

# Sts. 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. H Gregory DuDash

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July 28, 2019

6TH SUNDAY AFTER PENTECOST: HOLY APOSTLES OF THE SEVENTY AND DEACONS: PROCHORUS, NICANOR, TIMON, AND PARMENAS  
TONE 5

|               |         |                    |
|---------------|---------|--------------------|
| Today .....   | 10:00am | Divine Liturgy     |
| Wed. 31 ..... | 7:00pm  | Bible Study        |
| Sat. 03 ..... | 6:00pm  | Vespers            |
| Sun. 04 ..... | 10:00am | Divine Liturgy     |
|               | 4:00pm  | Paraklesis Service |

**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:** Fasting Wednesday through Saturday (fasting from meat, fish, eggs, dairy, oil, wine and hard spirits as you are able. Wine and oil is allowed on Tuesday and Saturday)

**Troparion – Tone 5**  
**(Resurrection)**

*Let us, the faithful, praise and worship  
the Word,  
co-eternal with the Father and the  
Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the  
Cross in the flesh,  
to endure death,  
and to raise the dead  
by His glorious Resurrection.*

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

*The glorious Nícanor, 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.*

**Welcome to all visitors!** Please join us upstairs in the church hall for coffee hour after liturgy.

**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

Romans 12:6-14  
Matthew 9:1-8

### Monday

1 Corinthians 5:9-6:11  
Matthew 13:54-58

### Tuesday

1 Corinthians 6:20-7:12  
Matthew 14:1-13

### Wednesday

1 Corinthians 7:12-24  
Matthew 14:35-15:11

### Thursday

1 Corinthians 7:24-35  
Matthew 15:12-21

### Friday

1 Corinthians 7:35-8:7  
Matthew 15:29-31

### Saturday

Romans 12:1-3  
Matthew 10:37-11:1

## Reading the Bible in a Year

July 28: Ezekiel 37-40  
July 29: Ezekiel 41-44  
July 30: Ezekiel 45-48  
July 31: Daniel 1-4  
Aug 01: Daniel 5-8  
Aug 02: Daniel 9-12  
Aug 03: Hosea 1-5

## Special Prayers

Ill/Home-bound:

Ruth Rifkin, Virginia Daka, Emmelia Stone, Liam, Denise Gormley, Sonya, Anna, George, Lyanna, Barbara, Katelyn, Margarita, Annmarie, Shpresha, Ralph John, Christina, Mary, Alexandra, Matthew, Fran, Sophie Plasari, Donna, Michael, Fr. Gregory & Mat. Linda DuDash, Leon, child Luka, child Makayla, Rhonda, Ashley, CJ, Elizabeth, Rebecca, Lev, Margarita, Ludmilla, Jake, Amanda, Philip and his family, George, David, Thomas

General:

Michael Peterson, John, Darian, Tammy, Jean Dimitri, Cheryl Dimitri, Jason, Anna, George, Sonya, Catherine, Alisha, Sasha, Joseph, Kimberly, Niko, Kristin, Robert, Jerry, Pina, Jerry, Chris, Matt, Gianna, Menina, John, Eugenia and the child to be born of her, Sophia and the child to be born of her, Catherine and the child to be born of her

Memory Eternal: Newly Departed Virginia Rifkin, newly Departed David Zaychik

### July

228 – 10:00am Divine Liturgy  
31 – 7:00pm Bible Study

### August

03 – 6:00pm Vespers & General  
Confession  
04 – 10:00am Divine Liturgy  
4:00pm Paraklesis

### **A thought for the Dormition Fast:**

*The Fasting periods within the Church calendar are not there to make us “sacrifice,” but rather to re-focus our lives onto Christ through self discipline. The discipline of prayer is a way for us each to enrich our lives by approaching our creator. I put forward the suggestion that this coming fast, we, as a church community, attempt to pray at a set time each day, setting an alarm on our watch or phone as a modern call to prayer.. In this way, we are entering into prayer, not alone in our efforts, but giving and receiving each other strength in the knowledge that we, although separated by distance, are united in Christ's presence and making us responsible not only for ourselves, but for others whom we love.*



**“We must always remember  
that the Lord sees us  
wrestling with the Enemy,  
and so we must never be  
afraid. Even should all hell  
fall upon us, we must be  
brave.”**

- St. Silouan the Athonite



### July/August Events

05 – 7:00pm Vespersal Liturgy  
*Transfiguration*  
07 – 7:00pm Bible Study  
09 – 6:00pm Fun Night  
10 – 6:00pm Vespers  
11 – 10:00am Divine Liturgy  
4:00pm Paraklesis  
14 – 7:00pm Vespersal Liturgy  
*Dormition*

17 – 6:00pm Vespers  
18 – 10:00am Divine Liturgy  
4:00pm Paraklesis  
21 – 7:00pm Bible Study  
24 – 6:00pm Vespers  
25 – 10:00am Divine Liturgy  
4:00pm Paraklesis  
28 – 7:00pm Bible Study  
31 – *No Vespers*

**The service of the Small Paraklesis** is chanted in times of distress and sorrow of soul and during the first fourteen days of August. This month, it will be celebrated together by the entire body of the Philadelphia Orthodox community every Sunday in August at 4:00pm at a different parish each week.

**On Sunday, August 4<sup>th</sup>, we are hosting the Paraklesis service and need to have fast-friendly dishes supplied for people to have after the service. If you are able to provide a dish to be shared, please let Fr. Nicholas or Tish Desloges know.**

### **Romans 12:6-14 (Epistle)**

Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.

### **Matthew 9:1-8 (Gospel)**

So He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins" – then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.

**Pay attention carefully. After the sin comes the shame; courage follows repentance. Did you pay attention to what I said? Satan upsets the order; he gives the courage to sin and the shame to repentance.**

**- St. John Chrystotom**

## **Children's Word**

### **A cheerful Christian**

Have you ever done something nice for somebody...but you didn't want to do it? Maybe you shared a treat with a brother or sister, or played with somebody you didn't want to play with, or helped somebody you didn't want to help. But then, did you complain about it? When we complain about something, we take away the good thing we did!

In today's epistle reading, we hear some advice about being a good Christian. We hear how when we do something good, we should do it cheerfully! The epistle says, "Let us use our gifts...Whoever does something merciful, with cheerfulness." In another epistle, we hear the same kind of thing. When we give to people who need our help, we don't want to give with complaining or because somebody forced us to do it, "because God loves a cheerful giver."

But sometimes it's hard to give, or to share, or to help somebody! How do you think you can learn to do something nice, AND to be happy about doing it? Well, helping people takes practice. The more we help others, and the more we share, and the more we give, the more we know a secret. It starts to feel good. Then we really will be a cheerful Christian. We learn to really like helping others.

### **THE HOLY CROSS; A PROCESSION THROUGH THE CITY**

What do you do to try to keep yourself from getting sick? You probably wash your hands before you eat, you don't share your drinking cups with your friends, you get a vaccine.

Once it starts getting colder, sometimes people start getting worried about getting colds or the flu. That's because those germs spread around a lot during the cold months. But many years ago, in the great Christian city of Constantinople, people would get sick the most when it was hot. And it was hottest in the beginning of August.

So what did the people do to keep from getting sick? And what would help if they did get sick? The people tried the best they could to use the right medical care. But they also prayed to God! Starting on August 1st, we still celebrate the Procession of the Precious Cross. Many years ago, the faithful Orthodox Christians carried a part of the true Cross of our Lord from the church all the way through the city. People kissed the holy Cross, and many people were made well again. God healed people through His holy Cross.

So, let's remember, we try our best not to get sick, but we also turn to our Lord too! We always remember to ask Him to keep us safe!

We celebrate this special day on Thursday, Aug. 1

☞ • August 2019 • ☚

|   |  |   |  |  |                                |  |
|---|--|---|--|--|--------------------------------|--|
| 10:00am<br>Divine Liturgy                                   |  |   | 7:00pm<br>Bible Study                                    | 01   | 02                             | 03<br><br>6:00pm<br>Vespers &<br>General<br>Confession |
| 04<br>10:00am<br>Divine Liturgy<br><br>4:00pm<br>Paraklesis | 05<br><br>7:00pm<br>Vesperal Liturgy<br><i>Transfiguration</i> | 06  | 07<br><br>7:00pm<br>Bible Study                          | 08   | 09<br><br>6:00 pm<br>Fun Night | 10<br><br>6:00pm<br>Vespers                            |
| 11<br>10:00am<br>Divine Liturgy<br><br>4:00pm<br>Paraklesis | 12   | 13<br><br>7:00pm<br><i>Orthodoxy on<br/>Tap</i> | 14<br><br>7:00pm<br>Vesperal Liturgy<br><i>Dormition</i> | 15   | 16                             | 17<br><br>6:00pm<br>Vespers                            |
| 18<br>10:00am<br>Divine Liturgy<br><br>4:00pm<br>Paraklesis | 19   | 20  | 21<br><br>7:00pm<br>Bible Study                          | 22   | 23                             | 24<br><br>6:00pm<br>Vespers                            |
| 25<br>10:00am<br>Divine Liturgy<br><br>4:00pm<br>Paraklesis | 26   | 27  | 28<br><br>7:00pm<br>Bible Study                          | 29<br><i>Beheading of<br/>St. John the<br/>Baptist</i><br><br><i>Strict Fast</i> | 30                             | 31<br><br>6:00pm<br>Vespers                            |