

Holy Communion unworthily is to our condemnation rather than salvation (I Cor 11:29). When receiving Holy Communion, please remove any lipstick prior to approaching the Chalice and hold the 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...

Monday, 7/18 – NO Women's Study Group
5:00pm Fundraising meeting
Tuesday, 7/19 – NO Men's Group
Wednesday, 7/20 – 8:45 Orthros, 9:30 Liturgy – Prophet Elias
6:00pm Paraklesis

Thank you...

Kathy for this week's offering of Prosfora, Mike & Jenni for hosting today's fellowship, George for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint/Elder...

"We grow cold within when our heart is distracted, when it cleaves to something other than God, worrying about different things, getting angry and blaming someone, –when we are discontented and pander to the flesh, wallowing in luxury and wandering thoughts. Guard against these things, and the coldness will diminish.

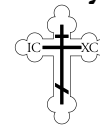
St. Theophan the Recluse

Future Dates to Keep in Mind

Monday, 7/18 – GOYA Chick-fil-A fundraiser
Saturday, 7/30 – GOYA Applebee's pancake fundraiser
Thursday, 8/18 – Youth retreat – "Summer Spirit Day"
Sunday, 8/21 – Parish picnic
Sunday, 10/2 – General Assembly

The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne
July 17, 2016 – Sunday of the Holy Fathers



Commemorated Today

630 God-bearing Fathers who convened in Chalcedon for the
Fourth Holy and Ecumenical Synod
Holy Great Martyr Marina
Veronika & Speratos the Martyrs

Today's Hymns

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

Apolytikion for the Resurrection (Appendix 3): Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

For the Fathers: Supremely blessed are You, O Christ our God. You established the holy Fathers upon the earth as beacons, and through them You have guided us all to the true Faith, O greatly merciful One, glory be to You.

For the Saint: Your own ewe-lamb cries to You loudly, O Jesus, and she says, "For my Bridegroom do I long, and seeking You I now contend; and I am crucified and buried with You in Your baptism. I suffer for Your sake, that I may reign with You. I die for You that I may also live in You. Accept me as an unblemished sacrifice as I offer myself to You with love." At her entreaties and intercessions, save our souls, O Merciful Lord.

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

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Kontakion: A protection of Christians unshamable, intercessor to our holy Maker, unwavering, reject not the prayerful cries of those who are sin; instead, come to us for you are good; your loving help bring unto us, who are crying in faith to you: hasten to intercede, and speed now to supplicate, as a protection for all time, Theotokos for those who honor you.

Today's Epistle Reading

Cantor: *Be glad in the Lord, and rejoice, O righteous.*

Blessed are they whose transgressions have been forgiven.

The Reading is from St. Paul's Letter to Titus (3:8-15)

TITUS, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

Gospel Reading

The Reading is from the Gospel of Matthew (5:14-19)

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come

to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

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