

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 Sunday after Pentecost and the Seventh Sunday of Matthew

Hieromartyr Phocas, Bishop of Sinope; Hieromartyrs Apollinaris and Vitalis,
Bishops of Ravenna; Martyr Apollonius of Rome; Holy Prophet Ezekiel

Sunday, July 23, 2023

Tone 6; Eothinon 7

Apolytikion for the Resurrection (Tone 6)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, 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 Seventh Sunday after Pentecost)

*O Lord, save Thy people and bless Thine inheritance.
Unto Thee will I cry, O Lord my God.*

The Reading from the Epistle of St. Paul to the Romans (15:1-7)

Brethren, we who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbor for

his good, to edify him. For Christ did not please himself; but, as it is written, "The reproaches of those who reproached thee fell on me." For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures, we might have hope. May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, as Christ has welcomed you, for the glory of God.

THE GOSPEL (for the Seventh Sunday of Matthew)

**The Reading of the Holy Gospel is according to St. Matthew
(9:27-35)**

At that time, as Jesus passed on from there, two blind men followed him, crying aloud: "Have mercy on us, Son of David." When He entered the house, the blind men came to Him; and Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then He touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread His fame through all that district. As they were going away, behold, a dumb demoniac was brought to Him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons." And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity.

The Synaxarion

On July 23 in the Holy Orthodox Church, we commemorate the recovery of the precious relics of the holy Hieromartyr Phocas, Bishop of Sinope.

Verses

The glass of thy pains brought the Faith into focus;
hence we magnify thee, O Phocas, forever.
On the twenty-third Phocas was borne away dead.

Phocas exercised himself in all the Christian virtues from his youth. As bishop in his birthplace, the town of Sinope on the shores of the Black Sea, he strengthened the faith of the true believers by his example and divine words and converted many idol-worshippers to the true Faith. The hard-hearted pagans were filled with rage against holy Phocas. Through a vision granted him by the Lord, he foresaw his martyrdom for Christ: Phocas saw a white dove fly down from heaven carrying a beautiful wreath of flowers in its beak, and lowered the wreath onto his head. He was not afraid, but with gratitude toward God prepared himself for suffering. A certain prince, Africanus, took Phocas for interrogation, and subjected him to harsh tortures, and after a time of imprisonment threw him into boiling water, where this brave soldier of Christ ended his earthly life and settled in the joy of his Lord. Phocas suffered during the reign of Emperor Trajan in 102.

On this day, we also commemorate the Hieromartyrs Apollinaris and Vitalis, bishops of Ravenna; Martyr Apollonius of Rome; and the Holy Prophet Ezekiel. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

LITURGICAL CALENDAR

The Fast of the Holy Dormition: August 1-14

[Traditional fasting includes: no meat, poultry, eggs, dairy, fish, wine and oil, however wine and oil are allowed on Saturdays and Sundays. Fish, wine and oil are permitted on the Feast of the Holy Transfiguration (August 6)]

Service of the Paraklesis - Wednesday, August 2 and 9; 6:30 p.m.

The Eighth Sunday after Pentecost, The Eighth Sunday of Matthew

Great Vespers - Saturday, July 29, 5 p.m.

Sunday, July 30 - Orthros, 8:45 a.m., Hierarchical Divine Liturgy, 10 a.m.

OFFERINGS

Holy Bread is being offered this morning by the O'Dea family asking the Lord to always guide and grant His grace to our precious brother and uncle Sal, as he celebrates his birthday (July 28th). May God grant him many years!

Holy Bread is also being offered by Mushir & Abeer Khleif with prayers for the continued health and success of their family.

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

for the repose of Paul Attyah (+14 July, 2023); the beloved son
of Dr. Paul and Carol Attyah. Memory eternal.

by Michael C. Srour for Peter Samore, being ordained to the Holy
Diaconate at the hands of His Beatitude, Patriarch JOHN X. AXIOS!

for the well being of Frances Price

THE DISCIPLINE OF FASTING

We are now in 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 2nd 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.

ANNOUNCEMENTS

Parish Bible Study Zoom Meeting to Resume on August 1st

Our next Bible Study will resume on Tuesday evening, August 1st, at 7 p.m. There will be no Bible Study session this Tuesday, July 25th, due to the Archdiocese Convention. Sessions are recorded for those unable to attend who may also request the link to the study. Plan to join us as we continue our study of The Book of Exodus (chapter 22)

Use of Assembly Hall and In-House Caterers

St. Michael Church will provide it's ballroom and kitchen for special events, i.e., parties and receptions, with an established donation fee for parishioner requests made on an individual basis. Also, we welcome licensed caterers who may be interested in use of our kitchen. Please contact either: Connie Barilla: <cmatthews46@yahoo.com>, Michael Mitchell <mgmitchell3@gmail.com>, or Father Timothy for more information.

Our 2023 Pledge Form Provided with this Bulletin

Have you completed a financial pledge for the 2023 calendar year? Is your contributions up-to-date? Everyone's financial situation is subject to changes from year to year. In the same way, our parish depends upon the financial pledge commitments of its members in order to meet its monthly expenses. Our 2023 budget has included the increase of costs and was expanded to include additional maintenance expenses for our new church sanctuary. A hardcopy of the Pledge Form is provided with this bulletin, is also available in the church narthex, or will be mailed to you by request. As a committed member of St. Michael Church, please complete a new 2023 form. An annual "Fair Share Contribution" is paid by St. Michael Church to the Archdiocese (\$50/adult; \$35/17 years of age or under). If you have completed a Pledge Form and would like to receive an six-month update of your contributions, please send your request to our Treasurer, Britton McLinn at: britton@stmichaelvannuys.org Six-month reports will be provided in July following our June Financial Report. Thank you.

St. Michael Antiochian Orthodox Church
16643 Vanowen Street, Van Nuys, CA 91406 Phone: 818-994-2313
Website: www.stmichaelvannuys.org

2023 CHRISTIAN STEWARDSHIP COMMITMENT FORM

- 1. All enrolled members must first fulfill a fair share contribution that is paid 100% by St. Michael Church to the Archdiocese annually (this does not include your family pledge obligation BELOW).**

Total number of baptized Orthodox persons (age 18 & above) in your household _____ \$50 each _____

Total number of baptized Orthodox persons (age 17 & under) in your household _____ \$35 each _____

(Please print all names with information in the section below)

- 2. In gratitude of God's blessings, I / we pledge to contribute St. Michael Church expenses.**

A total annual amount of: ____ (see Treasure self-assessment chart)

\$ _____ weekly \$ _____ monthly \$ _____ quarterly \$ _____ semi-annually \$ _____ annually

Name _____ Spouse Name _____

Phone number _____ E-mail Address _____

Address _____ City _____ State _____ Zip _____

- 3. How do you wish to pay? We accept personal checks or credit card payments. (See below)**

- a. You may write a check to "St. Michael Church" and mail it to the Church Office.
(see address above)
- b. You may process an "automatic bill pay" with your bank that will mail a recurring monthly hard-copy earmarked check to St. Michael Church.
- c. You may pay by credit card using our website donation page (a 3% processing fee will apply) at: <https://www.stmichaelvannuys.org/donate/> and we will be immediately notified.
- d. You may arrange for a recurring monthly automatic withdrawal from your bank account using our church bank routing number and bank account.

Note: Each donation to St. Michael Church should be earmarked, i.e., "Building Fund," "Pledge," etc.

Print names of baptized Orthodox persons in your household.

Name Age

Name Age

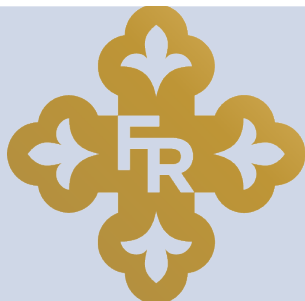
Name Age

Name Age

Name Age

Faithtree Resources has just released its new course that is worth your time.

Click here to learn more: <https://www.faithtree.org/divine-liturgy>



FAITHTREE
RESOURCES

Divine Liturgy

THE GREATEST INVITATION

Divine Liturgy: The Greatest Invitation—our brand new course that will help you experience God in the Liturgy like never before—is available now!

Taught by priests, teachers, ministry leaders, and laypeople, **this course will give you perspectives and tools to help you encounter God in a more meaningful way.**

Take a look inside the course now!

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

Holy Bread Offering List

Jul 30 - Beverly Ansara
Aug 06 - open (Holy Transfiguration)
Aug 13 - open
Aug 15 - open (Holy Dormition)

Coffee Hour Hosts Calendar

Jeannette Omeisah

Please contact Fr. Timothy (818/219-3761; frtimothy@stmichaelvannuys.org) to sign-up to offer Holy Bread or host the coffee hour.

Upcoming Events

[Note: You may now access our Google Parish Calendar to your personal calendar. Here is the link: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWN0YWVsdmFubnV5cy5vcmc>]

56th Biennial Antiochian Archdiocese Convention hosted by St. George Church (Phoenix, Arizona); July 23-30, 2023
Go to: www.ac2023az.org

Start of Church School - September

St. Michael Feast Day Celebration - Save the date!
Saturday-Sunday, November 4-5, 2023

Sponsorships of Sanctuary Items

Sponsorships or dedications of items and iconography of our new church sanctuary are available. Please contact Father Timothy for more information and questions at: frtimothy@stmichaelvannuys.org

EOTHINON 7
الايوثينا 7

TONE 6
اللعن 6

**THE SEVENTH SUNDAY AFTER PENTECOST
AND THE SEVENTH SUNDAY OF MATTHEW**

Hieromartyr Phocas, Bishop of Sinope; Hieromartyrs Apollinaris and Vitalis, Bishops of Ravenna; Martyr Apollonius of Rome; Holy Prophet Ezekiel

طروبارية القيامة على اللحن السادس

إنّ القواتِ الملائكية ظهرت عند قبرك الموقر، فالحراسُ صاروا كالأموات، ومريم وقفت عند القبر طالبةً جسدك الطاهر، فسببتَ الجحيمَ ولم تُجربَ منها، وصادفتَ البتولَ مانحاً الحياة، فيا من قام من بين الأموات، يا ربَّ المجدُ لك.

طروبارية رؤساء الملائكة بالحن الرابع

أيها المتقدمون على الأجناد السماويين، نتوسلُ إليكم نحن غيرَ المستحقين، حتّى أنكم بطلباتكم تكتنوفوننا بظلِّ أجنحةِ مجدكم غيرِ الهيولي، حافظين إيانا نحن الجاثين والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القواتِ العلوية.

قنداق بالحن الثاني

يا شفيعَةَ المسيحيين غيرِ الخازية، الوسيطةَ لدى الخالقِ غيرِ المرذودة، لا تُعرضي عن أصواتِ طلباتنا نحن الخطاة، بل تداركينا بالمعونةِ بما أنكِ صالحة، نحن الصارخين إليك بايمان: بادري إلى الشفاعةِ وأسرعِي في الطلبةِ، يا والدَةَ الإله، المتشفعةَ دائماً بمكرميك.

الرسالة

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ.
إِلَيْكَ يَا رَبُّ أَصْرُحُ إِلَهِي.

فصل من رسالة القديس بولس الرسول إلى أهل رومية.

يا إخوة، يجبُ علينا نحنُ الأقوياء أن نحتملَ وهنَ الضعفاء، ولا نرضي أنفسنا. فليرض كل واحدٍ منا قريبه للخير، لأجل البنیان. فإن المسيح لم يرض نفسه، ولكن كما كتب "تغييراتٌ مُعيريك وقعت علي." "لأن كل ما كتب من قبل، إنما كتب لتعليمنا، ليكون لنا الرجاء بالصبرِ وبتعزيزيةِ الكتب. وليُعطكم إله الصبرِ والتعزيزية أن تكونوا مُتفقي الآراء فيما بينكم، بحسب المسيح يسوع. حتّى إنكم بنفسٍ واحدةٍ وفمٍ واحدٍ تُمجدون الله أبا ربنا يسوع المسيح. من أجل ذلك، فليتخذ بعضكم بعضاً كما اتخذكم المسيح لمجد الله.

الإنجيل

فصل شريف من بشارة القديس متى الإنجيلي البشير والتلميذ الطاهر (35-9:27)

في ذلك الزمان فيما يسوع مجتازُ تبعهُ أعميان يصيحان ويقولان ارحمنا يا ابن داود * فلما دخل البيت دنا إليه الأعميان فقال لهما يسوع هل تؤمنان أنني أقدر أن افعل ذلك. فقالا له نعم يارب * حينئذ لمس أعينهما قائلاً كمايما نكما فليكن لكما فانفتحت أعينهما ، فانتهرهما يسوع قائلاً انظرا لا يعلم أحد * فلما خرجا شهراه في تلك الأرض كلها * وبعد خروجهما قدموا إليه اخرس به شيطان * فلما أُخرج الشيطان تكلم الأخرس، فتعجب الجموع قائلين لم يظهر قط مثل هذا في إسرائيل * أما الفريسيون فقالوا إنه برئيس الشياطين يُخرج الشياطين * وكان يسوع يطوفُ المدن كلها والقرى يُعلمُ في مجامعهم ويكرزُ ببشارة الملكوت ويشفي كل مريض وكل ضعف في الشعب.

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 فى الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية