

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...

Tuesday, 7/26 – NO Men's Group
8:45 Orthros, 9:30 Liturgy – St Paraskevi
Wednesday, 7/27 – 9:30 Liturgy – St Panteleimon (at SCH)
6:00pm Paraklesis
Saturday, 7/30 – Applebees GOYA fundraiser

Thank you...

Nick and Kathy for this week's offering of Prosfora, John & Corrina for hosting today's fellowship, Rob for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint/Elder...

"If you want to help the Church, it is better to try to correct yourself, rather than be looking to correct others. If you manage to correct yourself, one small part of the Church is immediately corrected. Naturally, if everyone did the same, the body of the Church would be in good health. But, today, people concern themselves with anything but themselves. You see, judging others is easy, whereas working on yourself takes effort."

- St Paisios the New of Mount Athos (+1994)



Future Dates to Keep in Mind

Saturday, 7/30 – GOYA Applebee's pancake fundraiser
Thursday, 8/18 – Youth retreat – "Summer Spirit Day"
Sunday, 8/21 – Parish picnic
Sunday, 8/28 – Wednesday, 8/31 – Men's Retreat
Sunday, 10/2 – General Assembly

The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne
July 24, 2016 – 5th Sunday of Matthew



Commemorated Today

Christina the Great Martyr of Tyre
Athenagorus the Apologist
Boris and Gleb, the Passion-bearers
Kaption, Himenaos, and Hermogenes the Martyrs
Theophilus the New Martyr of Zakynthos

Today's Hymns

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

Apolytikion for the Resurrection (Appendix 4): When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and had rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

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.

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

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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: *O Lord, how manifold are your works. You have made all things in wisdom.*

Bless the Lord, O my soul.

The Reading is from St. Paul's Letter to the Romans (10:1-10)

BRETHREN, my heart's desire and prayer to God for them is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

Gospel Reading

The Reading is from the Gospel of Matthew (8:28-34; 9:1)

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and

perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

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 worshipping 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