

## ST. MARY'S HELPERS

Aug. 7

Aug. 14

**Prosphora** Anne & Hanne

Gabriela & Psa. L.

**Reader** Violeta & Dennis

George D & Stefan

**Greeter** George D & Dennis

George C & Giani

**Coffee hour** LUNCH

Maria S.

**Lawn** Dennis

Dan C



Thank you to all the church helpers. Your service is appreciated. **Please make note of the schedule and of your commitment.** If you are not able to fulfill your commitment, please find a replacement and let the organizer know.



## TO OUR VISITORS: WELCOME TO ST. MARY'S

*Welcome to all guests to St. Mary's on this holy day. If you are new to our church, please make yourself known to Father Michael. Please join us for coffee. We look forward to seeing you all again soon. Please note that only Orthodox Christians who have prepared themselves with prayer, fasting and Confession may approach to receive Holy Communion. Everyone is welcome to receive the blessing and partake of the blessed bread (Antidor) at the dismissal.*

*As a sign of respect please remain standing during Holy Communion, even if you are not partaking. Please turn off all cell phones during church services.*

## Service of the Paraclesis

Explanation of the Paraclesis The word "paraclesis" has two different meanings: the first is "consolation," from which the Holy Spirit is called the "Paraclete," or "Consoler"; the second is "supplication" or "petition". The Service of the Paraclesis to the Theotokos consists of hymns of supplication to obtain consolation and courage. It should be recited in times of temptation, discouragement or sickness. It is used more particularly during the two weeks before the Dormition, or Assumption, of the Theotokos, from August 1 to August 14. The theme of these Paraclesis Services centers around the petition. . "Most Holy Mother of God, save us. If you have a problem or if something is burdening your soul, if you feel spiritually uneasy and if you are not at peace with yourself and with those around you, then, you should come to the Church during the first fifteen days of August and ask for the intercessions of the Mother of God. Even if you are fortunate enough to be one of those very few who are at peace with themselves and with God, then those blessed ones should come to these services and thank God and His Blessed Mother for the blessings that they have bestowed upon you and your family. Since these Paraclesis Services to the Theotokos are primarily petition for the welfare of the living, let the whole Church pray for you during the first fifteen days of August and especially on the Great Feast of the Dormition of the Theotokos on August 15th. Don't let your laziness and your apathy cause you to miss this great blessing and inspiration that the Church can bestow upon you. Let the peace and holiness that only the Mother of God can give you enter into your life. "Let us lay aside all earthly cares," and let us truly, during these fifteen days, participate in the fasting and prayer life of the Church so that we can "taste and see that the Lord is good" and so that we may fully experience the spiritual blessings that the Church (from St. Barbara's Greek Orthodox Church )

## St. Mary's Nativity of the Theotokos Orthodox Church

### Romanian Orthodox Episcopate of America (O.C.A.)

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## Bulletin for August 7, 2016 Transfiguration of Our Lord Schimbarea la Față a Domnului

Vespers Saturday 6 pm

Divine Liturgy Sunday 9 am (beginning July 17)

Confessions by Appointment

Other services as announced

## **ORTHODOX TEACHING**

- *Paraclesis will be sung Wednesdays and Fridays during the Dormition Fast. Join us for this beautiful service honouring the Theotokos and asking for healing - Aug. 10 & 12 6:30 pm*
- *Aug. 7 -A General Assembly is cancelled today.*
- *TODAY Aug. 7. Transfiguration lunch will be served. Everyone is invited. Please come and join your church family in the hall for a meal after Divine Liturgy. Donations will be cheerfully accepted. Thank-you to everyone who contributed and helped!*
- *Weekly Donations - Your church depends on your weekly donations to pay for all its expenses. Please consider leaving posted dated cheques with the treasurer when you go on vacation. Church expenses are incurred year - round.*

### **Reading: Transfiguration (Aug. 6)**

Our Lord had spoken to His disciples many times not only concerning His Passion, Cross, and Death, but also concerning the coming persecutions and afflictions that they themselves would endure. Since all these evils were near at hand, but the enjoyment of good things which they hoped to receive in their stead was yet to come, our Savior desired to give them full assurance, evidently and openly, concerning that glory which is prepared for those who endure to the end. Therefore, fulfilling that which He had promised shortly before, that "there be some standing here which shall not taste of death, till they see the Son of man coming in His Kingdom" (Matt. 16:28), He took His three foremost disciples and ascended Mount Tabor, where He was transfigured before them. His face shone like the sun, and His clothes became white as the light. Suddenly, together with this dread and marvelous effulgence of light, there appeared those pinnacles of the Prophets, Moses and Elias, who spoke with the Lord Jesus concerning His saving Passion which was about to take place. Standing before Him as reverent servants, they showed that He is the Lord of both the living and the dead, for Moses came forth from Hades, having died many centuries before, and Elias, as it were from heaven, whither he had been taken up while yet alive. After a little while a radiant cloud overshadowed them and out of the cloud they heard that same voice which had been heard at the Jordan at the Baptism of Christ, testifying to the Divinity of Jesus and saying: "This is My beloved Son, in Whom I am well-pleased; hear ye Him" (Matt. 17: 5).

Such are the marvels, truly worthy of God, celebrated in this present feast, which is an image and prefiguring of the future state of the righteous, whose splendor the Lord spoke of, saying: "Then shall the righteous shine forth as the sun" (Matt. 13:43). It is because of this that the Kontakion of this Feast is said daily (when there is not a great feast) in the Service of the Typica in perpetual commemoration of the glory that will be the lot of the Saints. According to tradition, the Lord's Transfiguration came to pass forty days before His Crucifixion; this is why the Transfiguration is celebrated forty days before the Exaltation of the Cross. Reading © Holy Transfiguration Monastery

**7th Sunday after Pentecost (Healing of two blind men and a mute man from Capernaum). Epis. Romans 15:17. Gos. Matthew 9:27-35. Tone 6.**

**Duminica a 7-a după Rusalii (Vindecarea a doi orbi și a unui mut din Capernaum). Ap. Romani 15,1-7. Ev. Matei 9,27-35. Glas 6,**

#### **Tone 6**

*The angelic powers were seated near your tomb and the soldiers were as dead men, and Mary came before your tomb, seeking your all pure body. You despoiled Hades and it did not try to hold you back. You met the Virgin and you granted life to all. O you that arose from the dead, O Lord, glory to you!*

#### **Tropar for the church**

*Your Nativity O Birthgiver of God has proclaimed joy to all the Universe. For the Son of Righteousness, Christ our God has risen from you, By abolishing the curse, He gave a blessing, By destroying death, He bestowed eternal life.*

#### **Tropar for the Transfiguration**

*You were transfigured on the mountain, O Christ God, revealing Your glory to Your Disciples as much as they were able to bear. Let Your everlasting Light shine upon us sinners, through the intercessions of the Birthgiver of God, O Giver of Light, glory to Thee!*