

Hymns For Today's Divine Liturgy

Troparion - Tone 5 (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.

Troparion - Tone 1 (The Holy Cross)

O Lord, save Thy people, and bless Thine inheritance! Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation!

Troparion - Tone 4 (Righteous Eudocimus)

He Who called thee from earth to heaven keeps thy body unharmed after death, holy Eudocimus; for thou didst live a sober and holy life and didst not defile thy flesh; so with boldness intercede with Christ that we may be saved!

Kontakion - Tone 5 (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!

Kontakion - Tone 3 (Righteous Eudocimus)

Today thine honored memory has assembled us at the holy shrine of thy sacred relics; all then who approach and venerate them are rescued from the evil malice of demons//and are swiftly delivered from various diseases, blessed Eudócimus.

Kontakion - Tone 4 (The Holy Cross)

As Thou wast voluntarily raised upon the Cross for our sake, grant mercy to those who are called by Thy Name, O Christ God; make all Orthodox Christians glad by Thy

power, granting them victories over their adversaries, by bestowing on them the invincible trophy, Thy weapon of peace!

Prokeimenon - Tone 5

Thou, O Lord, shalt protect us and preserve us from this generation forever.

verse: Save me, O Lord, for there is no longer any that is godly!

Epistle - Romans 12:6-14 **Gospel** - Matthew 9:1-8

This Week's Services & Events - Bring A Friend!

Today, Sun., July 31st

Hours	--- 9:10am
Divine Liturgy	---- 9:30am

Mon., Aug. 1st The Dormition Fast Begins

Friday, August 5th (Transfiguration)

Great Vespers and the blessing of fruits ---- 6:30pm

Sat., August 6th (Transfiguration)

Divine Liturgy	---- 10:00am
Great Vespers	---- 5:00pm

Sun., August 7th

Hours	---- 9:10am
Divine Liturgy	---- 9:30am

Coffee Hour Volunteers - August

August 7 Alfie Altomare and Pam Petronko

August 14 Leslie Ternay

Church Cleaning Schedule

August 1—15: Joseph & Natalia Fischer and Arina Scanna

Did You Know...???

All Orthodox Christians observe four major fasting periods each year, one of which is the *Dormition Fast*. This honors the repose of God's mother, the Virgin Mary.

This fast always begins August 1st and ends with the reception of the Holy Eucharist at the Divine Liturgy on August 15th.

During this fast no animal products (including beef, chicken, fish, dairy products of any kind or foods including them) should be consumed unless one is in poor health or pregnant. Exceptions are on Saturdays, Sundays and the feast of Transfiguration (Aug. 6th), all of which permit fish.

For questions regarding keeping the fast, please speak with Fr. John.

As with all fasting periods the Church reminds us to offer our confessions during this period.

Upcoming Services & Events - Save The Dates!

August 14th and 15th - Dormition of the Theotokos

Sunday, August 14th -

Great Vespers and the blessing of flowers
---- 5:00pm

Monday, August 15th -

Divine Liturgy ---- 10:00am

Weekly Offering

Last Sunday's Attendance: 30 Adults: 24
Youth: 6

Last Sunday's General Fund Offering: \$ 473.00

**Weekly Amount Needed To Meet
Our Annual Budget: \$1,477.10**

Welcome!

Be sure to join us downstairs for light food & hearty fellowship as we celebrate birthdays, names' days, and anniversaries following the Divine Liturgy!

 **SAINT GREGORY PALAMAS**
ORTHODOX CHURCH

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July 31st, 2016
Forefeast of the Holy Cross
Joseph of Arimathea
Righteous Eudocimus of
Cappadocia