



Welcome!

Whether you're searching for a new church home or just visiting, we're glad you're with us today. If you have a prayer request, are looking for more information about the Orthodox Faith, would like to join our parish, or would like to speak with Fr Thomas, we invite you to fill out a visitor's card and drop it in the offering basket as your offering today. We want to get to know you! God bless you!

This Week

Today After the Divine Liturgy

Trisagion for the Departed

In memory of Valentina Barsom

Wednesday, August 1

Beginning of the Dormition Fast

7:00 pm Lesser Blessing of Water

Please bring a container suitable for holy water

Saturday, August 4

5:00 pm Great Vespers

Sunday, August 5

10:00 am Divine Liturgy

7:00 pm Great Vespers with Litiya

Great Feast of the Transfiguration of Christ

Blessing of grapes (and fruit and vegetables)



To our Visitors: Holy Communion is reserved for Orthodox Christians who prepare themselves by prayer and fasting. Non-Orthodox visitors are welcome to come forward to venerate the cross and receive the Antidoron (blessed bread) at the conclusion of the service.

Archpriest Thomas Soroka, *Rector*
Deacon Luke Loboda, *Attached*
Mat. Janet Mihalick, *Choir Director*

Ninth Sunday after Pentecost

McKees Rocks/Pittsburgh, PA
OrthodoxPittsburgh.org

July 29, 2018

Announcements

➤ **During the summer months**, let's continue to offer worship and praise to God in thanksgiving for the continued blessings He richly pours out on us. In this way, God is glorified, we sustain our faith, and we become an example to others. **Traveling this summer?** Seek out a church to visit at orthodoxyinamerica.com.

➤ **Thank you to all those who helped with the expansion and beautification of our parking lot** yesterday, especially to Dn Luke Loboda, who chaired the plan, Doug Baker who organized all of the workers and deliveries, and to John Kowalcheck, Aaron Pease, and Christoph Mertz for their full day of work. The work will be completed on Monday. Thank you for your dedication to our parish! As our parish grows this was an important step to ensure adequate, safe parking and the beautification of our property.

➤ **There are extra pelmeni available for purchase. Please** see Sasha Gajewski for availability and purchase.

➤ A **Spaghetti Dinner** will be held on Sunday, August 19 after the Divine Liturgy. Tickets are \$10 for adults and \$5 for children ages 5-12. Proceeds will fund the cost of a new freezer for our Slavic Food Fest.

➤ Looking ahead:

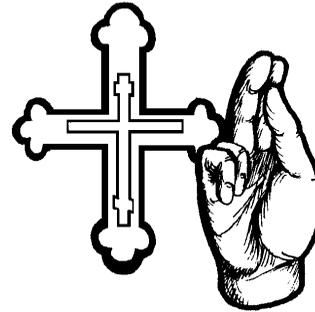
Archdiocesan Family Day – Saturday, August 18
Slavic Food Fest 2018 – Saturday, October 13



Prayers

➤ **Ill and infirm: Known to be Hospitalized; (None).** Home: Sandi Tirpak, Georgiann Robes, George Shaytar. Doris Wasilko, Jessica Baker (40 days with new born). *Shut in, Rehabilitation, or Nursing Home:* Olga Bednar, Olga Tryszyn, Mary Zapp.

➤ **From Mat. Nancy K. Mell and Gregory Mell** for the departed servants, (newly departed) Valentina Barsom and Dn. Joseph Mell; for the health of family. **From Mat. Joni Soroka** for the departed servant, Barbara; for the health of my family. **From Marsha Wasilko** for the departed servant, Valentina Barsom; for the health of the Wasilko family. **From Larry & Suzy Polny** for the departed servant, Valentina Barsom; for the health of the Polny & DeRoss families. **From John & Olga** for the health of Anatoly & Galina Vilkov and Elizabeth Kowalcheck & her unborn child. **From Bob & Mary Beth Madalinsky** for the departed servant, Valentina Barsom. **From George & Nancy Shaytar** for the departed servant, Valentina Barsom. **From Donya Yewisiak** for the departed servant, Valentina Barsom. **From Irene Kulchock** for the departed servant, Richard Kulchock.



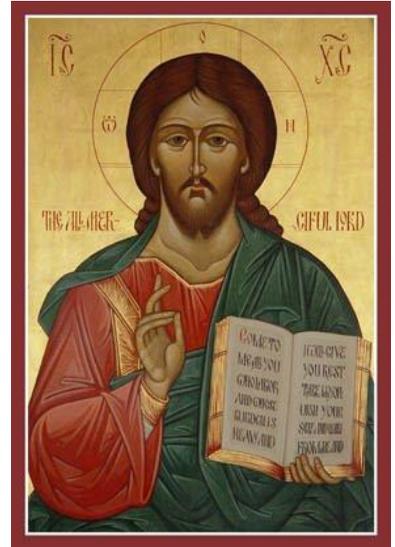
Thank you

➤ to **Paul and Lois Fuller** for donating all categories [Bulletin (\$60), Holy Bread (\$50), Communion Wine (\$40), Altar Candles (\$25), Incense (\$10)] for the health of family.

On the Mercy of God

St John Chrysostom (4th c)

Again: if He had imposed any burdensome or impossible things, one might perhaps have been able to urge difficulty of the laws: but if they be extremely easy, what can we say for our not regarding even these? Suppose you are unable to fast or to practice virginity; although you are able if you will, and they who have been able are a condemnation to us. But, however, God has not used this strictness towards us; neither has He enjoined these things nor laid them down as laws, but left the choice to be at the discretion of the hearers. Nevertheless, you are able to be chaste in marriage; and you are able to abstain from drunkenness. Are you unable to empty yourself of all your goods? Nay surely you are able; and they who have done so prove it. But nevertheless He has not enjoined this, but has commanded not to be rapacious, and of our means to assist those who are in want. But if a man say, I cannot even be content with a wife only, he deceives himself and reasons falsely; and they condemn him who without a wife lives in chastity. But how, tell me, can you help using abusive words? Can you not help cursing? Why, the doing these things is irksome, not the refraining from them. What excuse then have we for not observing precepts so easy and light? We cannot name any at all. That the punishment then is eternal is plain from all that has been said.



St Nicholas Church will strive to glorify God through Orthodox Christian worship, sincere love and care for one another, and service to those in need around us.

Hymns and Readings for Today

Troparion of the Resurrection Tone 8

Thou didst descend from on high, O Merciful One!
Thou didst accept the three day burial to free us
from our sufferings!
O Lord, our Life and Resurrection: Glory to Thee.

Troparion of St Nicholas Tone 4

You appeared to your flock as a rule of faith,
an image of humility, and a teacher of abstinence.
Because of your lowliness heaven was opened to
you!
Because of your poverty riches were granted to
you!
O holy Bishop Nicholas,
pray to Christ our God to save our souls.

Kontakion of the Resurrection Tone 8

By rising from the tomb Thou didst raise the dead
and resurrect Adam.
Eve exults in Thy resurrection,
and the world celebrates Thy rising from the dead,
O greatly Merciful One.

Kontakion of the Theotokos Tone 6

Steadfast protectress of Christians,
constant advocate before the Creator,
do not despise the cry of us sinners,
but in your goodness come speedily to help us who
call on you in faith.
Hasten to hear our intercessions and to intercede
for us, O Theotokos
For you always protect those who honor you.

Prokeimenon of the Sunday (Psalm 76) Tone 8

Pray and make your vows before the Lord our God!

Epistle (I Corinthians 3:9-17)

For we are God's fellow workers; you are God's
field, you are God's building. According to the grace
of God which was given to me, as a wise master
builder I have laid the foundation, and another
builds on it. But let each one take heed how he
builds on it. For no other foundation can anyone lay
than that which is laid, which is Jesus Christ. Now if
anyone builds on this foundation with gold, silver,
precious stones, wood, hay, straw, each one's work

will become clear; for the Day will declare it,
because it will be revealed by fire; and the fire will
test each one's work, of what sort it is. If anyone's
work which he has built on it endures, he will
receive a reward. If anyone's work is burned, he will
suffer loss; but he himself will be saved, yet so as
through fire.

Do you not know that you are the temple of God
and that the Spirit of God dwells in you? If anyone
defiles the temple of God, God will destroy him. For
the temple of God is holy, which temple you are.

Gospel (Matthew 14:22-34)

Immediately Jesus made His disciples get into the
boat and go before Him to the other side, while He
sent the multitudes away. And when He had sent
the multitudes away, He went up on the mountain
by Himself to pray. Now when evening came, He
was alone there. But the boat was now in the
middle of the sea, tossed by the waves, for the
wind was contrary.

Now in the fourth watch of the night Jesus went to
them, walking on the sea. And when the disciples
saw Him walking on the sea, they were troubled,
saying, "It is a ghost!" And they cried out for fear.

But immediately Jesus spoke to them, saying, "Be
of good cheer! It is I; do not be afraid."
And Peter answered Him and said, "Lord, if it is
You, command me to come to You on the water."

So He said, "Come." And when Peter had come
down out of the boat, he walked on the water to go
to Jesus. But when he saw that the wind was
boisterous, he was afraid; and beginning to sink he
cried out, saying, "Lord, save me!"

And immediately Jesus stretched out His hand and
caught him, and said to him, "O you of little faith,
why did you doubt?" And when they got into the
boat, the wind ceased.
Then those who were in the boat came and
worshiped Him, saying, "Truly You are the Son of
God."

Fall Down & Get Up

by *Elder Joseph the Hesychast (+1959)*

I received your letter, my child, and I saw your
anxiety. But don't be sad, my child. Don't worry so
much. Even though you have fallen again, get up
again. You have been called to a heavenly road. It
is not surprising for someone running to stumble. It
just takes patience and repentance at every
moment.

Therefore, always do a metanoia when you are
wrong and don't lose time, because the longer you
wait to seek forgiveness, the more you allow the
evil one to spread his roots within you. Don't let him
make roots to your detriment.

Therefore, don't despair when you fall, but get up
eagerly and do a metanoia saying, "Forgive me, my
dear Christ. I am human and weak." The Lord has
not abandoned you. But since you still have a great
deal of worldly pride, a great deal of vainglory, our
Christ lets you make mistakes and fall, so that you
perceive and come to know your weakness every
day, so that you become patient with others who
make mistakes, and so that you do not judge the
brethren when they make mistakes, but rather put
up with them.

So every time you fall, get up again and at once
seek forgiveness. Don't hide sorrow in your heart,
because sorrow and despondency are the joy of
the evil one. They fill one's soul with bitterness and
give birth to many evils. Whereas the frame of mind
of someone who repents says, "I have sinned!
Forgive me Father!" and he expels the sorrow. He
says, "Am I not a weak human? So what do I
expect?" Truly, my child this is how it is. So take
courage.

Only when the grace of God comes does a person
stand on his feet. Otherwise, without grace, he
always changes and always falls. So be a man and
don't be afraid at all.
Do you see how that brother you wrote about
endured the temptation? You, too, should do
likewise. Acquire a brave spirit against the
temptations that come. In any case, they will come.

Forget about what your despondency and
indolence tell you. Don't be afraid of them. Just as
the previous temptations passed by the grace of
God, these, too, will pass once they do their job.

Temptations are medicines and healing herbs that
heal our visible passions and our invisible wounds.
So have patience in order to profit every day, to
store up wages, rest, and joy in the heavenly
kingdom. For the night of death is coming when no
one will be able to work anymore. Therefore, hurry.
Time is short.

You should know this too: a victorious life lasting
only one day with trophies and crowns is better
than a negligent life lasting many years. Because
one man's struggle, with knowledge and spiritual
perception that lasts one day, has the same value
as another man's struggle, who struggles
negligently without knowledge for fifty years.

Without a struggle and shedding your blood, don't
expect freedom from the passions. Our earth
produces thorns and thistles after the Fall. We have
been ordered to clean it, but only with much pain,
bloody hands, and many sighs are the thorns and
thistles uprooted. So weep, shed streams of tears,
and soften the earth of your heart. Once the ground
is wet, you can easily uproot the thorns.

