



The Witness

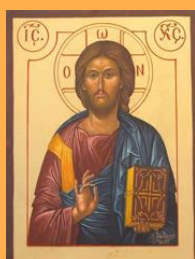


Metropolis of Denver

The Monthly Newsletter of Holy Apostles Orthodox Christian Church
Cheyenne, WY

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Preparation for Holy Communion

by the V. Rev. Fr. Thomas Hopko

Committed Orthodox Christians order and measure their lives in this world from communion to communion.

We greet the Lord's Day (Sunday) each week with the eager expectation of entering into Holy Communion with God by the action of His Holy Spirit in the Church, through Jesus Christ, God's Son and Word, who is also the Lamb of God and the Bread of Life. Following each Lord's Day, we live in memory of the blessed experience of Holy Communion, and we begin immediately to anticipate this divine gift in the next Divine Liturgy.

Christians live from Sunday to Sunday, and, throughout the year, from Pascha to Pascha. We also live from liturgy to liturgy, from Eucharist to Eucharist, from Communion to Communion. Our lives are measured and tested by this sacred event. All that we are and do finds its beginning and end, its meaning and fulfillment, in God's gift of Holy Communion through Christ and



continued on next page...

the Holy Spirit in the Church.

Continual Preparation for Holy Communion: Committed Christians remember what God has done in history and anticipate what God is yet to do. We live in function of Christ's first coming as a slave to be crucified and glorified, and His final coming at the end of the ages to establish God's kingdom.

The Church's Eucharistic worship unites and embraces the Lord's two comings, together with all of God's mighty acts in history. It makes them present for our participation, here and now, for the forgiveness of sins, for the healing of soul and body, and for life everlasting.



Every moment of a Christian's life is a preparation for the encounter with God which is sacramentally realized in Holy Communion. Every moment we are making ready to enter God's kingdom which is coming with observation and power at the end of the ages. We live every moment in constant awareness of the Lord's presence in our lives here and now, preparing us in hope for unending communion with Him in the age to come.

In this perspective, everything that we Christians think, say and do in every moment of our lives is a preparation for holy communion -- in this life in the holy eucharist, and without end in the age to come at the end of the world.

General Preparation for Holy Communion: Because we Christians living in this world are inevitably caught up in earthly activities, afflictions, trials and temptations, and because we are so easily overcome by sinful passions, God gives us ways by which we are enabled never to forget Him. He provides practices by which we can keep ourselves constantly prepared to meet Him at His coming. He offers rules of spiritual and physical discipline for us to practice so that we can remain constantly alive to His presence and power in our lives and so to be ready to receive Him when He gives Himself to us in holy communion. The general disciplines for preparing for Holy Communion are the disciplines of Christian life itself. They are the practices which keep us alive to God, the actions which open our minds, hearts and bodies to the presence of God's grace and power in our lives. They basically include:

† **regular participation in the Church's liturgical worship**

- † **regular practice of a rule of personal prayer**
- † **regular practice of... the "prayer of the heart," to insure our constant remembrance of God**
- † **regular practice of periods of silence**
- † **regular practice of fasting and abstinence**
- † **regular reading of the Bible and spiritual writings**
- † **regular confession of sins (and thoughts, feelings, temptations and dreams) to our pastor, or to someone whom our pastor authorizes and blesses for this purpose**
- † **regular giving and receiving of forgiveness of sins with all the people in our lives**
- † **regular donations of money to the Church, and to those in need**
- † **regular sharing of our time, energies, and possessions with others**
- † **constant effort to do our daily work as well as we can, to God's glory, for the good of people, and**
- † **constant striving not to sin in the smallest way in the routine activities of our everyday life and personal relationships.**
- † **The words regular and constant are repeated and emphasized because our spiritual practices and activities must be done according to a rule (regula, kanona, pravilo). They must be done constantly and consistently with conscious attention and discipline. They cannot be left to whim, caprice or feeling.**

What a person does in regard to liturgical worship, personal prayer, fasting, reading, contributing, working and serving will be shaped according to the conditions of his or her life. It will be different for each person according to age, strength, health, available time, and personal capabilities. The saints say that rules of prayer, reading, and fasting should be brief but frequent, simple, pure, uncomplicated and keepable. They should be determined and established with spiritual advice and counsel in ways which permit them to be easily included within the real possibilities of one's actual life.

Specific Preparation for Holy Communion: In addition to the Christian's general spiritual discipline, each believer must make specific devotional efforts in preparing for Holy Communion. These efforts will also differ from person to person. They will include a set number of specific prayers and readings, a specific practice of confession and reconciliation with others, and specific good deeds, such as almsgiving and financial contributions. They will depend on the conditions of one's life.

A monastic person or clergyman, for example, will normally have a longer rule of specific preparation for Holy Communion than a lay person. A person with fewer duties will also be freer to spend more time and effort in concentrated preparation for Eucharistic communion than someone who has more tasks to perform (for instance, a mother of small children). People with disciplined spiritual lives who partake regularly and frequently of the sacraments will have less specific preparation for Holy Communion than those with undisciplined spiritual lives who seldom partake of the holy mysteries. The latter will surely have to make extraordinary efforts to read special prayers, keep special fasts, do special good deeds, give special contributions, and make special acts of sacramental confession when these practices are not a regular, constant and consistent part of their lives.

Prayers Before and After Holy Communion: The usual psalms and prayers for Orthodox Christians before and after partaking of Holy Communion are contained in Orthodox prayer books of various editions. Literate believers must decide with spiritual counsel how they will, as a rule, use these prayers of preparation and thanksgiving. When this decision is made, every effort must be made to keep one's rule until it must be adjusted or altered, again with spiritual counsel and advice, because of the changing conditions of one's life.

When we believers fail to keep our rules, we must find the reasons for our failures, and take appropriate action, once again with the assistance of our pastors and spiritual guides. In this way our participation in the Lord's Mystical Supper will be done in a wor-



thy manner. It will be for the forgiveness of our sins, for the healing of our souls and bodies, and for our eternal salvation, and not for our condemnation and judgment.

May the Lord convince us of our unworthiness to partake of Holy Communion. May He teach us that nothing we can say or do makes us worthy of this divine gift. May He convince us that only the heartfelt confession of our unworthiness to partake permits us to participate in a worthy manner. And may He empower us to obey His Word and receive His Body and Blood in godly fear, with faith and love, so that we may really see the true light, find the true faith, receive the heavenly Spirit, and worship the Undivided Trinity Who has saved us through Holy Communion with Himself.

Next on Media Mondays...

In August, we will begin a new series for Media Mondays: Five lectures by Fr. Josiah Trenham on the topic of “The Good Wife.” A companion series to our perviously-listened-to series, “The Good Husband,” this sequel series looks at the proper role of a the wife in a marriage according to the Scriptures and various Saints of the Church. Lectures can range from 35 minutes to an hour. Keep in mind that, as with the previous series, this topic is suitable for men and women!!! They are particularly great for couples to listen to together!!! The lectures will be as follows:

September 7 - NO SESSION

September 14 - The Good Wife as the Heart of the Family

September 21 - The Good Wife as the Faithful Friend

September 28 - NO SESSION

October 5 - NO SESSION

October 12 - Repentance & Confession, pt 1 (Fr Dan Suci)



Once our sessions on “The Good Wife” have concluded, we will have a couple weeks off before beginning a 2-part DVD series on “Repentance & Confession” by the Rev. Fr. Danut Suci.

Charities Committee

Family Promise is the new name for Interfaith Families Support Services, of IFSS as we often referred to it. We have partnered with St. Mark's Episcopal Church and Community Action of Laramie County to feed homeless families in our city. Holy Apostle families plan, cook, deliver and serve dinner for six nights every 9 weeks. The families are housed at St. Mark's and their community provides over night coverage and breakfast and lunch food. We are providing meals August 3- August 8. Remember we do this every 9 weeks, so you have about 6 times a year to contribute! If you want more information or if you want to help contact Jamie for details.



August 16- September 13 We will start collecting items for Blessing Bags. These bags will be slightly different then the ones we did in the past. Look for details displayed at church.

SAVE THE DATES: While planning for school and winter this fall

Coat drive in October: Remember to save your no longer wanted or too small gently used coats, hats and mittens to donate



Monday: October 12, baking treats to take to Whispering Chase, there is no school this day

Wednesday, Nov 11, baking of cookies for FE Warren Airforce Base Cookie Drive for Airmen living in the barracks. This is an early release from school date.



Reminder: Use your King Soopers Cards! We have sold 34 cards, only 15 cards have been reloaded and we have spent \$2,373.00 for the month!

Just think if we were using all 34 cards, we could easily reach \$5,000.00 a month in reloads and receive \$250.00 for our church. In one year we would have earned \$3000.00!

And all we did was buy our groceries at King Soopers with our reloadable gift cards. (We've already received our first check of \$269!!!)



Remember to use Amazonsmile! <https://smile.amazon.com/45-5331534>, every time you place an order Holy Apostles gets a percentage!



Thanks for your help!

Some Practical Liturgical Notes...

Some points concerning church etiquette (this month's notes will include a small portion of a larger work on church etiquette which should come out in September or October):

1) Altar etiquette - The common assumption concerning entering the holy Altar is that it is allowed for any male member of the Church, that is, anyone who is male and is a Baptized/Chrismated Orthodox Christian. There are two main problems for this: Firstly, females do, in fact, enter the Altar area in certain circumstances, especially in female monasteries in which there are no males to serve as acolytes. Second, being male and an Orthodox Christian do not *automatically* cause a person to have permission to enter the Altar.

The Altar area is a sacred space, and it ought to be treated as such... It should be treated with trepidation and awe. Further, we don't want to enter a legalism in which anyone with the proper Faith and anatomy is then granted entrance, with no other requirements. Instead, because people are granted entrance into the sacred space of the Altar only when they have a specific duty and reason for being there, the main prerequisite for entrance is a *specific blessing from the Priest*. Note that even the altar boys must receive a blessing before putting on their robes to serve in a service; thus, even their entrance is not granted one universal blessing so that they may enter the Altar for whatever reason; instead, they are blessed in each instance of a new service.

In order to help us recognize the significant sanctity of the Altar area, then, I ask that all who wish to enter do so (A) only when absolutely necessary and (B) with a specific blessing from the Priest. For those dropping off prosфора, I ask that you leave it in the Narthex or in the front row of seats in the Nave.

2) Thanksgiving Prayers after Communion - I am overjoyed that so many are choosing to stay to pray the Thanksgiving Prayers of Holy Communion! Remaining for these prayers is indeed optional, though it is most proper to pray these on your own if you do not stay for the prayers but received Holy Communion that day. For those not remaining, I ask that you please refrain from loud conversation in the Narthex during the prayers so as not to disturb those who are still in the Nave.

THANK YOU FOR YOUR EFFORTS!

Win a **NEW**
2015 Cadillac SRX AWD
*3-Year Pre-Paid Lease - Including Maintenance & Wyoming Sales Tax!



TICKETS ON SALE IN JULY!



Cadillac

Winner may apply this value to any new vehicle at Halladay Motors!



\$100/ticket
HURRY, only 1,000 tickets will be sold!

- New 2015 Cadillac SRX AWD
3-Year Pre-Paid Lease - Including Maintenance & Wyoming Sales Tax or
Winner may apply this value to any new vehicle at Halladay Motors!
- Only 1,000 tickets will be sold
- \$100 per ticket
- Drawing Nov. 14, 2015. Need not be present to win.
- For Tickets & Information Contact:
Tim Joannides @ Halladay Motors: 307-634-1511
or visit: www.cadillacchance.com
- All proceeds to benefit
Holy Apostles Orthodox Christian Church
of Cheyenne Building Fund

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KEEP IT UP!

Assisting in Upcoming Services... (August & September)



Prosforo

9/1/15 (weekday) – Pres. Lavinia Truebenbach

9/6/15 – Stephan Pappas

9/8/15 (weekday) – Jamie Pullos

9/13/15 – Laura Smith

9/14/15 (weekday) – Estelle Haefele

9/20/15 – Adrienne Johansen

9/27/15 – Kelly Zaharas

10/4/15 – Alexis Bellack

10/11/15 – Stacey Galeotos

10/16/15 (weekday) – Tina Marquardt

10/18/16 – Kathy Joannides

10/25/15 Fay Zaharas

10/26/15 (weekday) – Fay Zaharas

9/13/15 – Stewardship Sunday Kickoff

9/20/15 – Jackie & Chris Karajanis

9/27/15 – Julie Lehman, Kayla & Kaycee Lehman-Rambo

10/4/15 – Kathy Joannides & Angela Schamber

10/11/15 – Christine & Driko Pappas

10/18/16 – Fay & George Zaharas

10/25/15 – Angie & Stacey Galeotos

Greeter

9/6/15 – Driko Pappas

9/13/15 – Cameron Karajanis

9/20/15 – Zoe Christopoulos

9/27/15 – Driko Pappas

10/4/15 – Nancy Wagner

10/11/15 – George Zaharas

10/18/16 – Tyler Garrett

10/25/15 – Tim Joannides

Fellowship

9/6/15 – Tina & Rob Marquardt

*Thank you for your service
and dedication!!!*

Please keep an eye out for
updated lists!!!

Building Cleaning and Lawn Maintenance ...

(August & September)

Interior Cleaning: Week of...

Week of 9/6/15 - Nancy Wagner & Zoe Christopulos

Week of 9/13/15 - Andrea Hanslovan, Irina Needhamer & Stacey Galeotos

Week of 9/20/15 - Driko & Christine Pappas & family

Week of 9/27/15 – Nick Bellack

Week of `10/4/15 - Nancy Wagner & Zoe Christopulos

Week of 10/11/15 - Andrea Hanslovan, Irina Needhamer & Stacey Galeotos

Week of 10/18/15 - Driko & Christine Pappas & family

Week of 10/25/15 - Nick Bellack

Exterior Lawn Care: Week of...

Week of 9/6/15 – Cameron Karajanis

Week of 9/13/15 – Chris Karajanis

Week of 9/20/15 – Rob & Jared Marquardt

Week of 9/27/15 – George Zaharas

Week of 10/4/15 – Steve Zaharas

Week of 10/11/15 – Cameron Karajanis

Week of 10/18/15 – Chris Karajanis

Week of 10/25/15 – Rob & Jared Marquardt



*Thank you for your service
and dedication!!!*

Please keep an eye out for
updated lists!!!

Many Years!!!

Happy Birthday to...

Jarrold Turner (9/3)

Rebecca Pullos (9/22)

Fay Zaharas (9/5)

Charlie Radich (9/24)

Tina Marquardt (9/8)

Nektarios Truebenbach (10/7)

Alexis Zaharas (9/12)

George Zaharas (10/8)

Katie Zaharas (9/12)

Angela Schamber (10/10)

David Johansen (9/19)

Chad Schamber (10/16)

Greg Pappas (9/20)

Nicolette Galeotos (10/22)

Happy Anniversary to...

Dr. Take & Jamie Pullos (9/6)

Sam & Stacey Galeotos (9/10)

Andy & Barbara Andrikopoulos (9/27)

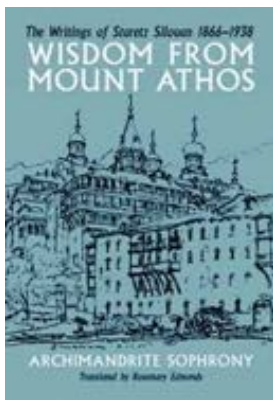
(If you don't see your birthday or anniversary here, please forgive me for missing it, and let me know when it is! - Fr. Paul)

Conversing with the Fathers...



Each month, our “Conversing with the Fathers” class will meet to discuss one of the works of a Holy Father of Orthodoxy. This is a wonderful opportunity to read, study, and converse about the Divinely-breathed words of the Saints of our Church. The class meets the first Monday of each month. Please join us in this holy work! Below are the first three books of our series...

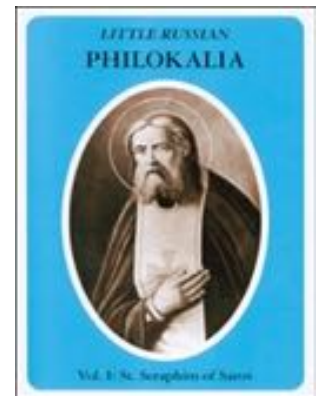
August selection (to be read in August and discussed at the September meeting):



For August, we will continue our examination of the 20th-century Saint, Silouan the Athonite. Having finished a book about his life, we will move on to a book containing his teachings and writings. St. Silouan wrote very little... and nothing formally. He wrote thoughts on scraps of papers. But these, along with personal teachings relayed to Elder Sophrony, have been compiled into this volume. This book is a great opportunity to gaze into the mind and heart of a modern Orthodox Saint!

September selection (to be read in September and discussed at the October meeting):

For our September selection, we will read volume 1 of the “Little Russian Philokalia” series on St. Seraphim of Sarov. The book contains a short life of St. Seraphim, one of the most beloved and universally-venerated Russian Orthodox Saints, along with his instructions to laymen and monks and his very famous and Spirit-filled conversation with his spiritual child on the acquisition of the Holy Spirit. This conversation is a MUST-READ for all Orthodox. This volume can be found at www.sthermanmonastery.com



October selection (to be read in October and discussed at the November meeting):



The October selection for “Conversing with the Fathers” will be a slight change of pace; while we have been reading a lot about particular Saints and their spirituality, this selection, entitled *The Orthodox Veneration of the Mother of God* by St John Maximovitch of San Francisco, is more of a theological treatise. Covering various heretical ideas about the Theotokos and the proper Orthodox view, St John presents an incredibly clear, simple, and concise explanation of what we do - and do not - believe about the Virgin Mary.

Some Words from Modern Saints & Elders...

St. Silouan the Athonite (+1938) - Commemorated Sept 24



1) "Let us consider how each day we eat bread and drink water, yet on the morrow our bodies need drink and food again. In like manner, the recollection of God's bounties never wearies the soul but disposes her still more to think on God. Or again: the more wood you pile on a fire, the more heat you get, and thus it is with God- the more you think on him, the more you are fired with love and fervor toward him."

2) "To the man who repents, the Lord grants Paradise and the Kingdom eternal with Himself. In His great mercy He remembers not our sins, just as he overlooked the sins of the thief on the cross."

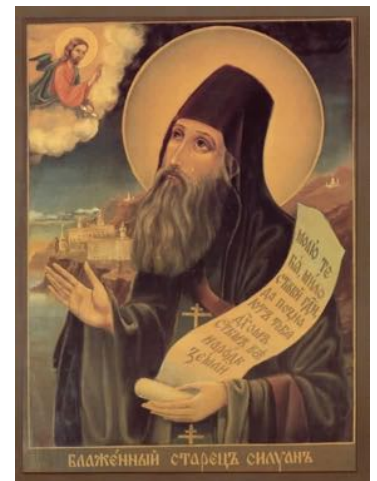
3) "Here is a sign: if you are distressed over anything, it means that you have not fully surrendered to God's will, although it may seem to you that you are living according to His will."

4) "The man who loves his enemies soon comes to know the Lord in the Holy Spirit, but of the man who does not love his enemies I have no wish to write. Yet he is to be pitied, for he is a torment to himself and to others, and will not know the Lord."

5) "We must expound to our brethren gently and with love. Peace is lost if we vaunt or exalt ourselves above our brother, if we find fault, if we enlighten otherwise than gently and with love; if we eat too much, or are indolent in our praying.

"All these things cause us to lose peace. But if we accustom ourselves to praying eagerly for our enemies, and loving them, peace will always dwell in our souls; whereas if we feel hatred towards our brethren, or find fault with them, our minds will be clouded and we shall lose our peace and the confidence to pray to God."

6) "Every day we feed the body and breathe in air that it may live. But what the soul needs is the Lord and the grace of the Holy Spirit, without which the soul is dead. As the sun warms and gives life to the flowers of the field, and they reach up to it, so the soul that loves God is drawn towards Him and basks in Him, and in her great joy would have all men equally happy. For this the Lord created us, that in heaven we might dwell internally with Him in love."



Calendar Notes:

Stewardship Kickoff is Sunday, September 13

The Stewardship Committee is hosting a lunch after Liturgy and planning several activities during September and October culminating in **Stewardship Sunday on November 1st**

"You will never overcome God's generosity, even if you give away all that you have. ...And however much you bring to Him, always more remains. Nor will you give anything that is your own; for all things flow from God."

- St Gregory the Theologian

Also on September 13th:

1) First Day of Sunday School



2) First HAYA meeting of the Ecclesiastical Year

Sunday, October 18:

In October, we will begin chanting classes, to continue the 3rd Sunday of each month. We will focus first on Orthros, spending each new session on one of the 8 Tones or Modes of Byzantine Chant. When this concludes, we will transition into "choir practice" as we practice the hymns of the Liturgy. Chanting classes are open to all who would like to participate!



Future Dates to Keep in Mind...

Thursday, 9/10 – Next PC Meeting

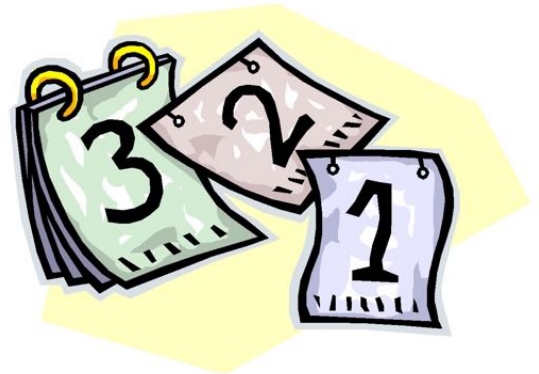
Sunday, 9/13 – First Day of Sunday School
– Stewardship Education Kickoff

Monday, 9/14 – 5:00pm Fundraising Meeting

Sunday, 10/11 – General Assembly after Liturgy

Sunday, 11/1 – Stewardship Sunday

Saturday, 11/14 – Open House & Car Raffle Drawing





SEPTEMBER

sun	mon	tue	wed	thu	fri	sat
30	31	1 7:00am Men's Group 8:45 Orthros 9:30 Liturgy - Ecclesiastical New Year	 2 6:00 pm Paraklesis	3	 4	5 6:00pm Great Vespers
6 8:30 Orthros 9:30 Liturgy	7 No Media Monday	8 7:00am Men's Group 8:45 Orthros 9:30 Liturgy - Nativity of the Theotokos 5:30pm - Conversing with the Fathers	 9 6:00 pm Paraklesis	10 12:30 Women's Study Group 5:30pm PC meeting	 11	12
13 8:30 Orthros 9:30 Liturgy First Day of Sunday School HAYA meeting after Liturgy Stewardship Kickoff	 14 8:45 Orthros 9:30 Liturgy - Elevation of the Holy Cross 5:00pm Fundraising meeting 5:30pm Media Monday: The Good Wife 4	15 7:00am Men's Group	 16 6:00 pm Paraklesis	17	 18	19
20 8:30 Orthros 9:30 Liturgy	21 5:30pm Media Monday: The Good Wife 5	22 7:00am Men's Group	 23 6:00 pm Paraklesis	24 12:30 Women's Study Group Fr. Paul Leaves	 25	26 9:30 Liturgy - Translation of John the Theologian (at SCH)
27 8:30 Orthros 9:30 Liturgy	28 NO Media Monday	29 7:00am Men's Group	 30 No Paraklesis	1	2	3  = strict fast  = wine/oil allowed  = fish allowed

OCTOBER

sun	mon	tue	wed	thu	fri	sat
27	28	29	30	1	 2	3 NO Great Vespers
4 8:30 Orthros 9:30 Liturgy	5 No Media Monday	6 7:00am Men's Group 9:30am Liturgy - St Thomas (at SCH)	 7 NO Paraklesis	8 12:30 Women's Study Group Fr. Paul Returns	 9	10
11 8:30 Orthros 9:30 Liturgy General Assembly after Liturgy	 12 5:30pm Media Monday: Repentance and Confession, pt 1	13 7:00am Men's Group	 14 6:00 pm Paraklesis	15	 16 NO Orthros 9:30 Liturgy - St Longinus the Centurion	17
18 8:30 Orthros 9:30 Liturgy Chanting class after Liturgy - Tone 1	19 5:30pm Media Monday: Repentance and Confession, pt 2	20 7:00am Men's Group	 21 6:00 pm Paraklesis	22 12:30 Women's Study Group	 23 9:30 Liturgy - James, the Brother of the Lord (at SCH)	24
25 8:30 Orthros 9:30 Liturgy	26 8:45 Orthros 9:30 Liturgy - St Demetrios 5:30pm Media Monday: TBA	27 7:00am Men's Group	 28 9:30am Liturgy - Protection of the Theotokos (at SCH) 6:00 pm Paraklesis	29	 30	31  = strict fast  = wine/oil allowed  = fish allowed