

Fr. Thomas Hopko on Humility:

In the Orthodox tradition, humility has often been called the “mother of all virtues,” and pride has been named “the cause of all sin.” The wise and honest person is the one who is humble:

“Pride goes before destruction, and a haughty spirit before a fall.”

“It is better to be of a lowly spirit with the poor, than to divide the spoils with the proud.”

“A man’s pride will bring him low, but he who is lowly in spirit will retain honor” (Prov 16.18, 16.19, 29.23).

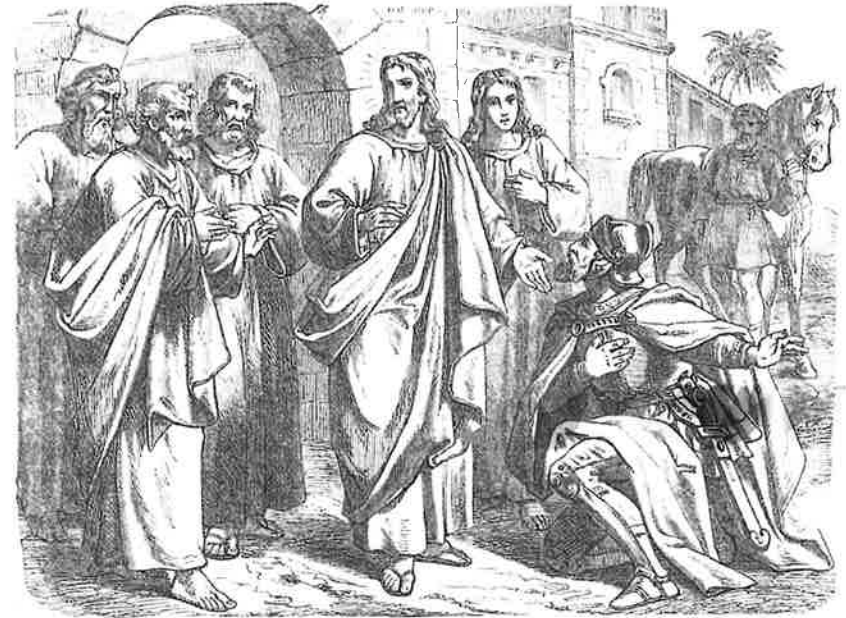
According to the Gospel, in the Song of the Virgin, the Lord scatters the proud in the imagination of their hearts and exalts those who are humble and meek (cf. Lk 1.51–52). This is the exact teaching of Jesus: *“For everyone who exalts himself will be humbled, and he who humbles himself will be exalted” (Lk 14.11, 18.14, Prov 3.34).*

Humility does not mean degradation or remorse. It does not mean effecting some sort of demeaning external behavior. It does not mean considering oneself as the most vile and loathsome of creatures. Christ Himself was humble and He did not do this. God Himself, according to the spiritual tradition of the Church, has perfect humility, and He certainly does not act in this way.

Genuine humility means to see reality as it actually is in God. It means to know oneself and others as known by God—a power, according to Saint Isaac, greater than that of raising the dead! The humble lay aside all vanity and conceit in the service of the least of God’s creatures, and to consider no good act as beneath one’s dignity and honor. Humility is to know oneself, without the grace of God, as dust, sinful and dead.

God is humble because He cares about the least: the birds in the air, the grass in the fields, the worst of sinners (cf. Mt 6.25–30). Christ is humble because He associates with the lowly, becoming the slave of all in taking on Himself the sins of the world.

“Let us Attend!”



“Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed.”

A PARISH BULLETIN OF
ALL SAINTS ORTHODOX CHURCH
Olyphant, Pennsylvania

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21 July 2024

Fourth Sunday after Pentecost

Bulletin, Sunday, 21 July 2024

4th SUNDAY AFTER PENTECOST — Tone 3. The Finding of the honored relics of the Venerable right-believing Great Princess and Nun Anna of Kashin, Wonderworker (1649). Prophet Ezekiel (6th c. B.C.). Ven. Simeon of Emessa, Fool-for-Christ, and his fellow ascetic, Ven. John (ca. 590). Ven. Onuphry (Onuphrius) the Silent, and Ven. Onesimos, Recluse, of the Kiev Caves (Far Caves—12th-13th c.). The “Armatia” Icon of the Mother of God.

Epistle: Romans 6:18-23

Gospel: Matthew 8:5-13

Our souls and minds are strengthened and fortified by the regular reading of the Holy Scriptures. Daily readings can be found on the parish’s wall calendar, or online by visiting the OCA’s daily reading page:

<https://www.oca.org/readings>

Schedule

- ~ **Wednesday, 24 July 2024: 9:00AM. Akathist to St. Anna**
- ~ **Saturday, 27 July 2024: 5:00 - 5:45PM. Fr. Paul available for Confession; 6PM Great Vespers**
- ~ **Sunday, 28 July 2024: 9:30AM. Divine Liturgy, followed by Agape coffee hour fellowship.**

Announcements

~A warm welcome for those visiting today. Please join us downstairs for agape coffee hour fellowship.

~ The parish will hold a food sale on Friday, 23 August 2024 from 11-4. Please tell your friends and family. We will need help with preparation on the week of 18 August. please see Ann Schlasta for details.

~ A Reminder that if you are traveling this Summer, please make it a priority to continue your connection to the Church and its services at a local parish.

SATURDAY

Glorious Prophet St. Elias
Fast-free

James 5:10-20; Luke 4:22-30

JULY 20

We ought to fear God only and despise the demons and be in no fear of them.

St. Anthony the Great

NEW MARTYR LYDIA OF RUSSIA, ALONG WITH CYRIL AND ALEXIS. Lydia was born in Ufa, Russia, in 1901. She was sensitive, affectionate, and loved by all, and she feared everything forbidden by God. Lydia had married but lost her husband in the civil war. She entered the Forestry Department in 1926 and worked with the simple Russian people, the hardened lumberjacks, and the drivers. They had a great reverence for her, and soon the foul language, insults, and fighting ceased, and this amazed even the party chiefs who now kept watch over Lydia. During this time, the secret police were searching for the Catacomb Church. Lydia was arrested in 1928 for supplying workers with typewritten brochures containing the lives of the saints, prayers, and sermons of Church hierarchs. Through her, they hoped to uncover the whole Catacomb Church. Ten days of uninterrupted questioning drained her strength, but she refused to say anything. Cyril, a compassionate guard, helped her to a special interrogation room. After he had listened to her screams and cries for more than an hour and a half, he was summoned into the room. At that moment, the Red Army guard returned and shot two of the four torturers to death. The other two subdued him, but not before Lydia and Cyril were shot to death. Cyril implored Lydia to take him with her, and she smiled and agreed. Terror suddenly seized the two killers. One became utterly insane, and the other soon died of nervous shock. Before his death, he told everything to Sergeant Alexis, who believed and took this account to the Church. For this, he also suffered a martyr's death.



COMMEMORATIONS: Elijah the Prophet; Elias and Flavius II, Patriarchs of Jerusalem; Lydia, Alexis, and Cyril of Russia; Elias Chavachavadze of Georgia; Philosopher Omalsky; Salome of Jerusalem; Abraham of Galich; Deacon Juvenal; Alexis of Ugine; Elias Fondaminsky, Demetrius Klepinine, George Skobtsov, and Maria Skobtsova of Paris; Tikhon, George, Cosmas, John, Sergius, and others; Ethelwida, widow of King Alfred the Great.

SUNDAY

Fourth Sunday of Matthew
Fast-free

Romans 6:18-23; Matthew 8:5-13

JULY 21

If you want to conquer pride, then whatever you do, say not that you do it by your own labors, or with your own strength. But if you fast or stand vigil or sleep on the bare ground or sing psalms or serve in the altar or do a great number of prostrations, say that it was done with God's help and protection, not by your own strength and effort.

St. Ephraim the Syrian

ST. PARTHENIUS, BISHOP OF RADOBYSDIOS. Parthenius was born in the early eighteenth century in the village of Vatsounia in Thessaly, northern Greece. He invested his youth in practicing the divine commandments. Later he was made the Bishop of Radobysdios, but he continued to follow his simple and frugal ascetic life, eating only greens and herbs. He also persevered in charitable deeds and good works. He would tend to his herd of cattle and bless them, as he had the gift of curing their various maladies with prayer. Much later, Parthenius died peacefully. After the customary waiting period, the Christians uncovered his relics, which exuded such a strong fragrance that even the villagers living some distance away could smell it. The saint's relatives went to the patriarchate requesting his relics, and they received everything but the saint's skull. When disease struck the cattle, they became well when the skull of St. Parthenius was carried among the livestock.



COMMEMORATIONS: Symeon of Emesa and his fellow faster John; Parthenius, Bishop of Radobysdios; Acacius of Constantinople; Eleutherius of "Dry Hill"; Justus, Matthew, and Eugene of the 13 who suffered at Rome with Trophimos and Theophilos; Victor of Marseilles; Bargabdesian at Arbela; Paul and John, near Edessa; Raphael and Parthenios of Old Agapia Monastery (Romania); Onuphrius the Silent of the Kiev Caves; Zoticus of Comana; Onesimus of the Kiev Caves; 3 martyrs of Melitene; Simo Banjac, Milan Stojisavljevic, and his son Milan of Glamoc, Serbia; Praxedes at Rome; Arsenia of Ust-Medveditsky; Manuel II Palaiologis, Emperor of the Romans; Uncovering of the relics of St. Anna of Kashin; *Armatia* Icon of the Mother of God.

MONDAY

St. Mary Magdalene the Holy Myrrhbearer
Fast-free

JULY 22

1 Corinthians 9:2-12; Luke 8:1-3

God wants our soul to be simple, without many thoughts and too much knowledge; like an infant that expects everything from its parents. That is why the Lord said: *If you do not become like children, you will not be able to enter the kingdom of God* (Mt. 18:3). We must humbly pray to God and admit our weakness, and this way we will be able to free ourselves from our concerns and worries; just as our shadow closely follows our body, God's mercy will follow our humility and faith.

St. Paisios the Athonite

VIRGIN-MARTYR MARCELLA OF CHIOS. Marcella was born at the end of the fifteenth century on the island of Chios, Greece. She learned about the teachings, miracles, and Resurrection of Christ from her mother, who had become ill and died when Marcella was in her early teens. From that time, Marcella lived as a devout Christian with a mentally imbalanced father who, in time, desired to live with her as husband and wife. Marcella fled, but her enraged father burned her out of a thicket. He shot an arrow into her thigh when she ran along the rocks by the sea. She continued running, praying all the while to the Panagia and Jesus. When she collapsed, a rock miraculously split open, covering her body from the waist down. Her angry father tried in vain to remove her, so he cut her to pieces and then cut off her head. At that moment, the calm seas became wild, and a holy spring began to flow between those rocks. St. Marcella has appeared to many in dreams and visions and has responded to prayers for her intercession to heal the paralyzed and the blind and to save children in battle.



COMMEMORATIONS: Myrrhbearer and Equal-to-the-Apostles Mary Magdalene; Cyril I, Patriarch of Antioch; Marcella of Chios; Cyprian of Suzdal, fool-for-Christ; Cornelius of Pereyaslavl; Menelaos of France; Wandregisilus of Caux (Gaul); Michael Nakaryakov of Usolye.

TUESDAY

Fast-free

JULY 23

Romans 14:9-18; Matthew 12:14-16, 22-30

Sadness and stress always dominate the person who is dominated by material things.

St. Paisios the Athonite

POCHAEV ICON OF THE MOTHER OF GOD. The Pochaev Icon, which has been housed at the Dormition Cathedral in Pochaev, Ukraine, for the past four hundred years, is considered among the most sacred items of all the Orthodox Church. The multitudes of miracles that have occurred there include those released from unclean spirits, freed from captivity, and healed of blindness. Also, in 1625 the hostile Tatars surrounded the monastery on three sides and were about to attack when the abbot and the faithful began to pray to the Theotokos and St. Job of Pochaev. Suddenly, the Theotokos and St. Job appeared over the church accompanied by angels with swords. The Tatars began firing at them, and the arrows returned to wound the shooters. The Tatars fled, trampling one another. Later a separate chapel was built to commemorate this victory. The Dormition Cathedral was built in the following way. A Uniate nobleman named Pototski was once enraged by his coachman for overturning his carriage. Pototski pulled out a pistol to shoot him, and the coachman called out to the Pochaev Icon to save him. Pototski pulled the trigger many times, but the weapon misfired, and the coachman remained alive. Immediately, Pototski went to the Pochaev Icon and pledged his devotion and wealth to build the monastery and the Dormition Cathedral.



COMMEMORATIONS: Ezekiel the Prophet; Trophimos, Theophilos, and 13 others, in Lycia; Anna (Hannah), mother of Prophet Samuel; 8 martyrs of Carthage; Nectarius of Yaransk; Anna of Leucadia; Apollonius at Rome; 250 martyrs killed by the Bulgarians; John (Jacob) of Neamts; Apollinarius of Ravenna; Theodore Ushakov; Pelagia of Tinos; Vitale of Ravenna; Thyrsos, Bishop of Karpasia; New Martyr Andrew Argunov; Repose of St. John Cassian the Roman; Translation of the relics of St. Herman (Germanus) of Kazan; Translation of the relics of St. Phocas, Bishop of Sinope; Commemoration of the miraculous appearance of Mother of God at Pochaev; *The Joy of All Who Sorrow* of St. Petersburg and *Pochaev* Icons of the Mother of God.

JULY 21st

1. The Holy Prophet Ezekiel.

The son of a priest from the city of Sarir, he was taken into captivity in Babylon with King Jehoiachin and many other Israelites. Living in captivity, Ezekiel prophesied for twenty-seven years. He was a contemporary of the Prophet Jeremiah. As Jeremiah taught and prophesied in Jerusalem, so Ezekiel taught and prophesied in Babylon. Jeremiah's prophecies were known in Babylon, as were Ezekiel's in Jerusalem. Both these holy men were in agreement in their prophecy, and they were both ill-treated and tormented by the faithless Jewish people. Ezekiel had vivid and indescribable visions. By the river Chebar, he saw the heavens open, and a cloud like fire and lightning, and four living creatures like molten copper. One of the living creatures had the face of a man, the second that of a lion, the third that of a calf and the fourth that of an eagle. The human face signified God incarnate as man, the lion's face His divinity, the calf's His sacrifice and the eagle's His Resurrection and Ascension. In another image, he was shown the resurrection of the dead. The prophet saw a valley filled with the dry bones of the dead, and when the Spirit of God came upon them, they came to life and stood on their feet. He also saw the terrible destruction of Jerusalem, when the wrath of God cut down all except those who had earlier been marked with the mark, that of the Greek Tav, our letter 'T', which is also the sign of the Cross. The malice of the Jews did not spare this holy man. Embittered against him for having denounced them, the Jews bound him to the tails of horses and he was torn asunder. He was buried in the self-same place in which Shem the son of Noah was buried.

2. Our Holy Fathers Simeon and John.

These two young men left their homes and kinsfolk: Simeon his old mother and John his wife, and were made monks in the community of St Gerasim, at the hands of Abbot Nikon. They went off into the desert, where they spent many years in the strictest asceticism. They mortified their bodies with this ascesis until they were like two

pieces of dry wood. One day, Simeon said to John that, at God's command, he must leave the desert and return to the company of men, there to serve God. John gave him this advice: 'Keep your heart from all that you see in the world. Whatever there may be that touches your hand, let it not take hold of your heart. When food passes your lips, let not your heart be sweetened by it. If your feet have to move, let there be peace within you. Whatever you do outwardly, let your mind remain tranquil. Pray for me, that God may not part us from each other in the world to come.' Holy Simeon accepted his friend's advice, embraced him and then left the desert and went among men, to teach them through folly and turn them to the Christian faith. He made himself appear mad to men, but his heart was a temple of the Holy Spirit, a temple of unceasing prayer. He had abundant gifts from God, having discernment into all men's secrets, both close at hand and afar off, and healed men of evil spirits and other infirmities. Dancing through the streets like a madman, he drew near to people and whispered their sins in their ears, calling them to repentance. He appeared to sinners in dreams, reprimanding them for their sins and calling them also to repentance. Thus St Simeon appeared in a dream to a pagan actor, Bali, who publicly mocked the holy things of the Christians. He rebuked him and threatened him, and Bali repented and became a good Christian. A dissolute youth went out of his mind with lust. Seeing him, St Simeon, feigning madness, struck him a blow on the face, and said: 'Do not commit adultery!' At that moment, the unclean spirit left the young man and he was healed.

* * *

FOR CONSIDERATION

In order to be of help to his neighbour, St Simeon left his only friend in the world and his peaceful cell in the desert, and made himself a fool. It is told that the Spartan king, Lycerges, made a great sacrifice in order to help his citizens. He proclaimed strict laws, instituting an entirely new system of education for the young and of

order in the state. Then, when he had promulgated these laws, he told his fellow-citizens that he wished to go to Delphi, where there was a great shrine, and he sought a guarantee from everyone that they would faithfully keep his laws until his return. When the citizens had all taken the oath, Lycerges left his country and never again returned, thus binding them to their oath for ever. It is a great sacrifice to leave one's country and voluntarily to live abroad to help one's neighbour. But how much greater a sacrifice it is voluntarily to leave one's mind and always to appear before men as mad! Is not madness the greatest banishment known to man? And to live year after year in that state, and all in order to be of help to one's neighbour!

TO PONDER

Let me ponder on Israel's miraculous crossing of the Jordan (Joshua 3):

1. How, by the power of God and through Joshua the son of Nun, the waters of Jordan parted, and the priests and people passed over.
2. How the priests, with the Ark of the Covenant, stood on dry land in the midst of the Jordan, while the people passed.
3. How I need not fear the floods of this world if I hold the covenant of God firmly in the depths of my being; in my heart.

HOMILY

— on false teachers.

'There shall be false teachers among you, who privily shall bring in damnable heresies, even denying the Lord who bought them'
(II Pet. 2:1).

Man is at war in this world. The struggle is unending, and the enemy is numerous. Among the most dangerous enemies stand false teachers. Only if a man's mind is fixed on the living God will he be safe from these dangerous enemies. False teachers are either blind or brigands; the first, through their blindness, lead both themselves and others to destruction; the others, either of deliberate intent or unintentionally, lead others on the wrong path, to give their souls and bodies over to hell-fire. The Lord Himself foretold: 'Many false prophets shall arise, and shall deceive many' (Matt. 24:11). The Apostle is simply underlining the words of his Lord. False prophets and false teachers will sow the seeds of destruction among the people. These are destructive heresies, by which some will deny the Lord who bought them with His precious Blood. Many false teachers have already appeared, and many destructive heresies have been sown like corn in the four corners of the world. If, my brethren, you are aware of these destructive heresies which the holy fathers of the Councils condemned, you will be able to distinguish the most dangerous seeds of poison which the devil, through his servants, sows in the field in which the Saviour has sown pure wheat. But, whether you know or not, fix your mind on the Lord, protect yourself with the sign of the Cross, invoke to your aid the holy and most Pure and those pleasing to God, and especially your guardian angel, and do not be afraid. Also, always ask the Church, and she, with her great experience and her victory over all falsehood, will tell you what is the truth. For you are of yesterday, but the Church is from time immemorial. Your understanding is less than that of the Church.

O Lord Jesus, Thou art the only way, the only truth and the only life. Let us not be led, O Lord, by false teachers, so that we fall away from Thee. To Thee be glory and praise for ever. Amen.