



The Sunday Messenger

HOLY TRINITY ORTHODOX CHURCH - WILKES BARRE, PA

July 28th, 2024 + 5th Sunday after Holy Pentecost + Holy Apostles and Deacons: Prochorus, Nicanor, Timon, and Parmenas



Hymns for This Week

(Tone 4) When the women disciples of the Lord / learned from the angel the joyous message of Thy 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) Holy Apostles Próchorus, Nícanor, Tímon, and Parménas, / entreat the merciful God, // to grant our souls forgiveness of transgressions!

(Tone 4) 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) 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.

Please Sing Along!

Singing the hymns and responses to the litanies along with the choir throughout the Divine Liturgy is encouraged!

Epistle Reading – Romans 10:1-10

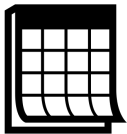
Brethren, my heart’s desire and prayer to God for Israel is that they may be saved. For I bear them witness that they have a zeal for God, but not according to knowledge. For they being ignorant of God’s righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness 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.

Gospel – 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

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!

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.



This Week's Schedule

DOLY TRINITY ORTHODOX CHURCH

THIS WEEKEND - Holy Apostles and Deacons: **Prochorus, Nicanor, Timon, and Parmenas**

Saturday, July 27th

Orthodoxy 101 @ 3:30 PM

Great Vespers @ 5 PM

Confession available before or after Vespers

Sunday, July 28th

Hours @ 8:40 AM (No Matins this week)

Divine Liturgy @ 9 AM, Parish Potluck

Holy Resurrection Cathedral Special Meeting

Following Potluck @ 11:30am

+++

THIS WEEK

WED 11 AM - 1:30 PM: Church open for prayer

WED 6:30 PM: Akathist to St. Alexis of Wilkes-Barre

THURS 11 AM: Bible Study

+++

NEXT WEEKEND - Holy Seven Youths (“Seven Sleepers”) of Ephesus

Saturday, August 3rd

Orthodoxy 101 @ 3:30 PM

Great Vespers @ 5 PM

Confession available before or after Vespers

Sunday, August 4th

Resurrectional Matins @ 8:00 AM

Divine Liturgy @ 9 AM

Adult Ed w/ Dn Nicholas Johnson

"Saint Alexis: The Father of American Orthodoxy"

Following Coffee Hour @ 11:30am



ANNOUNCEMENTS

& Upcoming Parish Events

+++

+++ Weekly / Monthly +++

Bible Study Thursdays at 11 AM. Everyone is welcome. We are reading through the Gospel of St. Luke with discussions.

Orthodoxy 101 Saturdays @ 3:30 PM for visitors, inquirers, catechumens or anyone interested in learning more about the foundations of our faith. 1 hour followed by Great Vespers.

Parish Potlucks are usually the last Sunday of each month. Our next potluck is July 28th.

Friends of the Poor is usually the second Saturday of each month. The next gathering will be SAT, August 10th @ 9 AM

Parish Council is usually the second Sunday of each month. Our next meeting is SUN, Aug 11th @ 11:30 AM

+++ Upcoming Events +++

Holy Resurrection Cathedral Special Meeting: TODAY, Sunday, July 28th following coffee hour there will be a special parish meeting. The meeting will consist of final discussions regarding the current financial and building circumstances at the cathedral, followed by a vote to determine the course of action to be taken. All Holy Resurrection members are asked to attend.

“St Alexis: The Father of American Orthodoxy” Immediately following coffee hour on the Sundays of Aug 4th and 11th, Dn Nicholas, our Intern, will be introducing us to Saint Alexis Toth of Wilkes-Barre, by whose efforts the parishes of Holy Resurrection and Holy Trinity (and many others) were established.

Foodfest Meeting Mon, Aug 19 at 6:30 PM at the Pavillion. Everyone is invited to attend. This is a major fundraiser for the parish so we can use all the help we can get.

Medical Equipment Donation Appeal: The Jewish Family Services organization in Lancaster PA, in conjunction with the hospitals in that area, provides a lending service of wheelchairs, walkers, shower stools and chairs, bedside commodes and more to those in need. Recently Sandy Serafin, after cleaning out her attic, was able to take a truck load of these items to Lancaster

for donation. If anyone has medical equipment they no longer need please consider donating to this worthy cause. Contact Sandy @ 571-274-5846 (pls note the 571 area code) to arrange a pick up.

Sunday Parking: With the increase in parish attendance on Sundays we are asking that the entire front parking lot (the one closest to the entrance) be reserved for elderly, those with difficulty walking, handicap, and parish visitors. If you do not fall into one of those categories, please use the parking areas on the other side of the main driveway so we can keep plenty of parking free for those who need to be closer. Thanks so much!

Holy Resurrection Coffee Hour: Holy Resurrection Community will be providing our Coffee Hour meal every second Sunday of the month. We are very grateful and blessed to have you with us! See Cookie if you have any questions or would like to contribute.

Birthdays & Anniversaries

August Birthdays: Jonathan Sims (8/6), Joe Lello (8/14), William Talpash (8/19), Lisa Talpash (8/16), Greg Kurtz Jr. (8/16), Olivia Dutko (8/22), Carl Zbegner (8/22), Denise Meck (8/23), Ephraim Neal (8/25), Sylvia Dreater (8/29) Lindsey Rivera (8/31) **Anniversaries:** Paul & Sylvia Dreater (8/3), Greg & Laura Polk (8/17), George & Rita Krill (8/29)

This Week: Birthdays - Christopher Dutko (7/28), Shannon Bisset (7/28), Deborah Mills (7/31), Jonathan Sims (8/6)

This Week: Anniversaries - Bill & Kristin Resnick (7/31), Paul & Sylvia Dreater (8/3)



Words of Wisdom From the Saints & Teachers

+++

Holy Apostles of the Seventy and Deacons: Prochorus, Nicanor, Timon, and Parmenas

Saints Prochorus, Nicanor, Timon and Parmenas, Apostles of the Seventy were among the first deacons in the Church of Christ. In the Acts of the Holy Apostles (6:1-6) it is said that the twelve Apostles chose seven men: Stephen, Philip, Prochorus, Nicanor, Timon, Parmenas and Nicholas, full of the Holy Spirit and wisdom, and appointed them to serve as deacons:

Now in those days, when the number of the disciples was multiplying, there arose a complaint against the Hebrews by the Hellenists, because their widows were neglected in the daily distribution. Then the twelve summoned the multitude of the disciples and said, "It is not desirable that we should leave the word of God and serve tables. Therefore, brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, whom we may appoint over this business; but we will give ourselves continually to prayer and to the ministry of the word." And the saying pleased the whole multitude. And they chose Stephen, a man full of faith and the Holy Spirit, and Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolas, a proselyte from Antioch, whom they set before the apostles; and when they had prayed, they laid hands on them. Then the word of God spread, and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith. (Acts 6:1-6)

They are commemorated together on July 28, although they died at various times and in various places.

At first, Saint Prochorus accompanied the holy Apostle Peter, who made him bishop in the city of Nicomedia. After the Dormition of the Most Holy Theotokos, Prochorus was a companion and coworker of the holy Apostle John the Theologian and was banished with him to the island of Patmos. There he wrote down the Book of Revelation concerning the final fate of the world. Upon returning to Nicomedia, Saint Prochorus converted

PARISH PRAYER LIST Living: Homebound - Evelyn, Vladimir, Jeri, Marsha, David, Paul, Archpriest Theodore, Archpriest Michael Evans, Mit. Arch. Vladimir & Mat. Elizabeth, Mary, Patricia, Barbara, Jeri, Evelyn, Joan, Irene, Roberta **Sick & Suffering** - Cynthia Dulsky, Nadine Breisch, Tom & Joan Austin, Elizabeth Hutz, Mary Hutz, Delores Voda, David Lezinsky, June, Bob Lutzick, Leann, **Departed:** Rose Marie, Donald, Charles, Matushka Anise

pagans to Christ in the city of Antioch, where he suffered martyrdom.

Although Saint Nicanor suffered on the same day that the holy Protomartyr Stephen (December 27) and many other Christians were killed by stoning, he is also commemorated on December 28.

Saint Timon was later appointed by the Apostles as bishop of the city of Bostra in Arabia and suffered from the Jews and pagans for preaching the Gospel. He was thrown into a furnace, but by the power of God he came out of it unharmed. The tradition of the Roman Church says that Saint Timon died by crucifixion. Saint Timon is also commemorated on December 30.

Saint Parmenas zealously preached Christ in Macedonia. He died after being afflicted with an illness. Some say that Saint Parmenas suffered martyrdom under Trajan (98-117) in the final year of his reign.

Reflection

If you give alms to the poor, know that inasmuch as you do good works for your neighbor, so much and more do you do for yourself. St. Anthony says: "Both life and death come to us from our neighbor." St. Peter Damascene writes: "As the poor should give thanks to God and love the rich who do them good, even more should the rich give thanks to God and love the poor; for they are saved by the providence of God, both now and in the future age, because of their alms. For without the poor, they not only cannot attain the salvation of their souls, but that also cannot avoid the temptations of wealth." Alms which are given out of vanity or with disdain are of no benefit. In earlier times, the wealthy would bring gold to the hermits and beg them to accept it. It was a rare occurrence for the hermits to accept alms gladly, and when they did, it was out of compassion for the rich. The most destitute of men received alms out of compassion!

Concerning kindness, St. Nilus of Mount Sinai writes: "My son, always strive to be simple and kind. Do not have one thing in your heart and another thing on your tongue, for this is a ruse and a lie. Be truthful and not false, for falsehood is of the evil one. Do not return evil for evil, but if someone does you evil forgive him, that God may also forgive you. If you are tormented by

remembrance of wrongs, pray to God for that brother (the evildoer) with your whole heart, and the remembrance of evil thoughts will flee from you."

It is told how a young man decided to serve a very petulant elder, so that God would forgive him his own sins. He endured twelve years in this most torturous service and went to God. A great spiritual father saw the soul of the young man in Paradise as he was praying to God for the evil elder: "Lord, as Thou hadst mercy on me because of him, have mercy on him according to Thy great goodness, and because of me, Thy servant." After forty days this petulant elder died and, again, that spiritual father saw the soul of that elder reposing in the Kingdom of Heaven. What beautiful and wondrous kindness this patient youth showed - in truth, miraculous!

"Christ is joy, the true light, happiness. Christ is our hope. Our relationship with Christ should be one of love, and not fear of His punishment."

- Saint Porphyrios of Kavsokalyvia (1906-1991):



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

+++

<p>Monthly Cost to Keep the Church Open: \$12,305 Weekly Cost to Keep the Church Open: \$2,840 Last Week's Collection (7/21/24): \$1,747</p>
