



Welcome!

Whether you are searching for a new church home or just visiting, we are 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

Saturday, July 18

10:00 am Divine Liturgy
No Vigil

Sunday, July 19

10:00 am Divine Liturgy

During the Month of July

No Matins/Office Hrs, Bible Study or Sat. Vigil

Saturday, July 25

10:00 am Divine Liturgy
No Vigil

Sunday, July 26

10:00 am Divine Liturgy

**During the month of July there will be no daily Matins or office hours, Saturday Vigil, or Bible Study.*

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*

Sixth Saturday/Sunday after Pentecost

McKees Rocks/Pittsburgh, PA
OrthodoxPittsburgh.org July 18-19, 2020

Announcements

➤ Our **Icon Project continues in August!** Fr Theodore and John Jurewicz will be here from August 10-28. The projects completed this year will be the Ascension above the altar, and the vestibule entrance, the candle kiosk and the childcare room. See Fr Thomas if you're interested in sponsoring some of the work.

➤ Please see Susan Porter if you can sponsor an **upcoming weekend Coffee Hour fellowship.** It will generally take place outside if weather conditions permit. If it is deemed too hot or rainy, we will hold it inside in the church hall. You may either serve snacks and drinks or provide them individually wrapped and portioned. Thank you!

Thank You

➤ to our July donors, **from Sandi Tirpak** (Bulletin \$60) for the health of her family; **from Rick Porter (Candles \$25)** for Susan on her birthday; **from Matushka Joni Soroka** (Communion Wine \$40 and Incense \$10) for the health of Fr Thomas on the 20th anniversary of his ordination to the Priesthood.



Prayers

➤ **Ill and infirm:** *Known to be hospitalized:* (none) *Home:* Mat. Janet Mihalick, Geroge Shaytar, Paul Yewisiak,. *Shut in, Rehabilitation, or Nursing Home:* Garnette Kerchum, Eleanor Kovacs, Olga Tryszyn.

➤ **Vigil Lights From Tatyana Sechler** for the departed servants of God Polina, Galina, Slava, Bruce, Valentina, Anddrei, Marina, Alexander; for the health of Diana, Bernadette, Edward, Sergey, Tatyana, Veronika, Bunny, Tatyana, Valentina. **From Doris Wasilko** for the departed servants of God the Wasilko and Dyczko families; for the health of the Wasilko family. **From Marsha Wasilko** for the health of the Wasilko family. **From Charles A Wasilko** for the health of sisters Doris and Marsha; for special intentions. **From Mat. Nancy and Gregory Mell** for the departed servant of God Deacon Joseph C Mell; for the health of family. **From Alexandria Tirpak** for the health of my friends; Birthday wishes to Godson Richard, Aleah; for the health of the Yewisiak family. **From the John Mahalchak family** for departed friends and family; for the health of friends and family and son John.



Grand Duchess Elizabeth

Saint Elizabeth (b. 1864) was the older sister of Tsarina Alexandra, and was married to the Grand Duke Sergius, the governor of Moscow. She converted to Orthodoxy from Protestantism (Lutheranism) of her own free will, and organized women from all levels of society to help the soldiers at the front and in the hospitals.

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.

Grand Duke Sergius was killed by an assassin's bomb on February 4, 1905, just as St Elizabeth was leaving for her workshops. Remarkably, she visited her husband's killer in prison and urged him to repent.

After this, she began to withdraw from her former social life. She devoted herself to the Convent of Sts Martha and Mary, a community of nuns which focused on worshiping God and also helping the poor.

She was killed by the Bolsheviks on July 5 (*old calendar*). After being shot, she was thrown down a mineshaft with the others in her family. She lived for several hours and in-person accounts say that she could be heard singing hymns.

She is often admired greatly by women who convert to the Orthodox faith.

Quotes of St Elizabeth

"We work, pray and hope every day to experience God's mercy. Every day we experience a continuous miracle. Others begin to feel this and come to our church in order to give their souls a rest."

"I long to give thanks, to give thanks every minute for everything that the Lord has given me. I long to bring Him my insignificant gratitude, serving Him and His suffering children."

"It seems that from my childhood I had a great desire to help those suffering, especially those whose souls are in pain."

"We must rise from the mournful earth to Heaven and rejoice with the angels over the salvation of a single saved soul, over a single cup of cold water given in the Name of the Lord."

Hymns and Readings for Saturday, July 18

Tone 2 Troparion of Saturday

Apostles, martyrs, and prophets,
Holy hierarchs, saints, and righteous ones,
Having fought the good fight and kept the faith,
Ye have boldness towards the Saviour.
Intercede for us with Him, for He is good. //
and pray that He may save our souls.

Tone 4 Troparion of St Nicholas

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.

Tone 4 Troparion of Grand Duchess Elizabeth

Emulating the Lord's self-abasement on the
earth,
You gave up royal mansions to serve the poor
and disdained,
Overflowing with compassion for the suffering.
And taking up a martyr's cross,
In your meekness, you perfected the Savior's
image within yourself,
Therefore, with Barbara, entreat Him to save us
all, O wise Elizabeth.

Glory... now and ever...

Tone 8 Kontakion of Saturday

The universe offers thee the God-bearing
martyrs,
As the first fruits of creation, O Lord and
Creator, //
Through the Theotokos and their prayers
establish Thy Church in peace.

Tone 8 Prokeimenon of Saturday (Psalm 31/32)

Be glad in the Lord and rejoice, O ye righteous.

Epistle of the Saturday (Romans 9:1-5)

I tell the truth in Christ, I am not lying, my
conscience also bearing me witness in the Holy
Spirit, that I have great sorrow and continual
grief in my heart. For I could wish that I myself
were accursed from Christ for my brethren, my
countrymen according to the flesh, who are
Israelites, to whom pertain the adoption, the
glory, the covenants, the giving of the law, the
service of God, and the promises; of whom are
the fathers and from whom, according to the
flesh, Christ came, who is over all, the eternally
blessed God. Amen.

Gospel of the Saturday (Mt 9:18-26)

While He spoke these things to them, behold, a
ruler came and worshiped Him, saying, "My
daughter has just died, but come and lay Your
hand on her and she will live." So Jesus arose
and followed him, and so did His disciples.

And suddenly, a woman who had a flow of blood
for twelve years came from behind and touched
the hem of His garment. For she said to herself,
"If only I may touch His garment, I shall be
made well." But Jesus turned around, and when
He saw her He said, "Be of good cheer,
daughter; your faith has made you well." And
the woman was made well from that hour.

When Jesus came into the ruler's house, and saw
the flute players and the noisy crowd wailing,
He said to them, "Make room, for the girl is not
dead, but sleeping." And they ridiculed Him. But
when the crowd was put outside, He went in and
took her by the hand, and the girl arose. And the
report of this went out into all that land.

Communion Hymn of Saturday

Rejoice in the Lord, O ye righteous. Praise befits
the just. Alleluia, Alleluia, Alleluia! (Ps 33:1)

On Candles and Lamps

Why are candles and vigil lamps lit before
icons?

1. Because our faith is light. Christ said: I am
the light of the world (John 8:12). The light of
the vigil lamp reminds us of that light by which
Christ illumines our souls.
2. In order to remind us of the radiant character
of the saint before whose icon we light the vigil
lamp, for saints are called sons of light (John
12:36, Luke 16:8).
3. In order to serve as a reproach to us for our
dark deeds, for our evil thoughts and desires,
and in order to call us to the path of evangelical
light; and so that we would more zealously try
to fulfill the commandments of the Saviour: "Let
your light so shine before men, that they may
see your good works" (Matt. 5:16).
4. So that the vigil lamp would be our small
sacrifice to God, Who gave Himself completely
as a sacrifice for us, and as a small sign of our
great gratitude and radiant love for Him from
Whom we ask in prayer for life, and health, and
salvation and everything that only boundless
heavenly love can bestow.
5. So that terror would strike the evil powers
who sometimes assail us even at the time of
prayer and lead away our thoughts from the
Creator. The evil powers love the darkness and
tremble at every light, especially at that which
belongs to God and to those who please Him.
6. So that this light would rouse us to
selflessness. Just as the oil and wick burn in the
vigil lamp, submissive to our will, so let our
souls also burn with the flame of love in all our
sufferings, always being submissive to God's
will.

7. In order to teach us that just as the vigil lamp
cannot be lit without our hand, so too, our heart,
our inward vigil lamp, cannot be lit without the
holy fire of God's grace, even if it were to be
filled with all the virtues. All these virtues of
ours are, after all, like combustible material, but
the fire which ignites them proceeds from God.

8. In order to remind us that before anything
else the Creator of the world created light, and
after that everything else in order: And God
said, let there be light: and there was light
(Genesis 1:3). And it must be so also at the
beginning of our spiritual life, so that before
anything else the light of Christ's truth would
shine within us. From this light of Christ's truth
subsequently every good is created, springs up
and grows in us.

May the Light of Christ illumine you as well!
-**St Nikolai Velimirovic**

"The candles lit before icons of saints reflect
their ardent love for God for Whose sake they
gave up everything that man prizes in life,
including their very lives, as did the holy
apostles, martyrs and others. These candles also
mean that these saints are lamps burning for us
and providing light for us by their own saintly
living, their virtues and their ardent
intercession for us before God through their
constant prayers by day and night. The burning
candles also stand for our ardent zeal and the
sincere sacrifice we make out of reverence and
gratitude to them for their solicitude on our
behalf before God."

"When you look at the candles and lamps
burning in church, rise in thought from the
material fire to the immaterial fire of the Holy
Ghost, for our God is a consuming fire." When
you see and smell the fragrant incense, rise in
thought to the spiritual fragrance of the Holy
Ghost, for we are unto God a sweet savor of
Christ."

-**St John of Kronstadt**

Hymns and Readings for Sunday, July 19

Tone 5 Troparion (*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.

Tone 8 Troparion (*Fathers*)

Thou art most glorious, O Christ our God,
Who hast established the Holy Fathers as lights
on the earth.
Through them Thou hast guided us to the True
Faith//
O greatly compassionate One, glory to Thee!

Tone 4 Troparion (*St Nicholas*)

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.

Glory to the Father, and to the Son, and to the Holy Spirit.

Tone 5 Kontakion (*Resurrection*)

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!

Now and ever and unto ages of ages. Amen.

Tone 8 Kontakion (*Fathers*)

The Apostles' preaching and the Fathers'
doctrines have established one Faith for the
Church.
Adorned with the robe of truth, woven from
heavenly theology//
It defines and glorifies the great mystery of
piety.

Tone 5 Prokeimenon (*Resurrection*)

Thou, O Lord, shalt protect us / and preserve us
from this generation forever. (*Ps 11/12:7*)

Tone 4 Prokeimenon (*Song of the Fathers*)

Blessed art Thou, O Lord God of our fathers, /
and praised and glorified is Thy name
forever! (*Song of the Three Holy Children*, v.
3)

Epistle of the Sunday (*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.

Gospel of the Sunday (*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.

Communion Hymn of Sunday

Praise the Lord from the heavens, praise Him in
the highest! Alleluia, Alleluia, Alleluia! (*Ps*
148:1)

Thine Own of Thine Own

*"I urge you, brothers, in view of God's mercy, to
offer yourselves as living sacrifices, holy and
pleasing to God—which is your spiritual worship"*
(*Romans 12:1*)

See in your mind's eye the moment when the
deacon or priest crosses his arms while raising
high the consecrated Body and Blood of Christ.
You hear the words:

"Thine own of Thine own we offer to Thee, on
behalf of all and for all."

To paraphrase:

We are returning to You what is really Yours.
You made it possible for us to grow grapes and
wheat, but look what we did with them. We
cooperated with You in planting, tending,
harvesting and then turning them into delicious
wine and bread. And then we took those gifts of
Yours reworked as best as we were able and
brought them back so that we would fulfill Your
words at the Last Supper when You turned them
in some mystical manner into Your very body
and blood. Now we once again raise them up to
You before we distribute those elements and
partake of them as Eucharist.

We realize what is happening: In our feeble,
imperfect and all too human way we are
imitating You, the Perfect Sacrifice presented to
the heavenly Father on the cross for the sins of
all humanity by making ourselves living
sacrifices as far as we are able. For as long as
the Father blesses us with life, we intend to
make the gift of life an ongoing offering as holy
and as pleasing to Him as we are capable of
doing, with the grace of the Holy Spirit.

Our life will be a constant prayer reaching out
with each breath to stay in touch with You, the
God-man with the Father and the Holy Spirit.

"Our spiritual worship" is a reminder of the
Lord's conversation with St. Photina, the
"woman at the well" (John 4:4ff). Every altar
replicates the temple in Jerusalem as a place
where the Unique, once for all sacrifice is
offered, Jesus Christ Himself. The Holy Spirit is
"everywhere present and fills all things,"
making it possible for us baptized into Christ
and anointed with the Holy Spirit to offer up
ourselves cleansed of sin and spotless in radiant
glory to welcome the presence of the Holy
Trinity in our own souls.

-Fr Vladimir Berzonsky