“There is a time for everything, and a season for every activity under heaven,” the Book of Ecclesiastes tells us. There is a season for work and a time for rest; a season for activity, and a time to slow things down!

Summer is typically the time for many of us to slow down the busy pace of our lives. Despite all the technological advances that promise to make life easier, our lives continue to become more and more hectic and fast-paced. For many, though, summer is the time when we try to adjust our schedules to fit in a vacation and some other relaxing events.

As we try to relax and physically rest our bodies, let us also strive to relieve our souls. We do this by finding time to dwell in God’s presence. Too often throughout the year, we make the excuse that we are too busy to go to Church and to pray, too busy to read the Bible, too busy to read a spiritual or inspiring book, too busy to visit someone or too busy to do some other good deed. As we lighten up our schedules, can we make time not only to rest our weary bodies, but to nourish and strengthen our weary souls?

“Be still and know that I am God” the Psalmist advises. “Come to me all you who are burdened and heavy laden, and I will give you rest.” Jesus promised.
The mission of Sts. Constantine and Helen Church is to proclaim the Good News of Salvation through the Orthodox Christian Faith for the glory of our Triune God - Father, Son and Holy Spirit.

We are a community of believers who journey towards our Lord Jesus Christ and one another through our WORSHIP, FELLOWSHIP, SPIRITUAL GROWTH, WITNESS, and SERVICE. We invite all people to join us on this journey in the Kingdom of Heaven.

We are under the jurisdiction of
His Holiness, Ecumenical Patriarch Bartholomew
His Eminence, Archbishop Demetrios of America
His Eminence, Metropolitan Methodios of Boston

Father Luke A. Veronis
Telephone: (508) 949-7623 (h) (774) 230-6985 (cell)
email: veronis@verizon.net

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2014 PARISH COUNCIL

President: Lisa Healy
Vice President: Garry Ross
Secretary: Lorna McWilliam
Treasurers: Nick Popiak, Cynthia Johnson

Members:
Victor Apostolou, Leah DiDonato, Chris Geotis, Sandi Kunkel, Del Monroe, Mary Papageorge, Helen Pappas, Deborah Raymond

PHILOPTOCHOS

President: Evelyn Pappas
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Secretary: Marie McNally
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Church Secretary: Jaime Ross

Festival Chair: Joey Gliniecki, Cynthia Johnson, Garry Ross

Cantor: Demetrios Milios
Choir Directors: Tony and Nike Beaudry
Greek Dance Group: Nike Beaudry
Sunday School Teachers:
Youth: Pres Faith Veronis

Seminarians: Ron Burkhard, Nick Mueller, Steve Sarigianis, Brian Stefanovic

Ecclesiarch: Bill Anthopoulos
Bookstore: Lorna McWilliams
Sexton: Pres. Tammy Cremeens
the best way our souls will be refreshed. But in order to do this, we must carve out time for God. It is not easy to "be still" and meditate on God. Getting away from our normal schedules, though, is a start. Decide now to add a spiritual dimension to any vacation you take! You will notice that the more you renew your soul, the more renewed you will feel in your body as well!

On another note, as we each relax and enjoy our summer, please remember in your prayers some very important events taking place in the Church.

From July 6-9 our Greek Orthodox Archdiocese will hold its 42nd biennial Clergy-Laity Congress. This is a gathering of all the Greek Orthodox clergy and many lay leaders from around the country. We come together to pray and be renewed, while discussing the state of our Church, and planning for our future.

From July 15-22, our Sts. Constantine and Helen Family will send out its 4th mission team to Tijuana, Mexico via Project Mexico. We have 21 participants, including 14 coming from our own Church participating in this exciting mission. Thank you so much to everyone who donated towards this mission. Our team is going to Mexico representing our Church Family, and this is one small way we all are helping to spread God’s love to the world around us!

Our Project Mexico team will join around 130 other Orthodox Christians from around the country and stay at the St. Innocent Orthodox Orphanage. Each day we will go out into the neighboring area and build SEVEN HOMES for desperately needy families during the week we are there. Please remember to keep our team in your prayers during our days in Mexico.

Another significant event taking place this summer is the Metropolis of Boston Youth Camp in New Hampshire. Six hundred and fifty youth from our Boston Metropolis will attend this camp, including typically around 12-15 from our Church. We will be going there this year from August 4-10th.

Summer Church Camp was one of the most important formative events for both me and Presbytera Faith throughout our teenage years. In fact we still remember the songs we sang, some lessons we learned, and especially the people who touched our lives in such a special way. Please pray with us that our Metropolis Camp will have the same impact on our youth as well!

Two other events to please support - the annual Red Cross Blood Drive taking place at our Church on July 12th. Sign up to donate blood and please sign up to come and help out. (See page 10) You can contact Neal Neslusan for details.

Also, our Church will hold its 4th Annual Golf Tournament on Saturday July 26th. This is a fundraiser for our community, so we ask everyone to please support it. If you golf, get a foursome and sign up to play. If you can, donate and sponsor a hole. (See page 10) You can contact Arthur Bilis or Victor Apostolou for more details.

May we all have a most blessed, spiritually renewing and uplifting summer!

With love in our Lord Jesus Christ,

+Luke
MY SPIRITUAL JOURNEY

Jared Gerasimos Quill

Jared Quill and his wife Stephanie, along with their two precious children Katerina and Sophia, have been regularly attending our Sts. Constantine and Helen Church since September 2013. Jared was Chrismated and became an Orthodox Christian on Father’s Day, June 15th. He adopted St. Gerasimos of Kefalonia as his patron saint. He shared these words with our Church Family.

Like all journeys you need a start, direction, and action....

MY START

I was baptized and raised Catholic all the way through the sacrament of confirmation. I went to a Catholic High School and attended church on a regular basis. You get the idea of where I started and the general path I was on. It was good. In my early twenties, however, Church was not a big part of my life. I was still trying to live a good life, but I wasn’t practicing my faith.

That was about to change. I met my wife and was introduced to her family, and the Greek Orthodox community of faith. Her grandfather was a Greek Orthodox priest, so there was plenty of faith in her family. Unfortunately, he passed away before I had a chance to meet him. Being around Stephanie and her family made me realize that I had a lot to learn about her religion. One of my first surprises was, “What, priests can be married and have children?” Right away her yiayia, Presbytera Georgia Metaxas, looked up a saint’s name that fit close to Jared, and began calling me “Gerasimos.”

Fast forward several years when Stephanie and I were married at St. Athanasios the Great Greek Orthodox Church in Arlington. Since I was baptized as a Roman Catholic in the name of the Holy Trinity, I did not need to convert to be married in the Orthodox Church. After a few years, along came our children, and both of them were baptized at St. Spyridon’s Church in Worcester. At this point in my spiritual journey, I realized I was no longer my own, but now shared a journey with Stephanie, Katerina, and Sophia.

MY DIRECTION, OR LACK OF

I never questioned whether we’d raise our children Orthodox. And I never felt any pressure to convert. I felt, however, that something was still missing in my life, and realized that our faith was not a focus for us. I had questions about my faith, but did nothing to seek out answers. Something had to change. We needed to take action.

TAKING ACTION:

In September 2013, we started attending St. Constantine and Helen Church here in Webster, seeking to find a deeper connection to a church community and family of faith. We found it here. From our first visit here, we met many families who welcomed us with open arms. We thank each of you for that warm welcome, and only hope to pass the same welcome on to
any new visitors we may encounter. We also con-
nected with Father Luke’s ability to teach the gos-
pel in a practical way, which helped us apply it in
our lives.

Getting involved and attending Church regularly is
now an important part of our lives. In fact, where
it was once hard to get up for Church and easy to
find excuses to stay home, we now find that it’s
normal to go to church each week, and quite hard
to find a reason to stay home. We owe that to all
of you, and to Father Luke and Presbytera Faith.
Each of you have given us many opportunities to
connect with you and grow in our faith.

Let me conclude by sharing why I chose to con-
vert now? The answer starts with a “no pressure”
invitation by Father Luke to attend his Orthodoxy
101 class last fall. I felt driven to attend and to
learn more about the Greek Orthodox Faith with
which we are raising our girls. So, I entered the
class carrying my doubts and questions of faith. I
openly discussed them with Father Luke. Over the
course of the classes, and my efforts to pray more,
I found more answers helping me resolve some of
my doubt. I also found that underneath the surface
of each ritual and tradition, there was a deeper
meaning and a clear explanation. I realized that
faith is no longer an “all or nothing” situation. It
was OK to doubt and question things. It was
not as though I’d wake up one day and feel as
though I understood and believed everything.
The important thing I learned was to keep
seeking to understand, to never give up our
spiritual struggle, and to continue our journey
toward God.

I was comforted to learn the words of the fa-
ther who brought his epileptic son to Jesus for
healing. When Jesus told him that a miracle
could happen if he believed, he responded
“Lord I believe; help my unbelief!” (Mark
9:24) This became my prayer. “I believe; help
my unbelief!”

I want to thank Theo Nick Ypsliantis for being
my sponsor and taking part on this special day.
Nick is an outstanding member of his Church
community and a role model that I look up to.

I also want to thank all of you - thank you for
welcoming Stephanie, Katerina, Sophia and
me into this St. Constantine and Helen Church
Family.
St. Silouan the Athonite (1866–1938) is one of the most beloved recent saints, having been canonized in 1987. A simple monk who nonetheless attracted pilgrims from all over the world, his teaching emphasized the absolute necessity of love and humility for authentic Christian life. As is evident from the story below, the saint believed these virtues should guide all aspects of Christian witness, including how we interact with and preach the truth to those in error.

St. Silouan’s attitude towards those who differed from him was characterized by a sincere desire to see what was good in them, and not to offend them in anything they held sacred. He was utterly convinced that “salvation lies in Christ-like humility,” and by virtue of this humility he strove with his whole soul to interpret every man at his best. He found his way to the heart of everyone to his capacity for loving Christ.

I remember a conversation he had with a certain Archimandrite who was engaged in missionary work. This Archimandrite thought highly of the Staretz and many a time went to see him during his visits to the Holy Mountain. The Staretz asked him what sort of sermons he preached to people. The Archimandrite, who was still young and inexperienced, gesticulated with his hands and swayed his whole body, and replied excitedly, “I tell them, ‘Your faith is all wrong, perverted. There is nothing right, and if you don’t repent, there will be no salvation for you.’”

The Staretz heard him out, then asked, “But please tell me, do they believe in the Lord Jesus Christ—that He is the true God?”

“Yes, they do believe that.”

“And do they honor the Holy Mother?”

“They honor Her, but they teach erroneous things about Her.”

“And what about the saints – do they acknowledge their existence?”

“Yes, they do, but ever since they have severed themselves from the Church, what kind of saints could they have?”

“Do they perform services in Churches? Do they read the word of God?”

“Yes, and they also have temples and services, but if you could only see how inferior their services are to ours – how cold, how soul-less they are!”

“Holy Archmandrite, their souls obviously feel that they are acting correctly in believing in Christ, in honoring the Holy Mother and the saints. That is why, when you tell them that their faith is illegitimate, they will not listen to you… But if you told the people that they are right in believing in God, that they are right in honoring the Holy Mother and the saints, and in going to church for services and praying at home, that they are right in reading the Word of God and all the rest, except that here and there they have a few incorrect theories which should be corrected, then everything will be just fine and pleasing to God, and by the Grace of God, everyone will be saved…. “God is Love”, and that is why a sermon needs to always spring from love. Only then will the preacher and the listener both benefit. But if you censure them, then the souls of the people will not listen to you and no benefit will be achieved.”

In today’s context a polemical approach to those in theological error is not only bound to fail, it is incongruous with the precepts of Christian love and humility — and a determinant to spiritual growth.
“Christ prayed for those that crucified Him: ‘Father, count not this sin against them; they know not what they do.’ Archdeacon Stephen prayed for those who stoned him so that the Lord would not judge this sin against them. And so we, if we wish to retain grace, must pray for our enemies. If you do not find pity on a sinner who will suffer in flames, then you do not carry the grace of the Holy Spirit, but rather an evil spirit; and while you yet live, you must free yourself from his clutches through repentance.”

“Whoever will not love his enemies cannot know the Lord and the sweetness of the Holy Spirit. The Holy Spirit teaches us to love our enemies in such way that we pity their souls as if they were our own children.”

“The saints were people like all of us. Many of them came out of great sins, but by repentance they attained the Kingdom of Heaven. And everyone who comes there comes through repentance, which the merciful Lord has given us through His sufferings.”

“Words of Wisdom from St. Silouan the Athonite

“If the Lord has left us ignorant of many things in this world, then it means it is not necessary for us to know: we cannot compass all creation with our minds. But the Creator Himself of heaven and earth allows us to know Him in the Holy Spirit.

“We may study as much as we will but we shall still not come to know the Lord unless we live according to His commandments, for the Lord is not made known through learning but by the Holy Spirit. Many philosophers and scholars have arrived at a belief in the existence of God but they have not come to know God. And we monks apply ourselves day and night to the study of the Lord’s command but not all of us by a long way have come to know the Lord, although we believe in Him.”

“The man who cries out against evil men but does not pray for them will never know the grace of God.”

“The Lord wants us to love one another. Here is freedom: in love for God and neighbor. In this freedom, there is equality. In earthly orders, there may not be equality, but this is not important for the soul. Not everyone can be a king, not everyone a patriarch or a boss. But in any position it is possible to love God and to please Him, and only this is important. And whoever loves God more on earth will be in greater glory in His Kingdom.”

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Greetings to all my fellow Parishioners,

Disappointment, sadness from losing a loved one, financial difficulty, discouragement, physically ill, depressed, anxious, and the list goes on. Without a doubt, I have felt some of these “pains” and I’m sure many others that are reading this have also experienced these things.

It took me many years to learn how to re-focus my thoughts (or at least most of my thoughts) during these difficult moments. In retrospect I look back and say, if tragedy did not strike, I would have remained blind, especially to my faith and all that God has given me.

When my 15 year old niece died almost 11 years ago and then my brother died 2 months after her, my eyes (finally) opened to feel God’s loving arms around me. HE carried me through those difficult years and I realized it was time for me to bring my faith back into my life, to give back to God for all that he has done for me and my family.

I ask you all to look around, see the beautiful blessings you have…I know they are there, you just have to have the eyes to see.

I’ve mentioned this to some friends, but I will share it with all you. I will never say I am thankful for having cancer, but I am thankful for all the blessings that came out of having cancer.

May God grant you all peace and love.

With love,

Lisa Healy

Parish Council President

Today, June 21st I just heard about the tragedy of Vange Giantsios’ sudden death. I send my deepest sympathies to Noula and Stergios. I am praying for Vange, for his family and for all of us.
OPA! Grecian Festival 2014

MARK YOUR CALENDARS

September 6th and 7th

Come to our Festival Meetings
July 9 & 23 at 6:30pm

Help Us Make this Festival
One of Our Best Ever!!!

FESTIVAL BANNERS

One special way to support our Festival is to buy a banner advertising your business, or offering a greeting to all the people who will be present. These banners will be displayed inside of the main tent.

You can purchase a banner for a $100 donation.

You can send a check into the Church Office, noting what wording you would like on the banner, or contact the Church Office or Fr Luke.

THEMATIC BASKETS

Contact Evelyn Pappas (508-259-5453) or Sandi Kunkel (508-943-7227) about making a thematic basket, or donating anything towards a basket.

WE NEED VOLUNTEERS!

Please consider offering as many hours as you can on the weekend of the Festival. We also need people to help in the preparations and the clean up afterwards.

CENTER TABLE

Please bring in items for the Center Table. A basket will be placed in the Church Hall. Contact Dhimitra Adamopoulos or Celia Milios with any questions.
GREEK DANCE TROUPE CAR WASH/YARD SALE

Thank You to all who helped our youth raise $1100!!!
Crown them with glory and honor!

Congratulations to Said & Bozhena Khozami, married on June 14th.

Year End Philoptochos Luncheon

Our Dance Group Performing at the Danielson Greek Festival. In June, they also performed at the Southbridge Cultural Festival.

Happy Father’s Day Greetings

God Bless Konstantinos, Seraphima and Athena Dimou as they depart to Fiji as long-term missionaries

Congratulations to our High School Seniors Tory McNally & Angelina Papageorege
**4th ANNUAL**
**Sts. Constantine & Helen GOLF TOURNAMENT**

1:30 pm, July 26th  
at the Webster Dudley Golf Club  

Cost: $85/person (includes golf, cart, dinner, and prizes)

Contact Arthur Bilis (508-331-8006) or Victor Apostolou (508-769-4998) to sign up.

**FLORIDA STYLE SCRAMBLE**

Get a Foursome and Join in the Fun!!!

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Our Church will Host a  

**RED CROSS BLOOD DRIVE**

8:00 am - 1:00 pm  
Saturday, July 13

Sign up to Give Blood at www.RedCrossBlood.org

We also need volunteers to help on the Day of the Drive.

Contact Neal Neslusan (978-302-5700) or the Church Office for Details!
EARLY RISERS BIBLE STUDY
6:30 am - 7:30 am
Saturday (July 5, 12, 26)

WEDNESDAY MORNING BIBLE STUDY
10:30-11:45
Wednesdays (July 2, 23)
All Are Welcome!

SUMMER CAMPING at CAPE COD with our Church Family
August 29-31
Contact Nicoleta Cojocaru
For Details! Limited Space Available.

Come & Support our GREEK DANCE TROUPE
2:00 pm Sunday July 13
at St. George Greek Picnic Southbridge

WEEKDAY SERVICES
SATURDAY VESPERS (5:30pm)
July 5 and 12

Metropolis of Boston Summer Camp
Aug 4-10
Contookcook, NH
Parents, don’t forget to register your children at www.mbcamp.org for the 6th week of camp

SUMMER CAMPING at CAPE COD with our Church Family
August 29-31
Contact Nicoleta Cojocaru
For Details! Limited Space Available.
COFFEE FELLOWSHIP:

July 6 - Kathy Bilis, Marie Monroe, Carolyn Niemeck, Deb Raymond, Charlotte Neslusan
July 13 - Thomai Gatsogiannis, Stephanie Quill, Betty Tonna, Jared Quill
July 20 - Marie McNally, Christa Benoit, Sandi Kunkel, Mary Seferi
July 27 - Donna Cooney, Athena Cooney, Leah DiDonato, Bill Anthopoulos, Jaime Ross

USHERS & GREETERS SCHEDULE

July 6
Arthur Bilis, Del Monroe, Chris Geotis, Thomai Gatzogianis, Trish Laurea

July 13
Marie McNally, Eric Beland, Matt Benoit, Zach Gianaris, Lisa Healy,

July 20
Neal Neslusan, Betty Vriga, Leah Didonato, Gus Koulax, Cindy Johnson,

July 27
Chris Constantine, Barbara Gianaris, Deb Raymond, Dan Rivelli, Alex Seferi

God of Life, there are days when the burdens we carry chafe our shoulders and wear us down; when the road seems dreary and endless, the skies gray and threatening; when our lives have no music in them and our hearts are lonely, and our souls have lost their courage. Flood the path with light, we beseech you; turn our eyes to where the skies are full of promise.

St. Augustine

YOUTH EPISTLE READERS

July 6 - Panayiota Veronis (Romans 6:18-23 - page 69)
July 13 - Lily Mueller (Romans 10:1-10 - page 70)
July 20 - Hanna Kunkel (Romans 12:6-14 - page 72)
July 27 - Theodora Veronis (Romans 15:1-7 - page 73)
Aug 3 - Maria Mironidis (1 Corinthians 1:10-17 - page 75)
August 10 - Olivia Neslusan (1 Corinthians 3:9-17 - page )
August 17 - Smaranda Cojocaru (1 Corinthians 4:9-16 - page )
August 23 - Maia Beaudry (1 Corinthians 9:2-12 - page )
August 31 - Maia Beaudry (Matthew 19:16-26 - page )
Remembering Our Church Family

Important Dates in JULY:

Try to make a visit, give a call, or express your congratulations to members of our Church family who celebrate special days during this month.

**BIRTHDAYS:**

- July 2: Zack Gianaris
- July 4: Lorna McWilliam
- July 6: Paris McWilliam
- July 6: Katerina McWilliam
- July 9: Gideon Ross
- July 14: Carl Mueller
- July 18: Laurie Manthos
- July 22: William Anthopulos
- July 22: Tatjana Zhuk
- July 24: Mary Seferi
- July 26: Jaime Ross
- July 28: Anton Cojocaru

**WEDDING ANNIVERSARIES:**

- July 1: Nikola & Bertha Cosntantine
- July 6: Ted & Betty Tonna
- July 17: Dimitrios & Claire Milios
- July 27: Sam & Evelyn Pappas
- July 27: Nike and Tony Beaudry
- July 30: Zack & Barbara Gianaris

**NAMEDAYS:**

- July 4: St. Loucia
  Loucis Adamopoulos

July 11: St Olga
  Olga Barakilis
  Olga Pappas
  Olga Petluck

July 12: St. Veronica
  Paris Veronica McWilliam

July 20: Prophet Elias
  Louis Adamopoulos

July 24: St. Christina
  Kristina Mironides
  Cristina Enache
  Christine Kiritsis

July 25: St. Anna
  Anna Thomas

**A GOOD PARADISE**

MAY HIS MEMORY BE ETERNAL

To our Beloved EVANGELOS GIANTSIOS

Who passed on to eternity with the Lord on June 20th.
GENEROUSITY AND GIVING

“I do not believe one can settle how much we ought to give. I am afraid the only safe rule is to give more than we can spare. In other words, if our expenditure on comforts, luxuries, amusements, etc., is up to the standard common among those with the same income as our own, we are probably giving away too little. If our charities do not at all pinch or hamper us, I should say they are too small. There ought to be things we should like to do and cannot do because our charitable expenditures excludes them.”

(C.S. Lewis - Christian Apologist, English author & scholar)

“I was once young and now I am old, but not once have I been witness to God’s failure to supply my need when first I had given for the furtherance of His work. He has never failed in His promise, so I cannot fail in my service to Him.”

(William Carey, Missionary to India)

“Liberality in giving is a good sign of a genuine revival.”

(Thomas Peck)

A rich man is not one who has much but one who gives much. For what he gives away remains his forever.

St. John Chrysostom

We have received $52,800 in Stewardship as of June 1 ($1,700 better than in 2013).

Please keep up with your stewardship especially during the summer months! We always struggle to stay in the black during July and August!!!
Learning the Word of God

HOLY SCRIPTURE

Since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and perfector of our faith.

Hebrews 12:1-2

Bless those who persecute you; bless and do not curse them… Repay no evil for evil… Do not be overcome with evil, but overcome evil with good.

Romans 12:14, 17, 21

For I consider that the sufferings of this present time are not worthy to be compared with the glory that shall be revealed to us.

Romans 8:18

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Romans 8:18

DAILY BIBLE READINGS

JULY

July 1 1 Corinthians 12:27-13:8  Matthew 10:1-8
July 4 Romans 11:25-36  Matthew 12:1-8
July 5 Galatians 5:22-6:2  Matthew 11:27-30

July 6 Romans 6:18-23  Matthew 8:5-13
July 7 Galatians 3:23-4:5  Mark 5:24-34
July 9 Romans 15:7-16  Matthew 12:38-45
July 10 Romans 15:17-29  Matthew 12:46-13:3
July 11 2 Corinthians 6:1-10  Luke 7:36-50
July 12 Romans 8:14-21  Matthew 9:9-13

July 13 Titus 3:8-15  Matthew 4:14-19
July 14 Romans 16:1-16  Matthew 13:10-43
July 15 1 Corinthians 13:11-14:5  Matthew 17:24-18:4
July 16 1 Corinthians 2:9-3:8  Matthew 13:31-36
July 17 Galatians 3:23-4:5  Mark 5:24-34
July 18 1 Corinthians 4:5-8  Matthew 13:44-54
July 19 Romans 9:1-5  Matthew 9:18-26

July 20 James 5:10-20  Matthew 9:1-8
July 21 1 Corinthians 4:9-6:11  Matthew 13:54-58
July 22 1 Corinthians 9:2-12  Luke 8:1-3
July 23 1 Corinthians 7:12-24  Matthew 14:35-15:11
July 24 1 Corinthians 7:24-35  Matthew 15:12-21
July 26 Galatians 3:23-4:5  Mark 5:24-34

July 27 2 Timothy 2:1-10  Matthew 9:27-35
July 28 Acts 6:1-17  Matthew 16:1-16
July 29 1 Corinthians 10:5-12  Matthew 16:6-12
July 30 Acts 15:35-41  Matthew 16:20-24
July 31 1 Corinthians 10:28-11:8  Matthew 16:24-28
Thank You to those who sponsor our monthly bulletin!

If you would like to place an ad and support our monthly bulletin, please contact Fr. Luke or the Church Office.

$200/year or $20/month.
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<tr>
<td>5:30am Bible Study</td>
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<td>God Bless America!</td>
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<td>6:30am Bible Study</td>
<td>6:30 Vespers</td>
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| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 8:30 Matins 9:30 Divine Liturgy | National Clergy Laity Congress | National Clergy Laity Congress | National Clergy Laity Congress | 6:30 Festival Meeting | 6:30am Bible Study | 8am-1pm Red Cross Blood Drive at our Church 5:30 Vespers |

| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 8:30 Matins 9:30 Divine Liturgy | | Departure for Project Mexico. | Keep our Team in your prayers | | | |

| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 8:30 Matins 9:30 Divine Liturgy | | Return from Project Mexico | 10:30 am Bible Study | 6:30 Festival Meeting | | 6:30am Bible Study 1:30 Church Golf Tournament |

| 27  | 28  | 29  | 30  | 31  | Aug 1 | Aug 2 |
| 8:30 Matins 9:30 Divine Liturgy 12:30 Wedding | | | | | 6:30 Paraclesis Service | 6:30 Vespers and Paraclesis |
Prayer of St. Patrick

I arise today through a mighty strength — through the strength of the Holy Trinity, through a belief in His Threeness and a confession of His Oneness, the Creator of creation.

I arise today through the strength of Christ’s birth and His baptism, through the strength of His crucifixion and His burial, through the strength of His resurrection and His ascension, through the strength of His descent for the final judgment.

I arise today through the strength of the love of cherubim, in obedience of angels, in service of archangels, in the hope of resurrection to meet with reward, in the prayers of patriarchs, in preaching of the apostles, in faiths of confessors, in innocence of virgins, in deeds of righteous men and women.

I arise today through the strength of heaven; Light of the sun, Splendor of fire, Speed of lightning, Swiftness of the wind, Depth of the sea, Stability of the earth, Firmness of the rock.

I arise today through God’s strength to pilot me; God’s might to uphold me, God’s wisdom to guide me, God’s eye to look before me, God’s ear to hear me, God’s word to speak for me, God’s hand to guard me, God’s way to lie before me, God’s shield to protect me, God’s hosts to save me from snares of the devil, from temptations of vices, from every one who desires me ill, far and near, alone or in a multitude.

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ in the heart of every person who thinks of me, Christ in the mouth of every person who speaks of me, Christ in the eye that sees me, Christ in the ear that hears me.

I arise today through a mighty strength — through the strength of the Holy Trinity, through a belief in His Threeness and a confession of His Oneness, the Creator of creation.