

8. Take the Lord as your friend:

When you "accept His friendship and love, you will enter the real faith... you will look forward to seeing Him as a friend to tell Him your secrets, and enjoy His companionship and love...you will take care as a friend not to hurt His feelings or make Him angry.

9. Prayer for the sake of Faith:

Pray for you faith that it may grow and increase.

Tell Him: Give me O Lord, that I believe in You with full faith. Give me that I love and have confidence in You in everything, and to believe that You do me benevolences even if the world was dark in front of me. Let me feel that my mind is much smaller to understand Your wisdom and judgment. I know that You are a doer of benevolences, that You are loving, that You see everything and that You are capable of doing everything, and in spite of that my faith often weakens... so help my weak faith.

Reference: [Life in Faith](#), pp 109-122



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Bulletin for Sunday, July 28, 2013

Fifth Sunday of Pentecost • Tone 4

Romans 10:1-10, Matthew 8:28-9:1

Commemorations: Holy Apostles of the Seventy and Deacons: Prochorus, Nicanor, Timon, and Parmenas (1st c.). St. Pitirim, Bishop of Tambov (1698). Ven. Moses, Wonderworker, of the Kiev Caves (Far Caves—13th-14th c.). Martyr Julian of Dalmatia (2nd c.). Martyr Eustathius (Eustace—ca. 321), of Apamea. Ven. Paul of Xeropotamou, founder of the Monastery of St. Paul on Mt. Athos (10th c.).

Welcome to Our Visitors

We welcome all visitors to our Divine Liturgy and services. While Holy Communion may only be received by prepared Orthodox Christians, our non-Orthodox guests are welcome to participate in our prayers and hymns and to join us in venerating the Cross and receiving blessed bread at the conclusion of the Liturgy. Feel free to ask questions before or after the services. Literature about the Orthodox faith and this parish can be found at the candle desk. Please sign our guest book and join us for refreshments and fellowships downstairs after Liturgy.

Please pray for: Robert, Vera, Alla, Olga, June, Nina, Joan, Luke, Alex, Loyd, Glenn, Katherine, and Evelyn.

Many Years! to Jennifer and John Chobor on the occasion of their anniversary.

Memory Eternal to Sonja Geyer and Ann Kiernan.

Upcoming Events and Services

Procession of the Honorable and Life-Creating Cross (Aug 1st)

Wednesday, July 31st

Great Vespers at 6:30p

Followed by the Lesser Blessing of Water

Beginning of the Dormition Fast

Saturday, August 3rd
Great Vespers at 5:30p

Sunday, August 4th
Divine Liturgy at 9:30a

Holy Transfiguration of Our Lord God and Savior (Aug 6th)

Monday, August 5th

Great Vespers with Litya at 6:30p

Wednesday, August 7th
Open Doors at 4:30p

Glorification of St Herman of Alaska
Friday, August 9th
Akathist at 6:30p

August 10th
Great Vespers at 6:30p

August 11th
Divine Liturgy at 9:30a

Dormition of our Most-Holy Lady Theotokos (Aug 15)

Wednesday, August 14th

Great Vespers with Litya at 6:30p

hand. (1Sam 17) No matter the circumstances we find ourselves in, we must look to our faith and let it permeate our heart knowing that the loving God is able to do anything. We can't be controlled by the power of our enemies or circumstances but in faith seek help from God who will rescue us from them.

4. The Stories of faith and companionship with men of faith:

Read the stories in the Bible and the saints about those who lived with faith and try to absorb faith from them. Pope Shenouda says, "Whenever a person reads stories about faith, about the confidence in God and miracles happened with His Saints, his heart will be filled with faith and he will come to love this life full of faith."

5. Humility of Heart and mind:

We need humility to accept "what comes from God with satisfaction." We must admit that our minds are limited. We must be able to say before God: "Your wishes O Lord are above my understanding and Your works are above my knowledge. Who am I in front of You? All my knowledge is ignorance in front of You." We should remember what Luke recorded and ask for the faith of children and not rely on that of philosophers or other. (Luke 10:21)

6. The Experience with God

When we surrender to God we can "live with Him and test Him, try to rely on Him, and at that time you will see His miracles working in you." Associate with Him so that you know who He is as David the prophet said, "Oh taste and see that the Lord is good." (Ps 34:8)

7. See God in all things:

Some say when they learn that man can destroy the atom and use nuclear energy, "How great is the human mind." But one who believes in God will say, "Glory to you God the creator of this human mind and all the possibilities You have revealed about the power you have put into nature. Or when a sick person is cured, do not simply give praise to the doctor, but give thanks to God for the ability of this person to heal. Search for God's work in all aspects of your daily life. When you see a beautiful flower do not simply describe or examine it like a botanist, but praise the Lord for the beauty He has created. The Prophet David tells us, "The heavens declare the glory of God; And the firmament shows His handiwork." (Ps 19:1) Admire the moon and the stars in the sky and remember God who created all we know. "Do not separate God's creations from Him."

Communion Hymns

Praise the Lord from the heavens, praise Him in the highest! (Ps 148:1)

Alleluia, Alleluia, Alleluia.

Fifth Sunday of Pentecost

Tone 4 Troparion (Resurrection)

When the women Disciples of the Lord
learned from the Angel the joyous message of the Resurrection,
they cast away the ancestral curse
and elatedly told the Apostles:
“Death is overthrown!
Christ God is risen, //
granting the world great mercy!”

Tone 3 Troparion (Holy Apostles of the Seventy)

Holy Apostles Próchorus, Nicanor, Tímon, and Parménas,
entreat the merciful God, //
to grant our souls forgiveness of transgressions!

Tone 4 Kontakion (Resurrection)

My Savior and Redeemer
as God rose from the tomb and delivered the earth-born from their chains.
He has shattered the gates of hell,
and as Master, //
He has risen on the third day!

Tone 1 Kontakion (Holy Apostles of the Seventy and Deacons)

The glorious Nicanor, Próchorus, Parménas, and Tímon,
the honored deacons ↓ and ↑ eyewitnesses of the Word,
have been revealed as chosen vessels of the Faith.
Therefore, we celebrate your holy memory today, //
blessing you with gladness of heart.

What Strengthens Faith

Pope Shenouda III of the Coptic Church gives us nine points to strengthen our faith.

1. Confidence in God's qualities:

Pope Shenouda suggests that we "put in our heart that God is a doer of benevolence." He quotes St. Paul, "All things work together for good to those who love God." (Rom 8:28) We should view God as a living Father who treats all his children with tenderness and gives them good gifts. We must have confidence in God's ability to do anything. Remember that He "loves and wants benevolences for you." Abraham had such faith when he took his Son Isaac to be sacrificed. He had confidence that God was able to raise him from the dead so he did not fear for his son. God is "A father of many nations in the presence of Him whom he believed-God who gives life to the dead and calls those things which do not exist as though they did." (Rom 4:17) We can also have confidence in His judgement and that His planning is for our good even though we may not understand it.

2. Confidence in the sincerity of God's timing:

He points out that God promised Abram (Abraham) that He would give him descendants which He did after along time. He also promised His people freedom from captivity and did free them from the Egyptians. He promised He would send the Holy Spirit to all people (Joel 2:28) and he did on the day of Pentecost. The Bible shows us many such stores of his promises and their fulfillment according to His timing.

3. Look unto God and not unto the surrounding circumstances:

Recall the story of David and Goliath. If David had looked at the mighty Goliath he might have been afraid, but through faith he instead looked to God knowing He would guide his

Deacon: Let us attend.

Priest: Peace be unto all.

Reader: And to your spirit.

Deacon: Wisdom.

Reader: The Prokeimenon in the 4th Tone.

O Lord, how manifold are Your works; in wisdom have You made them all.

(Ps 103/104:24)

Choir: (The Choir repeats the Prokeimenon in the proper Tone.)

Reader: Bless the Lord, O my soul! O Lord, my God, You are very great!

(Ps 103/104:1)

Choir: (The Choir repeats the Prokeimenon.)

Reader: O Lord, how manifold are Your works!

Choir: (The Choir completes the Prokeimenon.)

Deacon: Wisdom.

Reader: The Reading from the Epistle of St. Paul to the Romans. (10:1-10)

Deacon: Let us attend.

Reader: Brothers and Sisters:

Brethren, my heart's desire and prayer to God for Israel is that they may be saved. For I bear them witness that they have a zeal for God, but not according to knowledge. For they being ignorant of God's righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness of God. For Christ is the end of the law for righteousness to everyone who believes. For Moses writes about the righteousness which is of the law, "The man who does those things shall live by them." But the righteousness of faith speaks in this way, "Do not say in your heart, 'Who will ascend into heaven?' " (that is, to bring Christ down from above) or, " 'Who will descend into the abyss?' " (that is, to bring Christ up from the dead). But what does it say? "The word is near you, in your mouth and in your

heart" (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

Priest: Peace be unto you.

Reader: And to your spirit, and in the 4th Tone, Alleluia Alleluia, Alleluia.

Choir: Alleluia 3x

Reader: Go forth, prosper and reign, for the sake of meekness, righteousness and truth!

(Ps 44/45:5)

Choir: Alleluia 3x

Reader: For You love righteousness, and hate iniquity. (Ps 44/45:8)

Choir: Alleluia 3x

The Gospel According to St. Matthew (8:28-9:1)

When He had come to the other side, to the country of the Gergesenes, there met Him two demon-possessed men, coming out of the tombs, exceedingly fierce, so that no one could pass that way. And suddenly they cried out, saying, "What have we to do with You, Jesus, You Son of God? Have You come here to torment us before the time?" Now a good way off from them there was a herd of many swine feeding. So the demons begged Him, saying, "If You cast us out, permit us to go away into the herd of swine." And He said to them, "Go." So when they had come out, they went into the herd of swine. And suddenly the whole herd of swine ran violently down the steep place into the sea, and perished in the water. Then those who kept them fled; and they went away into the city and told everything, including what had happened to the demon-possessed men. And behold, the whole city came out to meet Jesus. And when they saw Him, they begged Him to depart from their region. So He got into a boat, crossed over, and came to His own city.