The Sunday Messenger

+ Holy Trinity, Wilkes-Barre + July 12th, 2026 + Venerable Paisios of the Holy Mountain + 6th Sunday after Pentecost +

Hymns & Readings

For Today's Divine Liturgy

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.

Thy holy martyrs Proclus and Hilary, O Lord, through their sufferings have received incorruptible crowns from Thee, our God. For having Thy strength, they laid low their adversaries, and shattered the powerless boldness of demons. Through their intercession, save our souls!

The image of God was truly preserved in thee, O Father, for thou didst take up the Cross and follow Christ. By so doing, thou taughtest us to disregard the flesh for it passes away; but to care instead for the soul, for it is immortal. Therefore thy spirit, venerable Michael, rejoices with the angels.

Thou didst descend into hell, O my Savior, shattering its gates as Almighty, resurrecting the dead as Creator, and destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of man, and we cry to Thee: "O Lord, save us!"

Like the morning star, your glorious sufferings enlighten us with holy miracles. We celebrate you memory, O Proclus and Hilary; pray to Christ our God for us that He will save our souls!

By thy deeds thou didst wither the arrogance of the flesh; and through enlightenment thou gavest wings to thine agility of spirit. Thou wast revealed as a dwelling-place of the Trinity, Whom now thou dost clearly behold. O blessed Michael, unceasingly pray for us all!

Please Sing Along!

Singing throughout the Divine Liturgy is encouraged!

Epistle Reading - Romans 12:6-14

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.

Dear Guests and Friends: A most sincere and heartfelt welcome to you from our community. According to the ancient traditions of the Orthodox Church, the Sacrament of Holy Communion is to be administered only to Orthodox Christians who have prepared to receive the Holy Sacrament through prayer and fasting. If you have questions please let us know!

Gospel - Matthew 9:1-8

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.

"Many who are sick seek health of body; few seek health of soul. Yet the soul is more precious than the body."

— St. Augustine

THIS WEEKEND

SAT, July 11th

Friends of the Poor @ 9 AM, Reader's Vespers @ 5 PM

SUN, July 12th

NO Matins, Hours @ 8:40 AM

Divine Liturgy @ 9 AM, Coffee Hour

Please welcome Fr. Barnabas Fravel

who is serving for Fr. Innocent on Sunday!

Coffee Deliveries for Mission Trip Fundraiser

See Matusha Melanie for Mission Trip Coffee Pickups

THIS WEEK

Bible Study is on Summer Break - Stay tuned!

WED - No Open Church, Akathist or Orthodoxy 101

NEXT WEEKEND

SAT, July 18th

Great Vespers @ 5 PM, Confessions

SUN, July 19th

Matins @ 8 AM, Hours @ 8:40 AM

Divine Liturgy @ 9 AM, Coffee Hour

July 19th - Parish Town Hall during Coffee Hour

Bible Study is currently on summer break

ORTHODOXY 101 Alternating between Sundays @ noon following the coffee hour & Wednesday following the Akathist service. Orthodoxy 101 is for visitors, inquirers, catechumens or anyone interested in learning more about our faith.

Parish Potlucks are usually the last Sunday of each month. Our next potluck is Sun, July 26th.

Friends of the Poor is usually the second Saturday of each month. The next FOP is Saturday, July 11th.

Holy Trinity Parish Council is usually the second Sunday of each month. The next Parish Council is Thursday July 16th. Contact Brian Hutz for details.

Parish Library: Holy Trinity now has a parish library that is open and ready for you to use. See Rdr. John (Jalen) downstairs at coffee for a library tour. There is a log for checking out books on the desk. Books may be checked out for up to 4 weeks at a time. Thanks to Rdr. John and also to our catechumens Jesse, Katie & Tyler (and anyone else who helped) for heading up the project! Finally, we are planning to name the library after a Saint. If you would like to submit an idea please do so at the library desk.

HTOC Town Hall:, July 19th: There will be a Town Hall during coffee hour on July 19th to discuss our various parish projects. Topics will include: Bell Tower @ Community Space, HVAC, Glide Chair Replacement and Constructive Feedback for the Harvest Dinner. The Town

Hall will be an informal discussion and everyone is encouraged to provide questions / comments on these or any other topics during the meeting.

Sun - July 19th, Orthodox Family Day at Knoebels: A FREE Picnic Dinner at Knoebel's Amusement Park on Sunday July 19th**.** Everyone is invited. The Harrisburg "O" Club of the FOCA will be sponsoring an Orthodox Picnic outing. Arrive after your Liturgy and stop by Pavilion B (new pavilion this year) to check in and spend the afternoon at the Park. At 6pm there will be a Picnic Dinner in the Pavilion. Hamburgers, hotdogs, sodas and side dishes will be served.

Attention Families! August 2nd Nature Hike

Sunday, August 2nd following Coffee Hour, the HTOC Youth will embark on a Nature Hike led by Steve Nealon w/ Ice Cream @ Hillside Dairy to follow – weather permitting. If the weather is not cooperating we will stay at church, for games and ice cream. Save the date and invite friends! Everyone is invited.

July Birthdays: Christina Cherkis (7/2), Marley Willis (7/10), Xenia Clark (7/11), Luke Austin (7/15), Diane Welgus (7/18), Rachael Talpash (7/24), Damian Rosencrans (7/24), Ava Spinghel (7/25), Katrina Zbegner (7/26), Chris Yanovich (7/26) Donna Stankiewicz (7/27), Christopher Dutko (7/28), Shannon Bisset (7/28), Deborah Mills (7/31) **July Anniversaries:** Lisa & Scott Harvey (7/15), Marianne & Jeremy Haugh (7/18), JP & Denise Meck (7/24), Marie & Vladimir Dutko (7/26), Tom & Alexanne Conklin (7/27), Kristin & Bill Resnick (7/31)

This Week's Birthdays & Anniversaries: Luke Austin (7/15), Diane Welgus (7/18), Lisa & Scott Harvey (7/15), Marianne & Jeremy Haugh (7/18)

... of the Saints, Fathers & Teachers

St. John Chrysostom

Commentary on today's Gospel - Matthew 9:1-8

"And when Jesus saw their faith, He said unto the sick of the palsy, 'Son, be of good cheer; thy sins be forgiven thee.' Observe the wisdom of the Master. He does not at once restore the body, but first heals the soul. For the diseases of the soul are greater than those of the body, and forgiveness of sins is a greater gift than the healing of paralysis. The sick man had come seeking bodily health, yet Christ bestows first what is of far greater value. In doing so He teaches us that we ought to care more earnestly for the health of the soul than for that of the body.

He also calls him 'Son,' a title full of tenderness and affection, showing that the forgiveness He grants proceeds from His fatherly love. He raises the fallen man's spirit before He raises his limbs, comforting him by these gracious words before granting the visible miracle. Thus He removes the heavier burden first, that of sin, and afterwards the lighter burden, that of bodily infirmity.

But the scribes, hearing these words, reasoned within themselves, saying, 'This man blasphemes.' They dared not accuse Him openly before the multitude, yet in their hearts they condemned Him. The Lord, knowing their secret thoughts, reproved them not merely by His words but by revealing what no human eye could see. He made manifest the hidden counsels of their hearts, thereby showing that He who searches the thoughts of men is no mere man but possesses divine authority.

Therefore He said, 'Why do you think evil in your hearts? For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk?' It is indeed easier to utter the words, 'Your sins are forgiven,' because the effect cannot

PARISH PRAYER LIST // Homebound: Evelyn, Vladimir, Marie, Pearl, Jeri, David, Paul, Archpriest Theodore, Mat. Elizabeth, Mary, Patricia, Barbara, Jeri, Joan, Irene, Alice, Sylvia, Paul **// Sick & Suffering:** Cynthia Dulsky, Nadine Breisch, Elizabeth Hutz, Mary Hutz, David Lezinsky, Tom Vaskalis, Tom O'Brian, David, Delores Tressa, Elaine & Forrest Hanson, Alexandra, Jody, Michael Noice, Paul Loftus, Santo, Susan Shiposki, Dn Jerimiah, William, Alan, Tim, Ann, Paul, Bill, Linda, Betty, Jim, George, Ali, Athansios, Hanna, Don Redmond **// Recently Departed:** James, Ruth, Walter, Dn Christopher, Claire Ann, Clement, Ernie, Elizabeth **// Pray for our Catechumens:** Tom, Gail, Jaqueline, John, Adrienne, Michelle, Jesse, Katie, Lisa, Aaric, Tyler, Dom, David, Ashley, Audrey, Jessica, Nicholas, Nicholas // **Inquirers:** Steve, Nicholas

immediately be seen. Yet to prove that the invisible forgiveness was truly accomplished, He joins it to a visible miracle. By accomplishing what all could behold, He confirms what none could see.

Then He says to the paralytic, 'Arise, take up your bed, and go unto your house.' Immediately the man arose. He did not need assistance. He did not linger. He did not gradually recover his strength. At once he stood upright, carrying the very bed upon which he had been carried. The bed that had borne the sick man now became the evidence of his cure. Those who had witnessed his helplessness now saw him bearing the burden that once bore him.

Let us therefore never cease praying for one another, nor grow weary in bringing those who suffer before Christ. Even when another lacks strength, the faith of friends and the prayers of the faithful are precious before God.

Christ commands him to take up his bed not because the bed was needed, but so that the miracle might be beyond dispute. Had He left it behind, some might have imagined that the man had not truly been afflicted. But when the former paralytic carried away the couch upon which he had lain, every mouth was silenced, and the miracle stood plainly before all.

Consider also the faith of those who brought him. The Evangelist does not say, 'seeing the faith of the paralytic,' but 'seeing their faith.' So great was the confidence of those who carried him that it obtained a blessing for the one who was carried. Such is the power of believing hearts and of loving concern for another. Let us therefore never cease praying for one another, nor grow weary in bringing those who suffer before Christ. Even when another lacks strength, the faith of friends and the prayers of the faithful are precious before God.

The multitude, beholding these things, marveled and glorified God, who had given such authority unto men. Their understanding was not yet perfect, for they did not yet recognize that the authority belonged to the Only-Begotten Son by nature. Nevertheless, they glorified God for what they had seen. Little by little Christ leads them upward, revealing His divinity through His works before declaring it openly by His words. Every miracle serves not merely to relieve human suffering but to reveal the One who performs it. Thus the healing of the paralytic becomes a witness that the Son of Man has authority on earth to forgive sins, an authority that belongs to God alone."

The Treasury

"... but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. + Jesus Christ

Monthly Cost to Keep the Church Open: $12,305
Weekly Cost to Keep the Church Open: $2,840
Last Week's Collection (7/5) : $

Scan to make an online donation.

Thank You

Thank you to **those who provided for today's coffee hour** and to those who helped clean up! Would you sponsor a coffee hour with a friend?
See Fr. Innocent, Mat. Melanie or Joanne Dutko.