

Ss. Peter and Paul Albanian Orthodox Church

First-enthroned of the apostles, teachers of the universe: Entreat the Master of all to grant peace to the world, and to our souls great mercy!

Rev. Nicholas Dellermann (Rector) (860) 861-7468 - Very Rev. Dennis Rhodes

fnicholas490@aol.com - <http://sspeterpaulphila.org/>

August 21, 2022

10TH SUNDAY AFTER PENTECOST: AFTERFEAST OF THE
DORMITION, APOSTLE THADDAEUS OF THE SEVENTY

Today 10:00am Divine Liturgy
Wed. 24 7:15pm Bible Study with
GoogleMeet
Sun. 28 10:00am Divine Liturgy

One must be baptized and chrismated an Orthodox Christian to receive Holy Communion. Guests are invited to receive a blessing at the chalice and partake of the post-Communion bread (Antidoron).

Fast Days: Wednesday and Friday (fasting from meat, fish, and eggs, dairy, wine and oil as you are able.)

Troparion – Tone 1 (Resurrection)

*When the stone had been sealed by
the Jews,
while the soldiers were guarding Thy
most pure body,
Thou didst rise on the third day, O
Savior,
granting life to the world.
The powers of heaven therefore cried
to Thee, O Giver of Life:
“Glory to Thy Resurrection, O
Christ!
Glory to Thy Kingdom!
Glory to Thy dispensation, O Thou
Who lovest mankind!”*

Kontakion – Tone 2 (St. Thaddeus)

*The Church sees thee as a shining
star, O Apostle Thaddeus,
and is enlightened by thy wonders.
Save those who honor thy memory
in faith!*

Tone 2 (Dormition)

*Neither the tomb, nor death, could
hold the Theotokos,
who is constant in prayer and our
firm hope in her intercessions.
For being the Mother of Life,
she was translated to life by the One
Who dwelt in her virginal womb.*

Prayers for those in our Sts. Peter and Paul community (parishioners, family, friends) can be listed for remembrance in our litanies during the Liturgy. Feel free to give names to Fr. Nicholas - please indicate how each person listed is connected to us (parishioner, family, friend, etc.), as well as why we are praying for them (health, memory, travel, etc.).

Confessions can be heard by appointment. If you need, I will come to you during the week. Please do not hesitate to call for a time to drop by the church or to have me visit you.

Remembrances for both the living and the dead during the prayers of preparation of the Eucharistic Lamb and during the Augmented Litany should be given the week before the desired remembrance so that the names can be put into the bulletin and given to the Deacons for the prayers. Any names of the living that are not marked as sick or traveling will be listed under general prayers.

SCRIPTURE THIS WEEK

Church Lectionary

Today

1 Corinthians 4:9-16
Matthew 17:14-23

Monday

2 Corinthians 2:4-15
Matthew 23:13-22

Tuesday

Philippians 2:5-11
Luke 10:38-42; 11:27-28
2 Corinthians 2:14-3:3
Matthew 23:23-28

Wednesday

2 Corinthians 3:4-11
Matthew 23:29-39

Thursday

2 Corinthians 4:1-6
Matthew 24:13-28

Friday

2 Corinthians 4:13-18
Matthew 24:27-33, 42-51

Saturday

1 Corinthians 1:3-9
Matthew 19:3-12

Reading the Bible in a Year

Aug 21: Tobit 6-10
Aug 22: Tobit 11-14
Aug 23: Judith 1-4
Aug 24: Judith 5-8
Aug 25: Judith 9-12
Aug 26: Judith 13-16
Aug 27: Grk Esther 1-4

Flower Donation

This week's flowers were
donated by:
Tina Murianka



**"You believe that God is one. You do well. The demons also believe,
and they tremble." (James 2:19)**

**They alone know how to believe in God who love God, who are
Christians not only in name but also in action and [way of] life,
because without love faith is empty. With love, it is the faith of a
Christian —without love, the faith of a demon.**

-The Venerable Bede



Gratefulness Brings About Happiness

We all know that money can't buy happiness, yet many are not aware that practicing simple gratitude does bring about happiness. Being grateful for the people we have in our lives, and for the things that we have, brings about a happiness that can not come about by endlessly trying to acquire things. Researchers testing gratefulness in laboratories have discovered that gratitude actually changes the brain, and makes us happier because it allows us to be happier. Gratitude changes more than brain chemistry, for it makes us better, happier, and kinder to others.

If we practice being thankful for the compliments we receive from our friends, and for those dinners they treat us to, the gifts they give us, the flowers they bring to our home, or for just being there when we need them, we will find that our gratitude brings about more friendships, for others will be drawn to us.

Dr. Robert A. Emmons conducted a study on gratitude at the University of California at Davis which proved measurable benefits on psychological, physical, and interpersonal health for subjects who practice gratitude. "Evidence on gratitude contradicts the widely held view that all people have a 'set-point' of happiness that cannot be reset by any known means." Translated, this simply means that if we practice gratitude we can actually be happier than we've ever thought possible.

Gratitude is an affirmation of goodness, for in our being grateful we affirm that there are good things in the world, and good people that are part of our lives. Being grateful does not mean that everything in life is perfect, but it does mean that we look at life as a whole, and receive with gratitude all the goodness that is in our life. In turn, our gratitude becomes the foundation for building up those around us, for in being happy ourselves, we are more likely to bring about happiness in others.

Being happy nurtures those random acts of kindness that everyone loves to experience, and promotes goodness and kindness among even strangers. People love it when other people are good to random people. This happiness becomes like a magnet, and even strangers are drawn to us, and our list of friends proliferates. There is nothing that brings about satisfaction like being grateful for our life, for the lives of those around us, for the things in our lives, and for the love God has for us. Remember, it is not happiness that makes us grateful, but gratefulness that makes us happy.

With love in Christ,
Abbot Tryphon

A Prayer for the Week

**Dear Lord, please help me not to neglect my Faith, or take it for granted. I am not immune from having
the Faith taken from me and it being given to another who will appreciate it and practice it. Please
forgive me, Lord, when You and Your wisdom are far from my thoughts and actions. And grant me to
see Your Faith as the very center and source of meaning for my life every day! Amen**

Coffee Hour

This week's coffee hour is
provided by:

AUGUST/SEPTEMBER EVENTS

August

21 – 10:00am Divine Liturgy
24 – 7:15pm Bible Study with
GoogleMeet
28 – 10:00am Divine Liturgy
31 – 7:15pm Bible Study with
GoogleMeet

September

04 – 10:00am Divine Liturgy
07 – 7:00pm Vespers Liturgy
Nativity of the Theotokos
09 – 6:00pm Fun Night
11 – 10:00am Divine Liturgy
13 – 7:00pm Vespers Liturgy
Exaltation of the Cross

1 Corinthians 4:9-16

For I think that God has displayed us, the apostles, last, as men condemned to death; for we have been made a spectacle to the world, both to angels and to men. We are fools for Christ's sake, but you are wise in Christ! We are weak, but you are strong! You are distinguished, but we are dishonored! To the present hour we both hunger and thirst, and we are poorly clothed, and beaten, and homeless. And we labor, working with our own hands. Being reviled, we bless; being persecuted, we endure; being defamed, we entreat. We have been made as the filth of the world, the offscouring of all things until now. I do not write these things to shame you, but as my beloved children I warn you. For though you might have ten thousand instructors in Christ, yet you do not have many fathers; for in Christ Jesus I have begotten you through the gospel. Therefore I urge you, imitate me.

Matthew 17:14-23

And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. So I brought him to Your disciples, but they could not cure him." Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me." And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, "Why could we not cast it?" So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting." Now while they were staying in Galilee, Jesus said to them, "The Son of Man is about to be betrayed into the hands of men, and they will kill Him, and the third day He will be raised up." And they were exceedingly sorrowful.

Children's Word

How long will I be with you?

Have you ever asked for help for something...again and again? Maybe you had trouble tying your shoes. Maybe you like to cook, but just can't get something right. Maybe you ask for help with your math or spelling. Sometimes we keep asking our parents or our teachers for help...again and again.

Today, in the Gospel reading, we hear about how Jesus's disciples asked Him for help with something. But this was something that was very serious. Somebody was very sick, and they wanted to heal him. But as hard as they tried, they just couldn't do it! So what did they do? They asked their Teacher, our Lord Jesus Christ, for help.

Christ told them, "How long am I to be with you? How long am I to bear with you? Bring him here to me." And when they did, He took care of the sick man and healed him.

When Christ asked that question, "How long am I to be with you?" He was talking about His time here on earth. But you know that He is still with us, don't you? You know that you can ask Him for help, again and again? You know that He will listen to you, again and again? Our parents or our teachers might get impatient with us, but the Lord never does. He is always ready to hear us and help us.

SAINT DIONYSIOS OF ZAKYNTHOS AND HIS HOLY RELICS

Have you ever forgiven somebody, and it was very hard to do? Somebody might have done something to you that made you really sad, but you knew that God calls us all to forgive...no matter what.

Saint Dionysios was a man who forgave something that was very, very hard to forgive. Dionysios was a monk on the island of Zakynthos, Greece. Once, a man rushed to Dionysios's room at the monastery. This man confessed that he had killed somebody, and people were chasing him to punish him for the crime! Dionysios talked to this criminal, and he realized it was his own brother (the saint's) this man had killed! The people came for the criminal, and they asked Dionysios if he had seen him. But Dionysios hid the criminal in his cell and the people left. This holy monk had forgiven the man for this terrible crime.

Saint Dionysios is an example to us for his perfect forgiveness. He became an archbishop of Aegina (where St. Nektarios later lived). He is also a special saint who has worked many, many miracles with the power of God. Ask your parents to look him up, and read some of these amazing stories together.

Saint Dionysios has two feasts. His main one is in December, but the people of Zakynthos also celebrate on August 24th. This is the day we celebrate when his holy relics (his body) were brought back to the monastery where he had lived. We celebrate St. Dionysios on Wed., Aug. 24th.

Appreciate It. Practice It. Or Lose It!

August 18, 2022 · Fr. Barnabas Powell

“Father, you simply have to MOVE!” With that, my doctor, who was in the Marines as a young man, made it clear I had to change my sedentary lifestyle if I was to be healthy. In other words, if I didn’t start moving and exercising, I was going to lose my health. I had to use it or lose it. That wake-up call was just what I needed at the time. But, I confess, it didn’t last. Oh, sure, I did start exercising more, and I got on that treadmill that had become more of the “clothes hanger” than a workout machine. But as time passed I made excuse after excuse as to why I just didn’t have the time to exercise.

And that lasted until last year when I had a health scare that prompted my youngest daughter to look at me with a very worried look and say “Dad, I sure hope you get to know my children” Wow! That day I began to get serious about paying attention to my physical health. 50 pounds lost later, I’m on my way to better health.

And you know what I discovered? I really hate exercise! I don’t like low carbs and high protein diets. Being disciplined is tough, and I am not nearly as consistent as I need to be. But I’m getting better as I insist that my feelings and my desires be my servants and not my masters. I am grasping just why spiritual disciplines are so hard and why the Church constantly calls us to an attentive lifestyle. It’s when I treat my spiritual health as just a hobby that I discover my spiritual life getting weaker and weaker. And that’s why Jesus told the People of God in His day that the Kingdom of God is going to be taken from them and given to others who will appreciate it and won’t take it for granted!

Look at our lesson today in Matthew 21:43-46:

The Lord said to the Jews who had come to him: “I tell you, the kingdom of God will be taken away from you and given to a nation producing the fruits of it. And he who falls on this stone will be broken to pieces; but when it falls on any one, it will crush him.”

When the chief priests and the Pharisees heard his parables, they perceived that he was speaking about them. But when they tried to arrest him, they feared the multitudes, because they held him to be a prophet.

Once again Jesus confronts His own people, and especially the religious leaders of the people since it is they who are most responsible to lead the people to dynamic and active participation in the faith. And the Lord doesn’t mince words. In fact, reading today’s Gospel Lesson really does show why the leaders hated Jesus. He left them with only two choices: Repent or kill Him. We know what they chose. And in doing so, history tells us by 70 A.D. the Jewish Temple in Jerusalem was destroyed, and the city of Jerusalem was burned to the ground, the population was exiled and the area was renamed by the Romans!

The Lord tells these religious people “Use the Faith or lose the Faith.” Many thousands decided to “use the faith” and formed the Christian Church’s nucleus. But so many others decided to reject the Faith, and look what happened. The Holy Spirit came to a group of Gentiles, foreigners, and now all the tribes of the earth are participating in this Christian message centuries later! And the Orthodox Church continues the Mysteries of both the Temple and the Synagogue.

So, what blessing and warning should we take from this Gospel passage this morning? Well, the blessing is actively staying engaged and purposeful in our faith increases the strength of the faith we pass on to the next generation. The warning is if the People of God, shaped by centuries of scripture, prophets, and Temple worship, could miss the Son of God, then we today cannot ever believe our faith will sustain itself on some “automatic pilot” attitude. If we pass on a weak faith to the next generation, we shouldn’t be surprised to see the Faith go to “another nation” that WILL take it seriously and actively practice it! Of course, during times like these, we run the danger of training people to not gather together and make visible the Kingdom of God given to us. But, even in times of pandemic, we are not excused from actively practicing our faith and making our home “the little church” where the Faith is STILL passed on to the next generation regardless of the hardships of the moment!

Today, your faith is strong in direct proportion to your practice and your love for your faith. The goal of the faith isn’t some thoughtless habit as much as it is about a dynamic relationship that becomes so “normal” and active that it is only natural that the generation following you would keep the faith active and alive in their lives as well. And that doesn’t happen automatically. It happens when we purposefully practice, share, and teach this life-giving Faith. In other words: Go to Church and Be Orthodox On Purpose!

1-е Коринфянам 4:9-16

Ибо я думаю, что нам, последним посланникам, Бог судил быть как бы приговоренными к смерти, потому что мы сделались позорищем для мира, для Ангелов и человеков. Мы безумны Христа ради, а вы мудры во Христе; мы немощны, а вы крепки; вы в славе, а мы в бесчестии. Даже доныне терпим голод и жажду, и наготу и побои, и скитаемся, и трудимся, работая своими руками. Злословят нас, мы благословляем; гонят нас, мы терпим; хулят нас, мы молим; мы как сор для мира, [как] прах, всеми [попираемый] доныне. Не к постыжению вашему пишу сие, но вразумляю вас, как возлюбленных детей моих. Ибо, хотя у вас тысячи наставников во Христе, но не много отцов; я родил вас во Христе Иисусе благовествованием. Посему умоляю вас: подражайте мне, как я Христу.

От Матфея 17:14-23

Когда они пришли к народу, то подошел к Нему человек и, преклоняя пред Ним колени, сказал: Господи! помилуй сына моего; он в новолуния [беснуется] и тяжело страдает, ибо часто бросается в огонь и часто в воду, я приводил его к ученикам Твоим, и они не могли исцелить его. Иисус же, отвечая, сказал: о, род неверный и развращенный! доколе буду с вами? доколе буду терпеть вас? приведите его ко Мне сюда. И запретил ему Иисус, и бес вышел из него; и отрок исцелился в тот час. Тогда ученики, приступив к Иисусу наедине, сказали: почему мы не могли изгнать его? Иисус же сказал им: по неверию вашему; ибо истинно говорю вам: если вы будете иметь веру с горчичное зерно и скажете горе сей: 'перейди отсюда туда', и она перейдет; и ничего не будет невозможного для вас; сей же род изгоняется только молитвою и постом. Во время пребывания их в Галилее, Иисус сказал им: Сын Человеческий предан будет в руки человеческие, и убьют Его, и в третий день воскреснет. И они весьма опечалились.

I Korinthianëve 4:9-16

Sepse më duket se Perëndia ne apostujt na tregoi për më të fundit e njerëzve, si të dënuar me vdekje; sepse u bëmë lojë në botë, në engjëjt e në njerëzit. Ne jemi të marrë për Krishtin, e ju të mençur në Krishtin; ne të dobët, e ju të fortë; ju të lavdëruar, e ne të përçmuar. Deri në këtë orë edhe uri kemi, edhe etje kemi, edhe të zhveshur jemi, edhe me shuplaka rrihemi, edhe endemi andej e këtej, edhe mundohemi duke punuar me duart tona; kur përqeshemi, bekojmë; kur ndiqemi, durojmë; kur shahemi, lutemi; u bëmë si plehurat e botës, si fundërrinat e të gjithëve deri në këtë ditë. Nuk i shkruaj këto për t'ju turpëruar ju, por ju këshilloj si bij të mi të dashur. Sepse edhe sikur të keni dhjetë mijë mësues në Krishtin, përsëri nuk keni shumë etër; sepse unë ju lindi në Krishtin Jisu me anë të ungjillit. Ju lutem juve pra të bëni siç bëj unë.

Mattheut 17:14-23

Kështu nuk është e dëshiruar përpara Atit tuaj që është në qiejt, të humbasë një nga këta të vegjlit. Edhe në në mëkatoftë yt vëlla ndaj teje, shko dhe qortoje vetëm për vetëm; në të dëgjoftë, e fitove vëllain tënd. Po në mos të dëgjoftë, merr me vete dhe një ose dy vetë, që të qëndrojnë çdo fjalë në gojë të dy a tre dëshmitarëve. Edhe në mos i dëgjoftë ata, thuaja këtë kishës; e në mos e dëgjoftë edhe kishën, atëherë le të jetë ai si pagani e tagrambledhësi. Me të vërtetë po ju them juve, ç'të lidhni mbi dhe, do të jenë lidhur në qiell; edhe ç'të zgjidhni mbi dhe, do të jenë zgjidhur në qiell. Përsëri po ju them juve, se në qofshin dy veta nga ju mbi dhe në një fjalë, për çdo gjë që të lypin, do t'u bëhet atyre nga Ati im që është në qiejt. Sepse ku të jenë dy a tre veta mbledhur në emrin tim, atje jam edhe unë në mes tyre. Atëherë i erdhi pranë Pjetri, e tha: Zot, sa herë duhet të mëkatojë ndaj meje im vëlla, edhe t'ia fal? Deri në shtatë herë? Jisui i thotë: Nuk të them deri në shtatë herë, po deri në shtatëdhjetë herë shtatë. Prandaj mbretëria e qiejve ngjau me një njeri mbret, që deshi të bënte llogaritë me shërbëtorët e tij.