and security password provided in the parish e-mail.

Note: Father Timothy would also welcome scheduling a Zoom Meeting with you and your family at any time by appointment. Simply e-mail him at <fr>
<fr>
<fr>
frtimothy@stmichaelvannuys.org

Join in our Parish Bible Study Zoom Meetings

An "Orthodox Bible Study" provides a broad and complete study of the full context of Holy Scripture (Old and New Testament) It is a comprehensive approach to understanding God's Word from Holy Tradition that includes: The Apostolic writings, Church Councils, the Canonical Texts, Patristic Sources, Liturgical Texts of Services and the experience of saints who have given testimony through their life as witnesses of the faith through the centuries. This week's "Virtual Bible Study Zoom Meeting" will take place on Tuesday evening, July 21 at 7 p.m. Each study is limited to one hour. All who are interested may review the previously recorded studies by requesting the Zoom link. Just e-mail Father Timothy at: <frtimothy@ stmichaelvannuys.org>. We are currently examining the New Testament readings of the season and continuing our focus this week on our life in the Spirit. This week our study will focus upon spiritual healing.

Raies-Murr Educational Trust Scholarship

Only members, in good standing of St. Michael Antiochian Orthodox Church (Van Nuys) or St. Nicholas Antiochian Orthodox Cathedral (Los Angeles) and who have been accepted to or are currently enrolled in a **publicly supported** (not private) institution of higher learning, including eligible **publicly supported** vocational, technical and trade schools, are eligible to apply for a Raies-Murr Scholarship. Applications can be obtained by e-mailing Mallory Murr at: <RaiesMurrScholarship @gmail.com>. The applications must be returned by Monday, July 20, 2020.

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

Holy Bread Offering List

Jul 19 - open Jul 26 - Beverly Kushida Ansara Aug 02 - Susan Haddad Aug 09 - open **Coffee Hour Hosts Calendar**

Note: There are no Coffee Hours scheduled

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

Upcoming Events

St. Michael Ladies Virtual Annunciation Tea - **Postponed to August 22** 11 a.m.; Speaker: Mother Paraskeva of St. Barbara Monastery Topic: "From Life to Life: The Deathless Dormition of the Theotokos"

29th Annual St. Michael Annual Golf Classic (Postponed to Monday, November 2, 2020)

The 57th "Sweetheart Ball" - at the Universal Hilton Hotel (**Postponed to November 28, 2020**)

Six Month Parish Financial Statement

Our Parish Constitution requires the publishing of a six-month Financial Statement. Our members will receive this information as a hard copy in the mail only. Should you have any questions, please speak with our Church Treasurer: Julie Bitar, or contact her at: <jbitar027@gmail.com>

Adult Zoom Meetings: "The Relationship Project"

Join Father Timothy in weekly one-hour Zoom meetings that explore "The Relationship Project" produced by Faithtree Resources. Discover the struggles of young people and how we can best relate to their anxieties and challenges. The three-part program aims to build the primary relationships of a young person: with their parents, priest, people of faith and friends. This curriculum is part of our teen Church School class and is being used by the Greek Orthodox Archdiocese of the West. Sign-up with Father Timothy and let him know what day of the week and time is best.

Personal Tours of our New Church Sanctuary

Personal tours are being scheduled by appointment for all who are interested in designated "sponsorships" or "dedications" of various parts of the new church sanctuary that are available. The tour will also provide answers to questions. Please contact Father Timothy for more information at: frtimothy@stmichaelvannuys.org

Weekly Prayer Services to be Scheduled

A prayer service called the *Paraklesis* (pah-RAH-kle-sis), which means "supplicatory canon," will commence during the Dormition Fast (August 1-14). This year, the service will be live-streamed on Wednesday evening, August 5th, then again on Wednesday - August 12th, beginning at 7 p.m. The prayer service is especially dedicated on behalf of those who are in need of help and healing. Names of persons may be turned in to Father Timothy.

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). The Fast of the Holy Dormition ("falling-asleep of the Holy Virgin Mother of God) takes place from August 1-14. It is the practice of our church to include the *Parakesis* on the evenings of this particular fast.

The Prayer of Metropolitan Philaret of Moscow*

O Lord, grant that I may meet the coming day in peace. Help me in all things to rely upon your holy will. In each hour of the day reveal your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with the firm conviction that Your will governs all.

In all my deeds and words guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me the strength to bear the fatigue of the coming day with all that it shall bring. Direct my will. Teach me to pray. Pray within me.

Most Holy God, I pray and beseech you, give me a pure heart, a way of speaking that befits the faith I profess. Grant me uprightness of purpose, powers of reasoning unhindered by passions, conduct that becomes those who fear you, and perfect knowledge of your commandments. May I enjoy health in body and in spirit.

Grant me a life of peace, genuine faith and living hope, sincere charity and bountiful generosity, patience that knows no bounds and the light of Your truth to proclaim Your goodness to me, that for ever and in all things placing my trust only in You, I may abound in every good work, and that in Christ Your gifts may increase in every soul.

For to You belong all glory, honor and majesty, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

*Metropolitan Philaret of Moscow (1782-1867) was canonized a saint by the Russian Orthodox Church in 1995. His Feast Day is on November 19. He was known to preach and write about how to live the Christian life, and based his words on the wisdom of the Holy Fathers. He published a catechism that was an influential book in Russia and other countries for nearly 200 years.

Pastor's Sermon Sunday of the Holy Fathers of the 4th Ecumenical Council

by V. Rev. Timothy Baclig July 19, 2020

Today, along with three other times in the year we remember the Holy Fathers of our Church who participated in the great Councils: 1) On the Sunday following the Feast of the Ascension, we commemorate the Holy Fathers of the First Ecumenical Council in Nicaea (324 AD) which proclaimed Christ as being of one essence (homoousios) with the Father; 2) On the first Sunday during the period of October 11-17 we celebrate The Feast of the Fathers of the Seventh Ecumenical Council at Constantinople (787 AD) which defended the use of icons as expressions of Christian piety; 3) The Seventh Council is also remembered each year on the first Sunday of Great Lent – known as "The Sunday of [the triumph] Orthodoxy;" 4) Today, the first Sunday in the period between July 13-19 we commemorate The Holy Fathers of the Fourth Ecumenical Council at Chalcedon (451 AD) that proclaimed that Christ has two natures, divine and human, united in one Person, and born of the Holy Theotokos. It is this Church Council that resulted in the first schism – dividing the church from those who, on the one hand, believed that Christ had one nature (the "monophysites," also called "the non-Chalcedonians") and those who upheld the decision of the Council: proclaiming that Jesus Christ had two natures: a divine and a human nature, united in one person.

We remember the Church Fathers as examples of faith, inspiration, sound teaching, holiness of life, and as courageous witnesses; in some cases even sacrificing their lives as martyrs of the Faith. Countless Church fathers and Church mothers lived what they taught, and taught what they lived. Heard in today's Gospel lesson is the concluding verse: Whoever does [the commandments of God] and teaches them shall be called great in the Kingdom of heaven (Matthew 5:19). Notice that the word "does" precedes the word "teaches."

I am personally very thankful for having had many good teachers in my life. The lessons that I learned from them were effective because they were knowledgable people whose lives were great in spiritual content. They were persons of strong moral character; not hypocrites; fully human; repentant sinners. Men and women, who I greatly respected, but people who, I noticed, loved and <u>enjoyed</u> their work; people who were fully alive in doing what they did well.

Good teachers know what they are talking about. They are persons with experience and a good reputation. However, I have noticed that the best teachers among the very intelligent were the simple, uncomplicated, humble and loving. I Corinthians 13 reminds us: If I speak (with) the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophesy and can fathom all mysteries and all knowledge... but have not love, and am nothing...

St. Paul said in writing to the Corinthians: *A man who thinks that he knows something, does not yet know as he ought to know.* (*I Corinthians 8:2*) This wonderful verse is sandwiched between two verses that are its commentary. Verse 1 of chapter 8 begins, "...knowledge puffs up, but love builds up." Then in verse 3 of chapter 8 in I Corinthians: "The man who loves God is known by God."

A saint once said that a person who teaches by example is like someone who gives to others his own wealth, because he gives part of himself. There is nothing more inspirational or influential than the true example of people who practice the truths they teach. There is nothing more disappointing or disillusioning than to observe people who do not practice what they may profess. As Christians we not only expect others to be examples for us, we also share the responsibility in being examples ourselves, to others through deeds, not mere words. A Christian always begins with building a personal relationship with God before attempting to teaching others.

Our Orthodox theology is not theoretical—having no relevance or application to how we live our lives. This is precisely what can be found by looking closely at what today's Gospel reveals in what the Church Fathers have taught us.

The reading of today's Gospel lesson (Matthew 5:14-19) is taken from the context of our Lord's "Sermon on the Mount". A close reading of the section will help us to recognize that our Lord was establishing a relationship between "doing what is good" and "keeping God's Law". However, as pointed out in many of my previous sermons: the <u>Christian Law</u>, or what Christ has established under the "<u>New Covenant</u>" is, in reality, a more difficult law because it pertains to what God has prescribed for our hearts.

Christian ethics is based on the truth that every one of us has "...sinned and fallen short of the glory of God"; we have all "missed the mark", and there is no righteousness outside of what God has Himself accomplished in sending His Son, our Lord Jesus Christ, born of a holy Virgin, under the Law, causing, as what is described in scripture: He who knew no sin to become sin for us; to be the most perfect sacrifice for our salvation in fulfillment of the Law and the Prophets. For as we find in the words of St. Paul in writing to the Romans (chapter 8, verse 3-4), For what the law was powerless to do in that it was weakened by the sinful flesh, God did by sending His own Son in the likeness of sinful man to be a sin offering. And so He condemned sin in sinful man, in order that the righteous requirements of the law might be fully met in us, who do not live according to (our) sinful flesh but according to the Spirit.

In other words, Christ's saving work, His accomplished deed and supreme sacrifice on the Cross for you and I, fulfilled what no man's human righteousness could achieve. His sacrifice went even beyond any animal offering of atonement for sin. For there is no righteousness, no holiness, no perfection, outside of the One who is Righteous, the One who is Holy, and the One who is Perfect. For "One is Holy, one is Lord, Jesus Christ, to the glory of God the Father" as we proclaim in our Liturgy.

Doing what is good therefore is: not only desiring, but **doing** our utmost to be in step with God's will and Spirit. At the preface of today's Gospel lesson the Christian is a person who is described as the "salt of the earth" and the "light of the world". Verse 13 of chapter 5 begins: "You are the salt of the earth... (continuing at verse 14) "You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the

house." And then, at verse 16 we hear: "In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven."

Upon first hearing such a description one could easily misinterpret what it means. St. John Chrysostom's commentary on this passage helps us to keep the right perspective. St. John's commentary also helps us to also understand the significance of this passage being chosen on the commemoration of the Holy Fathers, our preeminent teachers of Orthodox doctrine. St. John says: that "our Lord's words intend to train us to strictness of life... to be earnest and devout in our endeavors; openly transparent before the eyes of all as "in the midst of the amphitheater of the world..." He goes on to say that it was not fame (of their teaching) that made the followers of Christ conspicuous, but the actual demonstration of their works; their deeds. In his own words St. John says, "...as through they had wings, more vehemently than the sunbeam, they overran the whole earth, sowing the light of godliness... It was impossible that what they preached (would) sink into silence and obscurity." [Homilies XV, 11, and XVI, 5 on Matthew V]

In one of our church prayers, God's Commandments are called: "a light." Doing what is good in keeping God's Commandments, can seem impossible for many. Today, many consider it too difficult and give up. That is because it is only possible through Christ and His Spirit that indwells us. It is the greater work, the more profound and brilliant work of God, like the miracle achieved in the sacred union of a man and a woman. Notice I said "sacred", meaning that it is blessed of God and unique. It is the beginning of not just any good deed, but a sacred good deed. Just as the work of an ordained person, or any baptized person for that matter is with the blessing and power of God Himself who also continues His creative work in the world through us – with all of our weaknesses and imperfections. This is what is meant by the word "sanctity". One has sanctity when he or she is does the work that is sanctioned; the work that is authorized, supported, confirmed, and blessed of God. On the contrary, one is "sanctimonious" when there is fraud, when one is pretentious, or is falsely pious.

The whole matter, while simple, becomes complicated to us because we are caught up and distracted by the many things of this world that cause us to think and believe differently from what God has designed. Life is not life if it is reduced to getting things, finding acquiring things, making things, and using things. Life is acquiring the Holy Spirit. Without the study of Scripture, prayer, and fasting we cannot remain

properly focused. These disciplines are taught by the Church as the means by which we preserve and maintain our vision of the Kingdom.

The lessons of our Lord's Sermon on the Mount as found in the Gospel of Saint Matthew therefore provide us with that focus, but only if they do not become for us a lesson that we interpret for ourselves, to suit our desires and interests; our self-serving goals and selfish desires. Doing what is good, therefore, is simply loving God and keeping His commandments. It is the whole premise and basis to the Sermon on the Mount. It is not just love for love sake. It is not even love for your or my sake. It is God's love for us, our love of God and love of our neighbor.

Prayer

Our soul awakes early from the night, O God, for Thy commandments are a light. Teach us Thy righteousness, thy commandments and Thy statures, O God. Enlighten the eyes of our understanding, lest at any time we sleep unto death in sins. Dispel all darkness from our hearts. Graciously give unto us the Sun of Righteousness, and preserve our life unassailed, by the seal of Thy Holy Spirit. Guide our steps into the way of peace. Grant us to lead a godly life, both thinking and doing such things that are well pleasing unto Thee. For Thou art our Sanctification, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. A-men.

EOTHINON 6	TONE 5
الايوثينا6	اللحن 5

SUNDAY OF THE HOLY FATHERS OF THE FOURTH ECUMENICAL COUNCIL

VENERABLE MACRINA, SISTER OF BASIL THE GREAT; VENERABLE DIOS OF ANTIOCH; THEODORE, ARCHBISHOP OF EDESSA; UNCOVERING OF THE RELICS OF VENERABLE SERAPHIM OF SAROV; HOLY STEPHEN LAZAREVIC, SERBIAN PRINCE AND HOLY MILITSA HIS MOTHER

طروبارية القيامة على اللحن الخامس

لنسبح نحن المؤمنين ونسجد للكلمة, المساوي للآب والروح في الأزلية وعدم الابتداء, المولود من العذراء لخلاصنا, لأنه سر أن يصعد بالجسد على الصليب ويحتمل الموت, ويُنهض الموتى بقيامتِه المجيدة

طروبارية الاباء على اللحن الثامن

أنت أيها المسيح إلهنا فائقُ التسبيح, لأنك أقمت آباءنا كواكب على الأرض, وبهم هديتنا جميعا إلى الإيمان الحقيقي. فيا جزيل التحنُّنِ المجد لك

طروبارية رؤساء الملائكة باللحن الرابع

أيّها المتقدّمونَ على الأجناد السماويين، نتوسّلُ إليكم نحن غيّرَ المستحقّين، حتّى أنّكم بطلباتِكم تكتنوفوننا بظلّ أجنحة مجدِكم غيرِ الهيولي، حافظينَ إيّانا نحنُ الجاثين والصارخينَ بغيرِ فتور، أنقذونا منَ الشدائد، بما أنّكم رؤساءُ مراتبِ القوّاتِ العلوية.

قنداق السيدة على اللحن الثاني

يا شفيعة المسيحيين غير المخذولة المتوسطة لدى الخالق غير المردودة لا تعرضي عن أصوات طلباتنا نحن الخطأة بل تداركينا بالمعونة بما أنك صالحة نحن الصارخين إليك بإيمان: بادري إلى الشفاعة وأسرعي في الطلبة يا والدة الإله المتشفعة دائماً في مكرميك

الرسالة

افرحوا بالرب وابتهجوا أيها الأبرار, طوبى لمن غُفرت معصيتُهم فصلٌ من رسالة القديس بولس الرسولِ إلى تيطس

يا ولدي تيطس, هذا قولٌ صادقٌ, وأريدُ أن تكونَ حازماً في هذا الأمر حتى ينصر ف المؤمنون بالله إلى العملِ الصالح, فهذا حسنٌ ومفيدٌ للناس. أما المجادلةُ السخيفةُ وذكرُ الأنسابِ والخلافُ والمناقشةُ في الشريعة في الشريعة والمنتبها لأنها لا تغيدُ ولا تنفع. وأما صاحبُ البدع فأعرض عنه بعد أن تُنذِرَه مرةً ومرتين. وأنت تعرفُ أنّ من كان مثلَه ضلّ وكان خاطئاً وحَكَمَ على نفسه. ومتى أرسلتُ إليك أرتيماس أو تيخيكس بادرْ في المجيء إليّ إلى نكوبولس لأني أنوي أنْ أقضي الشتاءَ هناك. واجتهدْ في إعدادِ سفر زيناس معلّم الشريعة وأبلس لئلا يحتاجا إلى شيء. وليتعلم ذوونا حسنَ القيام بالعملِ

الصالح ليسدوا الحاجات الضرورية, فلا يكونوا عقماء. يسلم عليك جميع الذين معي. سلم على أحبائنا في الإيمان. ولتكن النعمة معكم أجمعين

الإنجيل

فصلٌ شريفٌ من بشارة القديس متى

قال الربّ لتلاميذه: أنتم نورُ العالم لا تخفى مدينةٌ على جبل ولا يوقدُ سراجٌ ويوضعُ تحت المكيال لكن على المنارة حتى يضيء لجميع الذين هم في البيت. فليضئ نوركم هكذا قدام الناس ليروا أعمالكم الصالحة ويمجدوا أباكم الذي في السماوات. لا تظنوا أني جئت لأبطل الشريعة والأنبياء: ما جئت لأبطل بل لأكمل. الحق أقول لكم: إلى أن تزول السماء والأرض لن يزول حرف أو نقطة من الشريعة حتى يتم كل شيء. فمن خالف وصية من أصغر هذه الوصايا وعلم الناس أن يعملوا مثله عدّ صغيرا في ملكوت السماوات. وأما من عمل بها وعلّمها فهو يُعَدّ عظيما في ملكوت السماوات

ملاحظة بخصوص تناول القربان المقدس

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