

Communion cloth with both hands against the bottom of your chin.
Finally, please refrain from venerating the Chalice after receiving.

This Week at Holy Apostles...

Sunday, 8/7 – 6:00pm Paraklesis
Monday, 8/8 – 6:00pm Paraklesis
Tuesday, 8/9 – 5:00pm – Conversing with the Fathers
6:00pm Paraklesis
Wednesday, 8/10 – 6:00pm Paraklesis
Thursday, 8/11 – 6:00pm Paraklesis
Friday, 8/12 – 6:00pm Paraklesis
Saturday, 8/13 – 6:00pm Paraklesis

Thank you...

Pres. Lavinia and Adrienne for this week's offering of Prosfora,
George & Fay for hosting today's fellowship, Nancy for greeting, and
all of the chanters who helped today and throughout the week!

A Word from a Saint/Elder...

"Food is not evil, but gluttony is. Childbearing is not evil, but
fornication is. Money is not evil, but avarice is. Glory is not evil, but
vainglory is. Indeed, there is no evil in existing things, but only in their
misuse."

"Dispassion and humility lead to spiritual knowledge. Without them no
one will see the Lord."

- St Maximus the Confessor

Future Dates to Keep in Mind

Monday, 8/15 - 6:00-8:00pm - Pool party and picnic with St Mark's
Thursday, 8/18 – Youth retreat – "Summer Spirit Day"
Sunday, 8/21 – Parish picnic
Monday, 8/22 – 5:00pm: Next fundraising meeting
Sunday, 8/28 – Wednesday, 8/31 – Men's Retreat
Friday, 9/9 – 5:30pm Back to School Bash
Sunday, 10/2 – General Assembly

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Presiding Priest: Fr. Paul Truebenbach

Phone: 307-331-5197

The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne
August 7, 2016 – 7th Sunday of Matthew



Commemorated Today

Afterfeast of the Transfiguration of our Lord and Savior
Holy Righteous Martyr Dometius
Our Holy Father Nicanorus the Wonderworker
Theodosius the New
Sozon of Nicomedia
Holy Ten Thousand Ascetics of Thebes

Note: On pages 9 & 10, instead of chanting "Who are risen from the
dead," we chant: "Save us, O Son of God, *who were transfigured in
glory on Mt. Tabor*, we sing to You: Alleluia."

Today's Hymns

(to be chanted for pages 16 & 17 of the Liturgy Book)

Apolytikion for the Resurrection (Appendix 6): When the angelic
powers appeared at Your grave, the soldiers guarding it feared and
became as dead. And standing by the sepulcher was Mary who was
seeking Your immaculate body. You devastated Hades, not afflicted
by it. You went to meet the virgin, and granted eternal life. You
resurrected from the dead. O Lord, glory to You.

For the Feast: You were transfigured upon the mountain, O Christ
our God, showing to Your disciples Your glory as much as they could
bear. Do also in us, sinners though we may be, shine Your
everlasting light, by the intercessions of the Theotokos, O Giver of
light. Glory to You

For the Parish: O Holy Apostles, intercede with the Merciful God,
that He grant unto our souls forgiveness of offenses.

Kontakion: Upon the mountain were You transfigured, and Your
disciples beheld Your glory as far as they were able, O Christ our
God; so that when they would see You crucified they might

understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance.

Today's Epistle Reading

Cantor: *O Lord, save your people and bless your inheritance.*

To you, O Lord, I have cried, O my God.

The Reading is from St. Paul's Letter to the Romans (15:1-7)

BRETHREN, we who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbor for his good, to edify him. For Christ did not please himself; but, as it is written, "The reproaches of those who reproached thee fell on me." For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of your Lord Jesus Christ. Welcome one another, therefore, as Christ has welcomed you, for the glory of God.

Gospel Reading

The Reading is from the Gospel of Matthew (9:27-35)

At that time, as Jesus passed on from there, two blind men followed him, crying aloud, "Have mercy on us, Son of David." When he entered the house, the blind men came to him; and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." Then he touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread his fame through all that district.

As they were going away, behold, a dumb demoniac was brought to him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons."

And Jesus went about all the cities and villages, teaching in their

synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity among the people.

Welcome Visitors!

Holy Apostles Orthodox Christian Church would like to extend a warm welcome to all of our guests and visitors who are with us today. Thank you for worshiping with us, and please stay for Coffee Hour at the conclusion of the Liturgy! If you have any questions about this parish, the service, or the Orthodox Church in general, please feel free to ask a parishioner, look at the pamphlets in the Narthex (the entrance to the church), or ask Fr. Paul after the service. Finally, if this is your first visit to our parish, in order that we may treat you as our honored guest, we ask that you **not** participate in the offering after the service. Again, thank you for joining us, and let us know if we can do anything for you today or in the future!

A Note on Holy Communion

For non-Orthodox: Welcome to our parish and the service of the Divine Liturgy! As a point of information, the Orthodox Church invites all to come and participate in the Divine Services. As the fullest communion among people occurs only when we are wholly united in faith and worship, however, please know that the Mystery of Holy Communion is reserved for Baptized/Chrismated Orthodox Christians. If, at the time of Holy Communion, you would like to receive a blessing from the Priest, we welcome you to approach the Chalice with those receiving Communion and recite the words, "The blessing of the Chalice" to the Priest who will then offer a blessing over your head. Further, at the conclusion of the Liturgy, ALL are welcome (Orthodox and non-Orthodox) to receive a piece of the blessed bread given out by the Priest. And please stay for our fellowship hour following the Liturgy!

For Orthodox: Holy Communion is reserved for those who have properly prepared through prayer, fasting, and the Mystery of Holy Confession and have arrived prior to the Gospel for the day, remembering the teachings of St. Paul which tell us that receiving Holy Communion unworthily is to our condemnation rather than salvation (1 Cor 11:29). When receiving Holy Communion, please remove any lipstick prior to approaching the Chalice and hold the