



## 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

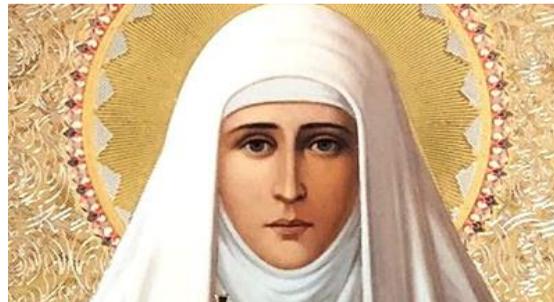
## Announcements

➤ 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 20<sup>th</sup> 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*