



# **Saint Paul the Apostle Orthodox Church**

**24 BURKE ROAD**

**FREEHOLD, NJ 07728**

**Seventh Sunday After Pentecost**

**July 23, 2017**

**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 insightful riches 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**

**+++ His Grace, Bishop Gregory will be visiting our parish the week – end of November 4, 5, to bless the icons on the icon screen and to impart his episcopal blessing to our**

**faithful. We will have a service Saturday afternoon honoring our tear - shedding icon and the Sunday morning Divine Liturgy followed by a dinner in honor of the Most Blessed Bishop. Please set aside these dates to assure your presence with the parish family for this auspicious event.**

**+++ Vehicles of travel will be blessed following the Divine Liturgy today.**

**+++ With regret we note many of our faithful are not offering their Diocesan Dues. Please bring them in because the parish is responsible for remitting \$65.00 per adult for support of the diocese.**

**+++ Please keep the intentions of these members of our parish intercession community in your daily prayers: Betty, James, Yevlogia, Nicholas, Maria, William, Cynthia, Patricia, Pani Anna Marie and Andrea.**

**+++ The sign-up sheet for both the Web Site and Bulletin sponsors is on the bulletin board in the kitchen. Please sign up as soon as possible. Do NOT make payment until your sign-up month has arrived. This will make it easier for Father to keep track of payments. Thanks in advance to all who support the parish in this way.**

**+++ We offer thanks to the Blessed Trinity for inspiring generosity in the souls of our faithful and the blessing of abundant grace in our midst with the offering received last Sunday: Tithe Offering, \$401.00; Candles, 12.00; Holyday, \$10.00; Parish Dues, \$25.00; Diocesan Dues, \$130.00, for a total of \$578.00. We express our profound gratitude to the parishioner communicants who offer one tenth of their God-given treasure and labor for the sake of the Lord and the good of our parish. God bless and reward you good and faithful souls!**

**+++ As faithful believers, we intercede and associate ourselves in prayer with the following who have prayed and offered seven day lights for their intentions: Father Lucas, Pani Lucas, Maria Idromenos, Anna Zacharyczuk, Marilyn Korba and Pani Buletza.**

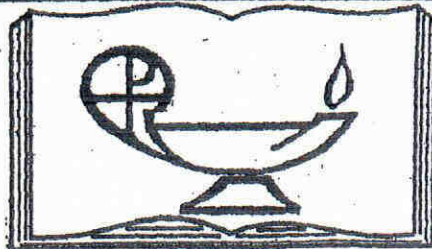
**+++ We make a PENNIES FROM HEAVEN Canister available for our faithful to bring in pennies for our altar and its appointments. We are already in receipt of \$1860.00 from this apostolate. Even your pennies can help and are a blessing to our parish.**

**+++ The Clothing Drive is a permanent on-going project in our parish. Please bring any type of clothing and fabrics along with stuffed animals and shoes for the benefit of our parish. The bags can be left in the vestibule or on the front porch of the rectory. Please invite your friends and neighbors to assist us in disposing of unwanted clothing, shoes, blankets and fabrics.**

**+++ We invite all pray the Lord our God grants us the grace of enrichment of our spiritual lives for his glory.**

**ALLELUIA**

LORD



TEACH  
US

## Affliction

*Hope deferred makes the heart sick, but when dreams come true at last, there is life and joy* Proverbs 13: 12.

*Only the person involved can know his own bitterness or joy – no one else can really share it. Laughter cannot mask a heavy heart; when the laughter ends, grief remains* Proverbs 14; 10.

*I am slipping down the hill to death; I am shaken off from life as easily as a man brushes a grasshopper from his arm. My knees are weak from fasting and I am skin and bones* Psalms 109: 22 - 24.

*A happy face means a glad heart; a sad face means a breaking heart. When a man is gloomy, everything seems to go wrong; when he is cheerful, everything seems right* Proverbs 15: 13.

*Silver and gold are purified by fire, but God purifies hearts. A cheerful heart does good like medicine; but a broken spirit makes one sick* Proverbs 17: 3.

*A man's courage can sustain his broken body, but when courage dies, what hope is left* Proverbs 18: 14?

*And so God's people are dismayed and confused and drink it all in* Psalms 73: 2.



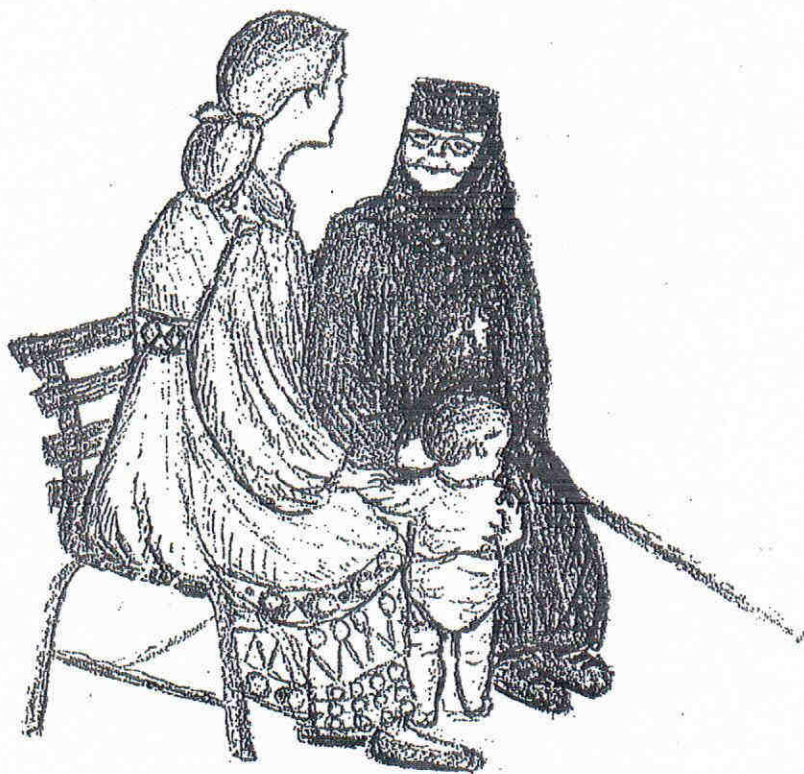
## *Spiritual Mothers Among Us*

It is not unusual to notice that more women than men attend almost any given service in church. We may also be aware that it is usually the woman of the home who organizes family time to include prayer, Bible reading, celebration of church feast days and church attendance. Women seem to have a natural intuition for prayer—a natural sense for God and for spiritual realities. This being the case, we can appreciate a woman's ability to help others in their spiritual journeys to God. This kind of help, be it from a mother, a clergy wife, a church school teacher, a nun, or a parish woman living the single life, can be referred to as the gift of "spiritual motherhood."

Spiritual motherhood does not have to be any kind of official title or ordained ministry: all baptized Christians are part of the royal priesthood (1Pet. 2:9). Each person receives the gifts of the Holy Spirit at Chrismation and these gifts are manifest in each of us in her own unique way. We could say that just as all baptized women are not the same, so too spiritual mothers have different gifts. Certainly in our day and time we may best be able to identify with particular women—those who may have experienced similar circumstances or spiritual trials. For example, a mother who is having a difficult time with her teenage son might very well find helpful advice from another woman who has already passed through such an experience.

What then might be the basic qualities or characteristics of a spiritual mother? One main quality, perhaps the most important, would be trustworthiness. We can confide in a spiritual mother knowing that those issues we entrust to her will never become public knowledge or even tidbits for gossip or whispering. On the same level as trust is love. We would need to feel loved and accepted by our spiritual mother—the one we look to for real and honest guidance as well as acceptance of us as a person.

Another quality of spiritual mothers would be maturity. This does not necessarily mean attainment of a certain physical age, but rather a maturity of spirit—calmness in the face of what might appear to us like a crisis or an emergency. She would be able to “slow us down” and help us identify what the real problem is and what would be the first step in dealing with it. By her maturity and experience, she would be able to remind us, based on having lived through difficulties herself, that our problem can be solved as long as we ask God’s help and are willing to do our part in a patient, prayerful manner.



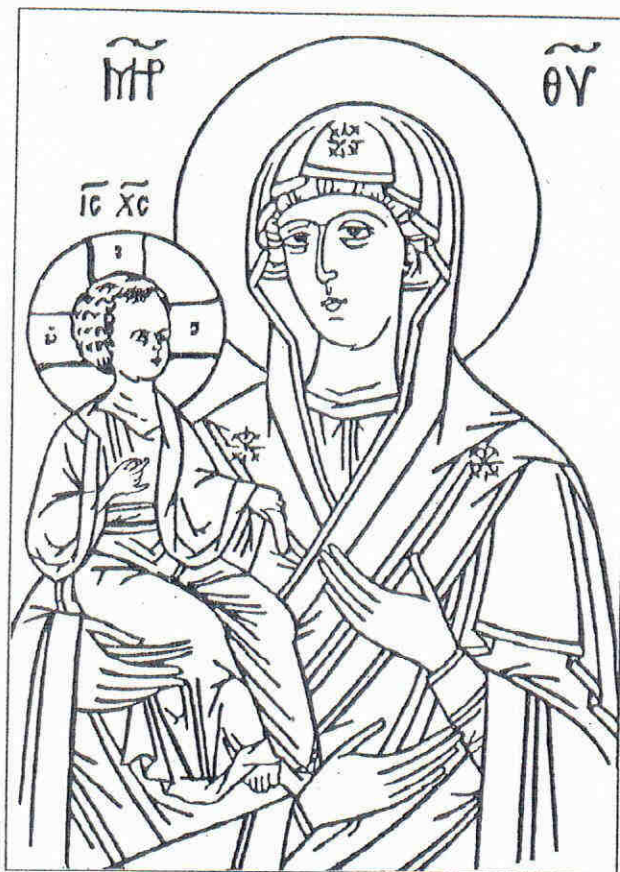


Considering someone as a spiritual mother may not require actual conversation with her. Simply by being in her presence, we can feel God's love and strength. We can also learn much by observing her behavior, her demeanor with other people, be they her children, spouse, friends, or strangers. Does she exude peace, joy, strength and trust in God? If she offends or saddens someone, is she able to ask forgiveness? Does she live the Gospel teachings? Does she persevere when her own cross becomes heavy and seemingly more than she can bear? Such examples go a long way in reminding us how we ourselves can better live the Christian life.

An additional common quality of a spiritual mother would be her ability to reach out to others in kind and simple ways. Offering to share a cup of coffee and have a quiet talk can be an enormous gift to a busy, burdened person. Speaking a compassionate and encouraging word to someone who is going through a difficult period, or who seems troubled, can be like a cool breeze on a hot day. Offering a hand with housework or meal preparation can prevent disaster for someone who is near a breaking point. Such seemingly small gestures serve to encourage and comfort Christ's "little ones."

Besides serving as an example to us and being one whom we trust, are there other things that our spiritual mother does? She may serve as a mentor. She could recommend books to read, a prayer rule to follow, or spiritual practices to keep, but these would be suggestions rather than dictated rules. Our spiritual mother would be able to help us find our own way—the way to which Christ is calling us. This way varies from person to person, so she would not require from us what may work for her or for other women. She would help us find the way best for us. She would be understanding of our own particular circumstances which are dictated not only by our personality and spiritual maturity, but also by our family, career, health and other such realities of our life.

Having explored the qualities and characteristics of spiritual mothers, perhaps we now realize that we know at least one woman who serves this role in our own lives or in the life of the parish. It is not necessary for one to have formal education in theology or psychology in order to play an incredibly helpful and healing role in Christ's body—the Church. Yes, we have spiritual mothers among us and we receive from them an example of Christian life that we can apply to our own lives and circumstances. Let us give thanks and glory to God for His presence among us in these members of His Holy Church.



Icon of the Mother of God with three hands.  
More eager to help than with just two hands



# Show me your ways, Lord, teach me your paths.

—Psalm 25:4

## *The Twofold Coming of Christ*

We do not preach only one coming of Christ, but a second as well, much more glorious than the first. The first coming was marked by patience; the second will bring the crown of a divine kingdom.

In general, whatever relates to our Lord Jesus Christ has two aspects. There is a birth from God before the ages, and a birth from a virgin at the fullness of time. There is a hidden coming, like that of rain on fleece, and a coming before all eyes, still in the future.

At the first coming He was wrapped in swaddling clothes in a manger. At His second coming He will be clothed in light as in a garment. In the first coming He endured

the cross, despising the shame; in the second coming He will be in glory, escorted by an army of angels.

We look then beyond the first coming and await the second. At the first coming we said: Blessed is He who comes in the name of the Lord. At the second we shall say it again; we shall go out with the angels to meet the Lord and cry out in adoration: Blessed is He who comes in the name of the Lord.

*St. Cyril of Jerusalem*

## Clear Testimony

*Let your speech always be gracious and in good taste, and strive to respond properly to all who address you Colossians 4: 6.*

Many parishes during special times of the year have religious devotions and services after which a Question and Answer Period is held. One priest as he announced such services and a subsequent gathering, said, "Even if you don't have any questions, come anyway. I am sure that after you have heard what we have to say, you will have some!"

Many times such events raise more questions than they answer. Sometimes that is what happens when a believer tries to explain eternal truths to new believers or inquirers or be a witness to those outside the Church. They are confused more than they are helped. The problem is not with the truth being explained, but with poor communication. Failure may result from lack of scriptural awareness, necessary insights into the reality of Church teaching and the demands of theology.

Counsel to Timothy might well be accepted by everyone else. "...devote yourself to the reading of Scripture, to...teaching...so that everyone may see your progress...watch yourself and watch your teaching. Persevere at both tasks. By doing so you will bring salvation to yourself and all who hear you" 1 Timothy 4: 13, 15, 16.

Thus, when questions are raised about all issues, a spiritual perspective can be provided, or when we have an opportunity to give witness to the values and life-style of Christ, we will hopefully have the right answers and will share what is true to God's revelation.

Help us O Lord to make our witness clear and labor faithfully so that friends and neighbors will be eager to turn to Christ from what they hear and see in me, so that we never substitute personal skewed views for Christ's Good News.



## THE HEAVENLY VISION

**T**HESSE ARE they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb. Therefore are they before the throne of God, and serve him day and night in his temple: and he that sitteth on the throne shall dwell among them. They shall hunger no more, neither thirst anymore; neither shall the sun light on them, nor any heat. For the Lamb which is in the midst of the throne shall feed them, and shall lead them unto living fountains of waters: and God shall wipe all tears from their eyes.

—*Revelation 7: 14-17*

## WHAT WILL HEAVEN BE?

**G**OD'S KINGDOM is the perfect society of perfect men, under the rule of God; and that is heaven.

It is a society from which is excluded every evil thought and wrong desire. The conflict between flesh and spirit has been fought out to the end, and spirit is victorious; the wills of men move smoothly and unhindered in the channel of the will of God. The clash of individual self-interests, which makes the world a battlefield, has come to an end; for selfishness has ceased. There is no greed or lust or coveting of power, for sin has been forgiven and men's lives have been recreated after the fashion of Jesus Christ. And so there is "no more death, neither sorrow, nor crying," for there is no more sin, "and the former things have passed away." "Behold the tabernacle of God is with men and he shall dwell with them, and they shall be his people, and God Himself shall be with them and be their God."

## **A Prayer of St. Augustine**

**Before your eyes, O Lord, we bare our faults, together with the stripes we have received for them.**

**When we weigh the evil we have done, how little was our suffering; how much greater did we deserve.**

**Very grievous were our acts; very light the penalty.**

**We have known the punishment of sin, yet we have not shunned obstinacy in sinning.**

**Through your scourging our infirmities are wiped away; and yet our iniquity is not changed.**

**The mind may be racked with torment, yet the head will not bow.**

**A life may sigh itself out in sorrow, yet not amend itself in good works.**

**When You are long – suffering, we do not correct our ways, but if You seek vengeance, we do not remain unshaken.**

**In our chastisement we confess our deeds, but after the visitation we forget we have wept.**

**When You threaten us with a sword, we make promises; but if You stay your hand, we do not fulfill our vows.**

**When You strike, we cry out to spare us, but when You stay your hand, we provoke You to strike.**



**Behold us, Lord, sinners and condemned; we acknowledge that unless You forgive us, we may be destroyed in justice.**

**Father Almighty, Who has made from nothing those who implore You, grant what we need, though without merit of our own, through Jesus Christ, our Lord.**

**Deal not with us according to our sins, nor reward us according to our iniquities.**

**O Father, eternal, almighty, offended by our sins, be appeased by our penance, look down propitiously upon your people who implore You and turn from us the scourge of your words which we have deserved for our sinful offenses.**

**Grant, merciful Lord that I may ardently desire, carefully examine, truly know, and perfectly fulfill those things that are pleasing to You and to the praise and glory of your most Holy Name.**

**Direct my course, O Lord my God, that I may do what You require of me. Show me the way and grant that I may follow it as is necessary and profitable for my soul. Grant me Lord, my God that I may not be found wanting in prosperity and adversity, that I may not be lifted up any one or cast down by another. May I find joy in nothing but what leads to You; sorrow in nothing but what leads away from You. May I seek to please no one, nor fear to displease anyone. May I fear only You, Almighty God!**



# Advice for Catechists

**C**hallenge your students to put Christian values into practice. Affirm their efforts.

**A**ccentuate the positive in your teaching approach. Dwelling on the negative only creates stress.

**T**alk less and listen more. Sharing the good news is a two-way street.

**E**lectrify class presentations with innovative methods. Don't settle for mediocrity.

**C**elebrate the present moment with those you teach. Do not wish for the past or dwell on what "might have been."

**H**ang in there when the going gets tough. Things will look better tomorrow.

**I**nspire your students by what you do and say. They may remember only 5% of what you teach, but they'll remember 100% of who you are as a Christian.

**S**chedule time for yourself to replenish your spiritual, emotional, and physical energies.

**T**ouch the hearts of your students with kindness and understanding. Your example of Christian love is the best lesson you'll ever teach.



# **Did You Know That ...**

- ...only those who are ready to die are ready to live?**
- ...we cannot do wrong to others without hurting ourselves?**
- ...God never made a promise that was too good to be true?**
- ...compassion is the capacity to put love into action?**
- ...salvation is free, but you must be willing to receive it?**
- ...some people have heaven on their tongues, but the world on their fingertips?**
- ...life become harmonious when the heart is in tune with Christ?**
- ...if you forget yourself to help others, others will never forget you?**
- ...God's Word should fill your memory, rule your heart and guide your feet?**
- ...only the Bread of Life can satisfy man's spiritual hunger?**
- ...all our efforts are useless apart from the inspiration of the Holy Spirit?**
- ...even when the hour of trial is darkest, we can expect God's dawn of deliverance?**
- ...heaven's delights far outweigh earth's difficulties?**
- ...the woods would be very quiet if no birds sang there except those who sang best?**
- ...a gossip is a fool with a keen sense of rumor?**
- ...true obedience neither procrastinates nor questions?**
- ...the holiness of God's Son reveals the horror of man's sin?**
- ...God's requirements are always met by God's enablements?**
- ...we should look to see if our life sheds light or cast shadows?**

# VESPER VERSES ACCORDING TO THE EIGHT TONES

## TONE 6

1. O Christ, You conquered the Abyss, You  
ascended the cross,  
You raised those who stood in the shadow of  
death.  
You are the only one free among the dead.  
From your light you give life.  
Almighty Savior, have mercy on us!
2. Today Christ has conquered death.  
He is risen as he said;  
He has given joy to the world.  
Let us all sing a hymn and say  
“ O Source of life, unapproachable light,  
Almighty Lord, have mercy on us! ”
3. O Lord, you are present everywhere :  
Where can we poor sinners flee?  
Heaven is where you dwell;  
In the Abyss, you conquered death;  
In the depths of the sea,  
Your powerful hand is there, O Lord.  
We come to you, and we worship you saying :  
“ O Lord risen from the dead, have mercy on  
us! ”
4. We take pride in your cross, O Christ;  
We praise and glorify you resurrection.  
You are our God :  
We know no other.



5. Glory be to your power, O Lord!  
You have destroyed the power of death;  
You have renewed us by your cross;  
You have granted us life and great mercy.
6. We bless the Lord at all times;  
We sing of his resurrection :  
By accepting the cross, He has destroyed  
death.
7. By your burial, O Lord,  
You have broken and destroyed the bonds of  
death.  
Your resurrection has enlightened the world.  
O Lord, glory be to You!
8. Glory be to the Father ✙, and to the Son,  
and to the Holy Spirit, now and ever, and  
forever. Amen.

Who would not call you blessed, Mother of  
God?

Who would not praise your virginal birth-  
giving?

The only-begotten Son, born of the Father  
before all ages,

Has become incarnate of you in a manner  
beyond understanding.

God by nature has taken the nature of man  
for us.

Not divided into two persons, He has two  
natures

without mixture or confusion.

O most pure and holy, intercede with him

That He may have mercy on our souls.

*At the Apostichon*

1. Your resurrection, O Christ our Savior,  
The angels in heaven praise with hymns!

Make us on earth also worthy with a pure heart  
To extol and give glory to You.

2. You broke the gates of the Abyss; You broke  
its bonds :

You are God almighty.

You raised our fallen race.

We sing to you :

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

3. Christ willed to save us from corruption :

He was crucified, buried in the tomb.

The faithful women sought him.

In tears they said :

“ O Savior of all, how did you accept burial?

Hew were you stolen, how taken away?

Which place holds your life-giving body?

Appear to us, O Lord, as you promised.

Wipe away our tears. ”

While they wept, an angel appeared saying :

“ Enough tears : go tell the disciples the news :

The Lord is risen

Granting forgiveness and mercy to the  
world. ”

4. Freely you accepted death;

You conquered death by your burial;

You arose on the third day in glory as God;

You granted eternal life and 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.



Christ is the Lord, my Maker and Savior.  
He came from your womb in my likeness,  
    O most pure Lady.  
He freed Adam from the ancestral curse.  
O Virgin since you are the mother of God,  
We never cease calling upon you.  
As the angel, we also say :  
“ Hail, Lady, Advocate, shield and salvation  
    of our souls! ”

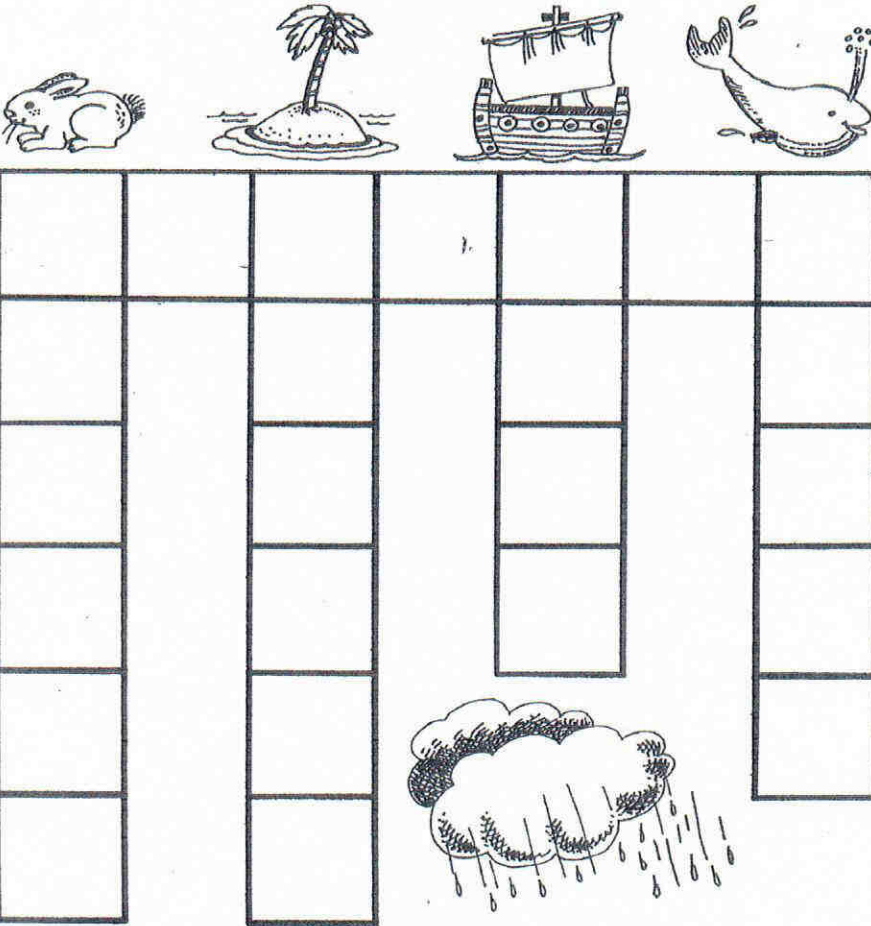
*Seventh Sunday after Pentecost*  
*Matthew 9, 27-31*





# CROSSWORD FUN

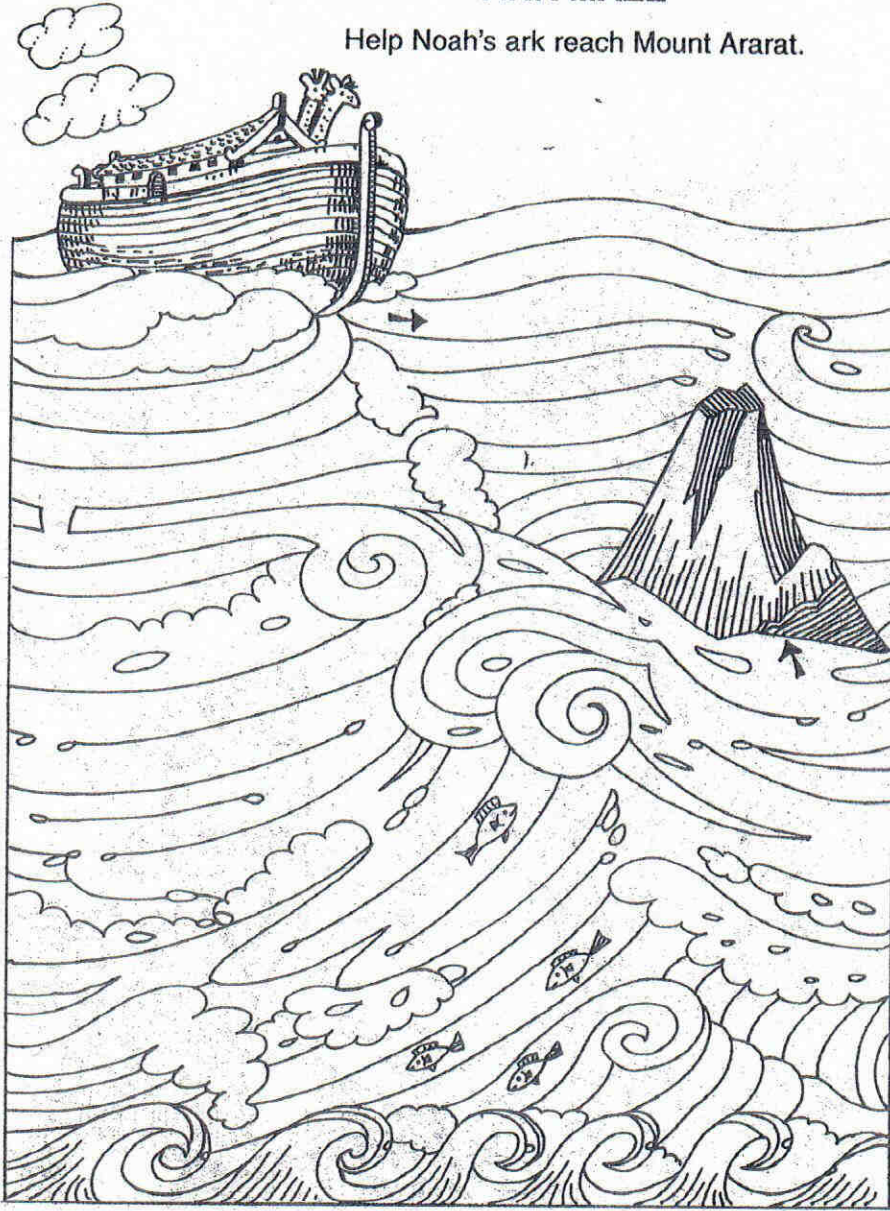
In the squares going down, write the name of the word that matches the picture. Then fill in the blank squares to find the answer to find out: What shone as a promise in the sky?



Answer: Rainbow

## ARK MAZE

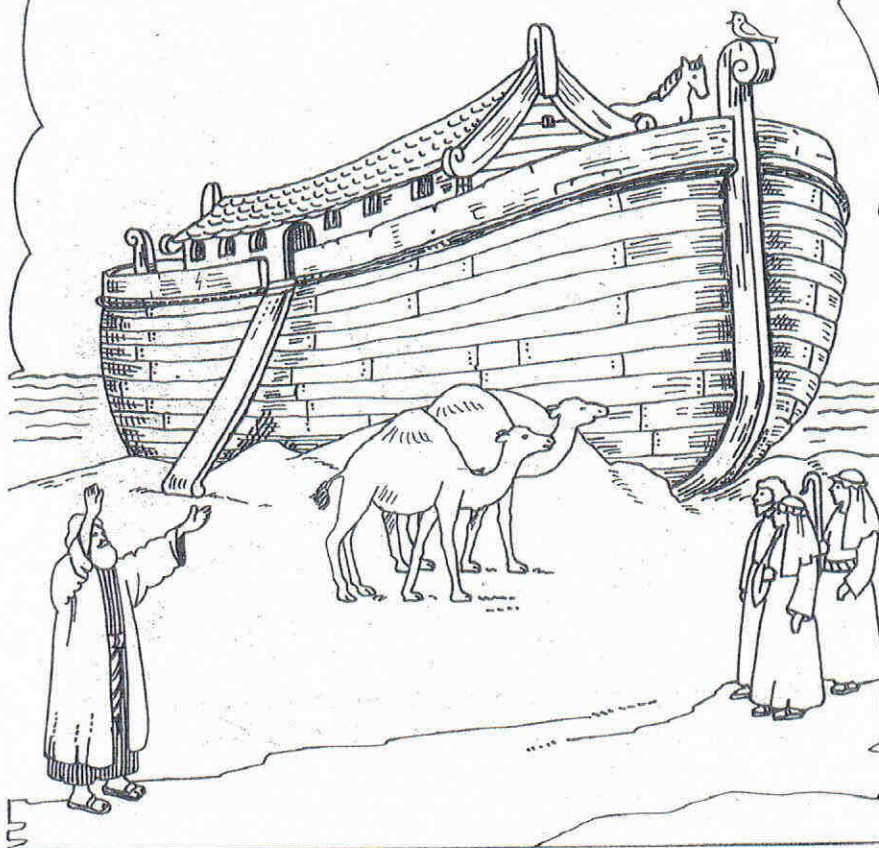
Help Noah's ark reach Mount Ararat.





## DRAWING FUN

Draw a beautiful rainbow over the ark.



## ST. LUKE THE EVANGELIST

**A**ntioch, in Syria, became a very important Christian center in the early life of the Christian Church. It was here that Luke was born, perhaps as a slave. He was a Gentile convert to the faith of Christ, and one of the remarkable figures of first-century Christianity.

St. Luke is best known as a writer and historian of the Early Church. He is credited with the writing of the Gospel and the Acts of the Apostles. The Gospels, of course, are the great treasure of the Church. The word means "Good News." The information they contain informs us about our Lord and Saviour, Jesus Christ.

The symbol of St. Luke is the ox, usually winged. His Gospel presents the SACRIFICIAL aspect of our Lord's

life. In ancient times, the ox was the beast of sacrifice, offered up in prayer to God. There are also prophetic references to the ox in the book of Ezekiel and the Revelation. His Gospel mainly emphasizes 3 aspects of Christian life: the importance of Prayer, the inspiration from the Holy Spirit and a loving embrace of sinners. When portrayed in iconography, St. Luke is usually pictured as a bearded, young man.



In his humility and faith, St. Luke served the Lord in a wondrous way. His writings represent a tremendous heritage which he has left to us. How grateful we ought to be for this record of the story of Christ which has come down through the centuries from the pen of this evangelist.