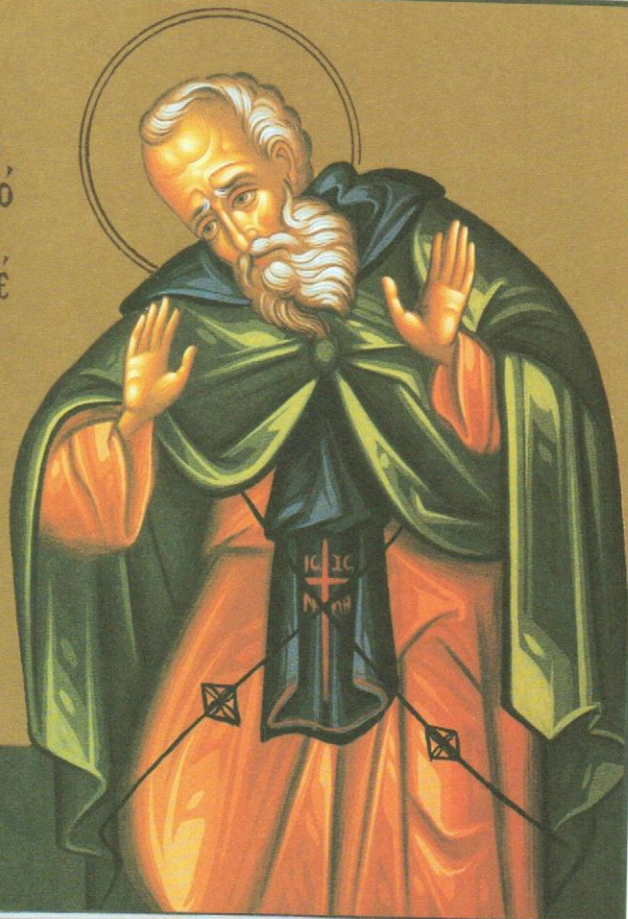


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ΤΙΣ ΔΥΝΑΤΑΙ ΦΥΓΕΪΝ ΣΕ;

Ὁ ἌΓΙΟΣ ΣΙΣΩΗΣ



enerable Sisoes The Great

Saint Paul the Apostle Orthodox Church

24 BURKE ROAD

FREEHOLD, NJ 07728

Sunday of Regional Saints

July 7, 2013

Father Robert E Lucas, Pastor; Subdeacon Daniel J. Korba and Nikitas Tsokris, Cantors Rectory 215-862-9227; Parish Center 732-780-3158

We Are A Stewardship Parish Of Time, Talent and Treasure

The mission of our parish faith community is to teach the Gospel message in the rich tradition of the Orthodox Church; to enable people to reflect the image of Jesus Christ in every day activities of life; to offer spiritual formation through changing times; and to celebrate community among Orthodox believers in our Freehold area.

We of St. Paul the Apostle Parish dedicate ourselves to maintaining the sanctity of worship and spiritual enlightenment in a family environment that reaches and involves all ages and unifies all people.

We believe in the spirit of ecumenism in which we share our faith by word and example and extend our spiritual insights to all people.

We accept the responsibility of Christian Stewardship that through generous giving we may all experience a faith communion with Christ as the Center of our lives.

We dedicate ourselves to insuring the well-being of all people so that we may truly experience the message of Christ's salutary gospel.

We are a beacon on a hill with the eyes of many upon us; that beacon is the inspired Light of Christ which must shine brightly in our lives.

It is not ourselves we preach but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. For God, who said, 'Let light shine out of darkness,' has shone in our hearts, that we in turn might make known the glory of God shining on the face of Christ. This treasure we possess in earthen vessels to make it clear that its surpassing power comes from God and not from us. We are afflicted in every way possible, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in us 2 Corinthians 4: 5 – 8.

GLAD TIDINGS

+++ Today we venerate the relics of St. Euphemia the Great Martyr, whose relics are encased in the altar table of our parish church. As we seek her intercession we pray our Lord blesses us in her glorification. Her solemn feast is this coming Thursday.

Pattern and Power

Be followers of me as I am of Christ 1 Corinthians 11: 1.

On one occasion when the great Paderewski came to London for a piano concert, another accomplished musician in that city went to hear him play. This man was so moved by what he heard that he did a very strange thing when he returned home. Standing by his piano, he called to his wife, "Bring me an ax! Today I heard great music for the first time. By compassion, what I can do amounts to nothing at all. I feel like chopping my piano to pieces."

Although he did not follow through on his threat, he realized that he could never be a Paderewski by simply following his example. To do so, he would need Paderewski's hands, yes, even the very sensitive soul of the great musician.

It is much the very same way in the Christian life. We know that we can never live up to the "performance" of the Lord Jesus Christ, our great example, and maybe we might even feel like giving up in despair. But after having received the grace of our Baptism and having it augmented by the grace of Chrismation, we recognize that in and through Christ we have what we need to keep growing toward spiritual maturity.

St. Paul encourages his followers to be strengthened by his example as he is by that of the Lord. Christ is the supreme and only pattern and the strength to imitate him is found in the words of St. Paul, "I can do all things through Christ who strengthens me" Philippians 4: 13. Christ is our pattern and we are encouraged by the example of other believers who find encouragement in Christ as well. Not only is Christ our pattern, He is also the source of our power

What our God expects us to do, He also provides the grace to accomplish. He will find for us the enablement if we are willing to proceed at his inspiration.

He Knows My Name

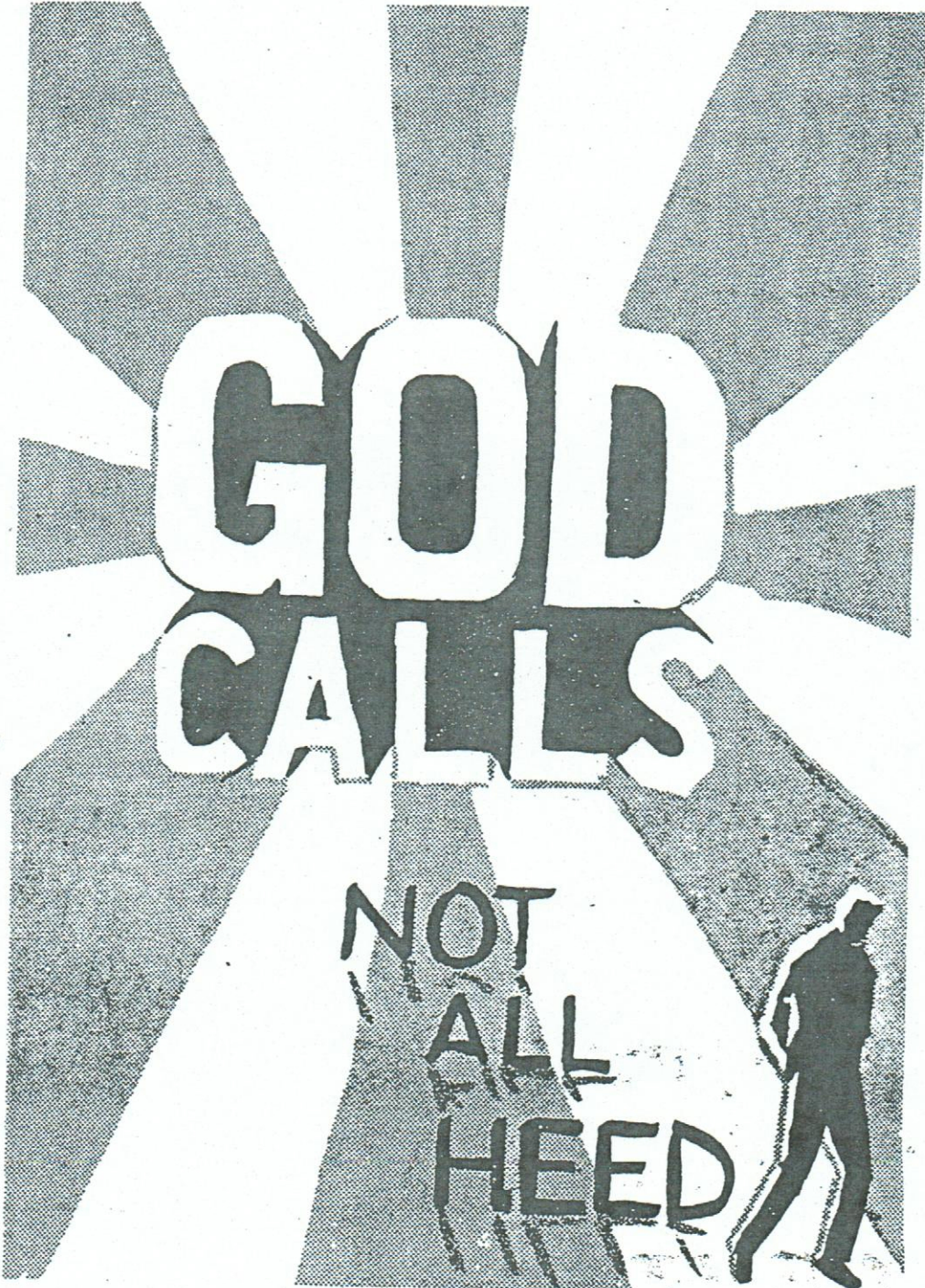
The sheep hear his voice; and he calls his own sheep by name and leads them out
John 10: 3.

When we attended a large parish, we learned new things, joined a great small group, and enjoyed the worshipful music sung by the choir. But I did not realize for a long time that I missed something: the parish priest had no idea who I was. Because of the very many in attendance from all over the central part of New Jersey, I understood that it would be impossible for him to know each person intimately by name.

Then when we began attending a local Orthodox parish in a much smaller church, I received a personal visit at home from the parish priest and after a few more weeks, he was addressing me by name along with that of my husband and child. Now he chats with me about current problems in work and family life and knows me intimately and personally. It really feels good to personally be acknowledged and known to the spiritual father and shepherd of our parish flock.

And as I think about it, that is the gracious tradition of our Orthodox faith. Each parish is small for a particular very important reason. Large groups are divided by the bishop so that the shepherd and sheep are readily known to each other and have an influencing effect for good on each other. People belong to the local Orthodox parish regardless of ethnic background because what is important above all is our Orthodox faith. Having the treasure of an Orthodox parish available locally provides the security of regular worship so all believers so easily and conveniently participate in the worship of the Church and be united with local believers before the throne of God. It is easy then for me to speak with my shepherd when problems arise and prayers are needed, when confirmation and affirmation are needed.

Every believer has a desire to be known and needed, especially by our Creator God. How wonderful the affirmation that my parish priest not only knows my name, but knows my needs and attempts to meet my unique spiritual needs. This affirms in a practical way that our God also knows our every thought, sees each tear that falls and hears us when we call and He calls his own sheep by name.. "The sheep hear his voice; and he calls his own sheep by name...I am the good shepherd and I know my sheep" John 10: 3, 14. God loves us immensely (John 3: 16) and thinks about us all the time (Psalms 139: 17, 18).



GOD CALLS

NOT
ALL
HEED



WISDOM! BE ATTENTIVE

The stone was sealed by the Jews, soldiers guarded Your most pure body! And You, O Saviour, arose on the third day granting life to the world. The heavenly powers acclaimed You, O Giver of Life: Glory to Your Resurrection, O Christ! Glory to Your majesty. Glory to Your plan of salvation. You alone love mankind Troparion, Resurrection Tone One.

You, being God, arose in glory from the grave, raising the world with You. Mankind praises You as God; Death reigns no more. Adam sings with exultation, O Lord; Eve freed from bondage cries joyfully: O Christ, it is You Who gives Resurrection to all! Kontakion, Resurrection Tone One.

May Your kindness O Lord, be upon us who have put our hope in You! Prokimenon, Resurrection Tone One.

Let us sing a hymn of praise to the Lord; He freely was crucified. He suffered and was buried for us; He arose from the dead. Let us all say: O Christ, confirm Your Church in the Orthodox faith. Give us Your peace. You are gracious and You love mankind Vesper Hymn, Tone One.

The prophecy of Isaiah has been fulfilled in you, o Virgin! You have given birth, and after birth you remained the same. The Lord born of you is God; He has renewed all creation. Do not reject the supplications we offer to you, O Mother of God. You have carried the compassionate Lord; have pity on those who come to You. Intercede for the salvation of our souls Vesper Hymn, Tone One.

Let creation rejoice; let the heavens be glad. Let all people cheerfully clap their hands. Christ our Saviour has nailed our sins to His Cross. He has crushed death by His death. He has granted life to us by raising Adam; he alone loves mankind Vesper Hymn, Tone One.

Let us sing a hymn of praise to the Word. He is co-eternal with His Father. He was born of the Virgin in a wondrous way. He freely accepted crucifixion and death for us. He arose in glory. Let us all say: Glory to You, O Lord, Life-giver and Saviour of our souls! Vesper Hymn, Tone One.

Speaking Up Encourages Vocations

Speak up! That is what vocations' advocates advise people who know someone they think would make a good priest, deacon or religious.

If you see an individual who is inclined to service within the parish, has a spirit of generosity and a spirit of prayer, then you should feel comfortable in approaching him or her.

Tell them you have noticed their gifts, perhaps as a parish volunteer. This recognition is a tremendous compliment of their spirit of self-giving and self-sharing. It is affirming and is to be celebrated and recognized!

If the individual responds positively, the next step is to advise him or her to seek a spiritual advisor, a spiritual father who will direct their activity in heart and soul. If possible, recommend someone familiar to that person, such as the parish priest or parish deacon. Thus begins the process of discernment, a time when a person can sift out answers, articulate their inclinations and investigate possibilities for priesthood, or in the diaconate or religious life.

Just come out and say, "I think you would be a good priest, deacon, or religious..." Begin with affirmation of the gifts they have, their spirituality, their soulful perceptions, their works of service, experiences of ministry and service. Early experiences of service in the parish may often lead to a vocation. The whole idea is to extend an invitation, not to shy away. It is a way of witnessing to personal commitment in Christ, to truly practicing our precious faith and sharing it by recognizing the Lord's grace in other people's lives.

The Orthodox faith community needs to extend an invitation, to call forth vocations. If we sense a possible candidate, tell the person that there is something in them you perceive indicates service to the Lord. It gives the person a feeling of confidence to hear someone recognize innate talents and gifts and verbalize it.

Their even silent response might be "they see something in me which perhaps I myself did not notice, that I do have something valuable and important to contribute." One reason for diminishing numbers of vocations is that believers have been reticent about it. Believers need to take the initiative, show and witness how important priests, deacons and religious are for the Church of Jesus Christ. It involves every believer in praying for and laboring that the supply of servants for the Body of Christ continues unabated. If it is generally and notably perceived by all that every communicant of the Church is concerned and interested, more souls will dedicate themselves to taking up their cross and following the Lord.

Not only should parish priests address the vocation need more frequently, but make parishioners aware the Spirit is working in their midst and we as individuals have an obligation to nurture vocations as well.

Parental responsibility is also key in fostering vocations because the home environment is critical to a vocation since faith is lived on a daily basis. A vocation is not something we push for, but is to be encouraged when an interest is seen. Parents must consider it an honor their son is studying for the priesthood or pursuing the diaconate, or their daughter wishes to enter a monastery and serve as a religious sister.

It is neither too bold or too forward to extend someone an invitation; in fact a personal recognition and invitation is the best way to begin. If someone with good sense is seen, with relational skills and a strong spirituality, go ahead and plant the seed. The straight forward approach is best and at the same time, offer intercessory prayers on their behalf. Secure information and literature for them and expose them to opportunities to serve Christ, the Church and improve their own lives.

Perhaps an inspired believer can also organize, with pastoral approval and blessing, a group willing to raise funds to support those in need pursue their vocation. Encouragement on every level should be available in the vibrant and zealous faith community.

SPECIAL LITANIES FOR VOCATIONS

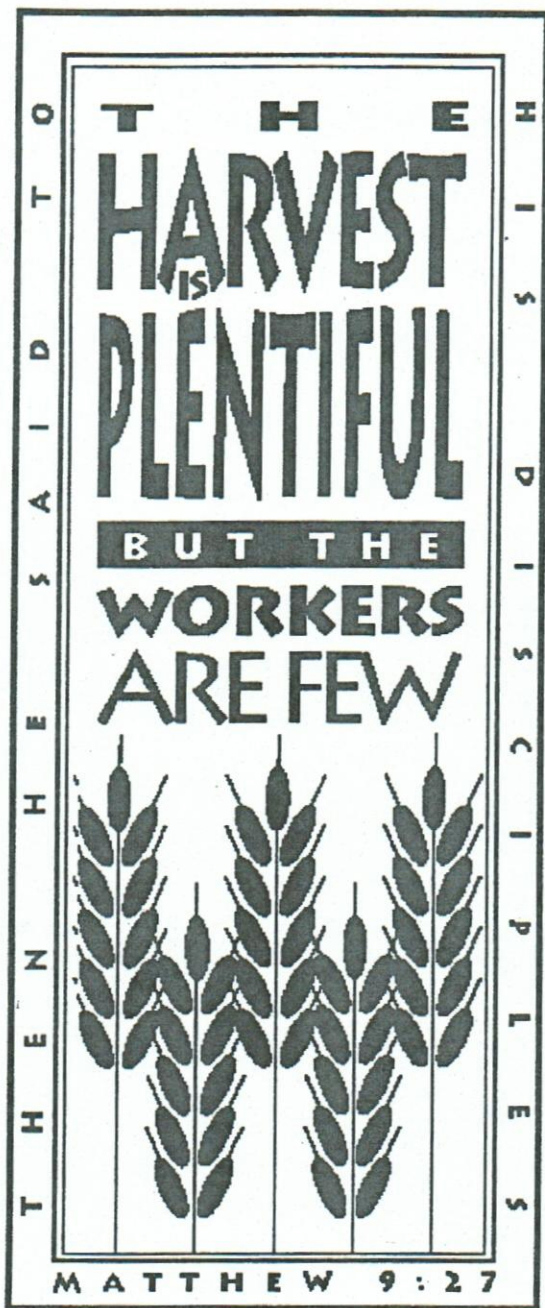


O Lord, Jesus Christ, our High Priest, we your humble servants thank you for your loving concern in giving us priests for our spiritual welfare and salvation. We, your people, recognize it is our responsibility to cooperate with You by example and prayer to encourage our youth to consider Holy Priesthood.

We now offer our sincere prayers that our youth be attentive to your voice and respond in love to dedicate their lives in priestly ministry so that the Gospel be preached and the Holy Mysteries be administered to us on our earthly pilgrimage from generation to generation. We pray and entreat You to hear our prayer and have mercy.

O Lord Jesus Christ, our Savior and Redeemer, we know of your great love for your priests since it is You who have called them to participate in your Holy Priesthood. Because of the many pressures that affect the lives of priests today, we pray that You renew them in faith and hope, enkindle in them a burning love which will ever increase in the course of their priestly lives. Assist and comfort them in their loneliness and, in their difficulties, grant them the spiritual and physical strength to continue in their dedication and love for the salvation of souls. We earnestly pray to You to hear us and have mercy.





Speaking
Up
Encourages
Vocations

“Have You
Ever Asked
Someone
to
Consider
Being a
Priest, Sister,
or
Deacon?”

Looking Out For Others

**Let each of you look out not only for his own interests but also for the interest of others
Philippians 2: 4.**

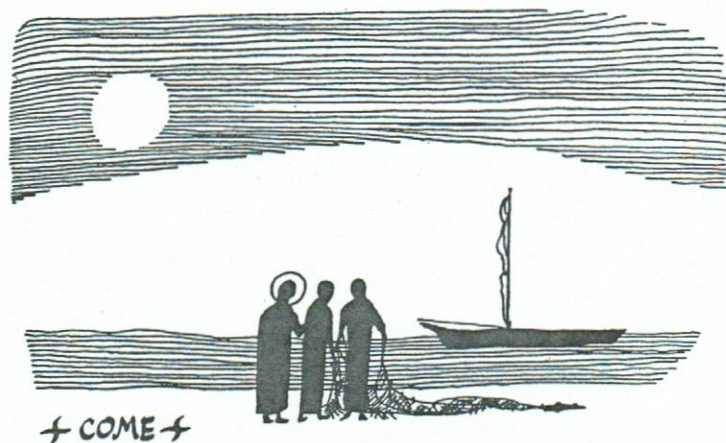
In giving of ourselves, we manifest the essence of Jesus' character, for it has always been his nature to think more about others and their needs than He thinks of himself. Why else would He humble himself and become "...obedient to the point of death, even the death of the cross" Philippians 2: 8?

Unfortunately, our natural tendency is to consider our own interests first, to look at everything from the perspective of our own needs and more often, our wants. But with the grace of Jesus Christ, we can unlearn that habit. We can begin to think of the best interests of others, their concerns and their actual needs which are far different from their wants. That is precisely why in the litany of prayer we speak of God supplying our needs because we can easily do without many of things we simply want.

And so we must ask ourselves: Do we consider the interests of others more important than our own? Do we get as excited about what our God is doing in and through us for others? Do we long to see others grow in grace and gain recognition, though it may have been our efforts that made them successful? Are we concerned only about the needs of our relatives, our loved ones, our friends? To do good for them is not extraordinary or Christ-like because according to the testimony of our Lord, even non-believers do that! What about the legitimate needs of total strangers, even enemies? Do we ever think to pray for the intentions of others whose need of soul surpasses our own? Do we notice hurting people on the streets for a fleeting moment, but remember them continually in intercessory prayer? Do we find satisfaction in seeing our spiritual children surpass us in the work they are called and granted abundant grace to do? If so, such is the measurement of greatness.

We are most like our Lord when our thoughts for ourselves are easily lost in our thoughts and concern for others. There is no greater love than that expressed by our Saviour. "There is no greater love than this: to lay down one's life for one's friends. You are my friends if you do what I command you" John 15: 13, 14.

you are invited!



Christ Is Calling You
DARE TO ANSWER HIS CALL

Did You Know That ...

- ...you ought always include your parents in your prayers?
- ...it is not only how you say something, but what you say?
- ...there should be no hesitancy in doing what is right?
- ...hanging on just one second longer than your competition makes you the winner?
- ...loving words quickly heal?
- ...people should be hired more for their judgment than their talents?
- ...you ought think twice before burdening a friend with your secret?
- ...possessions should not possess you?
- ...the word "discipline" means "to teach"?
- ...since they cannot be retrieved, words or time should not be used carelessly?
- ...a child's character is like good soup; both are home made?
- ...saying something positive as early as possible each day, determines what your day will be like?
- ...you ought seek respect rather than popularity?
- ...we should give others a second chance, but not a third?
- ...what you give affords more pleasure than what you get?
- ...following the Golden Rule is always the best approach?
- ...a grateful heart is almost always a happy one?
- ...it is best to worry about the choices you make before you make them, not afterwards?

VESPER VERSES ACCORDING TO THE EIGHT TONES

TONE 1

1. Receive our evening prayers, O Holy Lord.
Grant us remission of our sins.
You alone have revealed the resurrection to
the world.
2. All you nations encircle Sion;
Dance merrily round about her.
Give glory to the Lord risen from the dead.
He is our God.
He has delivered us from our sins.
3. Come all you nations,
Let us sing a hymn of praise to Christ.
Let us worship Him.
Let us glorify his resurrection.
He is our God :
He has delivered the world from the deceit of
the enemy.
4. Rejoice you heavens;
Sound the trumpet you foundations of the
earth.
Mountains, shout your mirth aloud.
Emmanuel has nailed our sins to the cross.
The Giver of Life has destroyed Death by
death.
He has raised Adam
For he alone loves mankind.
5. Let us sing a hymn of praise to the Lord;
He freely was crucified.

He suffered and was buried for us;
He rose from the dead.
Let us all say :
O Christ, confirm your Church in the true faith.
Give us your peace.
You are gracious and You love mankind.

6. Let us, although we are unworthy,
stand at your life-giving tomb, O Christ, our
God.

Let us give glory to your loving kindness.
Although sinless, you were crucified and died.
You granted resurrection to the world.
You alone love mankind.

7. Let us sing a hymn of praise to the Word.
He is co-eternal with his Father.
He was born of the Virgin in a wondrous way.
He freely accepted crucifixion and death for us.
He rose in glory.
Let us all say : Glory be to You, O Lord,
Life-giver and Savior of our souls!

8. Glory be to the Father ✝, and to the Son, and
to the Holy Spirit, now and ever and
forever. Amen.

Let us sing a hymn of praise to the Virgin.
She is the glory of the whole world.
Formed by human seed, she became the mother
of the Lord.
She is the gate of heaven, beauty of the
faithful.

She was seen as heavenly; the tabernacle of
the Divinity.

She tore down the wall between God and men.
She brought peace and opened the Kingdom
of Heaven.

Let us hold fast to her, the anchor of faith.
Let us receive as our stronghold the Lord
Who was born of her.

Be of good cheer, have confidence, people of
God.

He will fight our enemies for us;
He is all-powerful.

At the Apostichon

1. By your suffering we have been saved from
suffering, O Christ!
By your resurrection we have escaped corrup-
tion.
O Lord, glory be to you!
2. Let creation rejoice; let the heavens be glad.
Let all people cheerfully clap their hands.
Christ our Savior has nailed our sins to his
cross.
He has crushed Death by his death.
He has granted life to us by raising Adam;
He alone loves mankind.
3. O Creator, King of heaven and earth,
You alone love mankind.
You freely accepted crucifixion.
When the Abyss received you, it moaned.

When the souls of the just met You, they
rejoiced.

Adam awoke and rose when he saw You.

What a wonder!

The Life of all freely tasted death.

He enlightened those who cry out :

O Lord, risen from the dead, glory be to You!

4. The faithful women who carried spices
Weeping hastened to your tomb.
They could not find your body.
They learned from the angel great and wondrous news.
They told the disciples :
“ The Lord is risen granting great mercy to
the world. ”

5. Glory be to the Father ✝, and to the Son, and
to the Holy
Spirit, now and ever and forever. Amen.

The prophecy of Isaiah has been fulfilled in
you, O Virgin!

You have given birth, and after birth you
remained the same.

The Lord born of you is God;

He has renewed all creation.

Do not reject the supplications we offer to
you, O Mother of God.

You have carried the Compassionate Lord;

Have pity on those who come to you.

Intercede for the salvation of our souls.

Priestly Prayer For Converts

I have other sheep, too, which do not belong to this flock; I must bring them in too
John 10: 16.

The priest cannot meditate on the words of the Gospel and hear the
Good Shepherd's complaint:
And other sheep have I that are not of this fold; them also I must bring,
or
the fields are already white for the harvest,
without offering himself to the Lord of the harvest
as a tireless worker,
burning with desire to lead erring souls back
on the straight and narrow path.

So he prays ardently:

We beseech you, Holy Lord, Father Almighty, Eternal God,
that you would open the way of truth and a proper understanding of it
to your servant, (N), who is wandering, doubtful and uncertain
in the darkness of this world; that the mind being ready and receptive,
he may know You, the only true God,
Father in the Son, and the Son in the Father
in the illuminating grace of the Holy and adorable Spirit.
So may he receive the blessing of genuine faith in true belief,
both here and in the world to come.

Grant, Eternal Father, a fulfillment of the prayer of him, as you see,
who stands at the door of your revealed truth and prays for guidance.
For you cannot refuse to answer anyone in faith who truly seeks your love.
Amen.



We are pleased to greet those of our faithful communicants who celebrate their birthday this month. Our Lord has offered these souls yet another year of blessed life. The most obvious way He blesses us and participates in our life is by sharing his divine life with us in the Eucharist at the celebration of the Divine Liturgy. Thus we gather together and offer thanks for yet another year of life blessed by his most gracious hands. Today, we prayerfully remember in the Divine Liturgy the following souls who celebrate their birthday during this month:

July 1 Anna Kujac
July 14 Louis Pasquino
July 17 Eleni Pallas
July 18 Eudoxia Fasoletou
July 30 Katherine G. Simon

With a prayerful heart and grateful soul, our parish faith community asks the Lord to continue to bless these birthday celebrants with good spiritual and physical health for the coming year. We invite all to add their personal intercessory prayers so that with one voice and one heart we may also participate in the grace and joy of their celebration. As we wish them a happy and blessed celebration of their birthday, our ardent prayer resounds that the Lord our God will continue to bless them for

Many and Blessed Years!

THE GLORY OF THE SPIRIT IS EVERLASTING

A most unusual icon is featured on today's bulletin. It highlights the **VENERABLE SISOES THE GREAT**, who is known for his devout asceticism and complete dedication to following the monastic way of life. We are not aware of when Sisoes lived with absolute certainty, but the manner in which he is depicted in iconography leads church historians to believe that he lived during a 400-year period of Turkish domination over Greece.

Many icons of St. Sisoes show him gazing sadly into the open casket of Alexander the Great, who symbolized an era of glory for the Greeks. The inscription seen in this image translates: "The Great Ascetic Sisoes, before the grave of Alexander, who in olden times shone with glory, is horrified and feeling sorrow over the inconstancy of time and the temporary nature of glory."

While this may be viewed as a political statement of sorts - unique to a particular people at a specific point in history - there is a universal **SPIRITUAL** declaration made by this icon. If Alexander the Great represents a **MATERIAL** glory, we are shown in a vivid way how such splendor ends: as decaying bones! The Glory of the Spirit, however, is everlasting! How wonderfully this is brought out with the imposing figure of the Venerable Sisoes, a man noted for his disdain of earthly pleasures and comforts. Let us hope that this is an example for the wise to learn from.