

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...

Sunday, 6/19 – Chanting class after Liturgy
Monday, 6/20 – 9:30 Liturgy – Monday of the Holy Spirit (at SCH)
12:30pm Women's Study Group
5:30pm Adult Catechism Class
Tuesday, 6/21 – 7:00am Men's Group
Wednesday, 6/22 – 6:00pm Paraklesis
Friday, 6/24 – 9:30am Liturgy – Nativity of John the Baptist (at SCH)

Thank you...

Stephan, Lexie, and Kelly for this week's offering of Prosfora, Stacey and all who helped with today's Father's Day fellowship, Jim & Estelle for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint/Elder...

"Whenever you have the intention of doing something that is good, expect temptations from the opposing forces who hate this. You already understand this sufficiently, and you know what is needed to repulse them and defeat them: the acknowledgement of your own infirmities, self-reproach, humility, and seek God's help."

"Spiritual life does not consist of enjoying peace and consolation, but the spiritual cross, that is, gladly enduring the taking away of consolation."

St Macarius of Optina

Future Dates to Keep in Mind

Wednesday, 6/29 – 5:30pm Feastday Great Vespers and fish dinner
Thursday, 6/30 – 8:30 Orthros, 9:30 Liturgy – Synaxis of the Holy Apostles
Saturday, 7/9 – WBAR
Sunday, 8/21 – Parish picnic
Sunday, 10/2 – General Assembly

Holy Apostles Orthodox Christian Church
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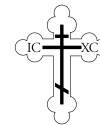
Presiding Priest: Fr. Paul Truebenbach

Phone: 307-331-5197

The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne

June 19, 2016 – Holy Pentecost



Commemorated Today

Holy Pentecost
Thaddeus (Jude), the Apostle & Brother of our Lord
Holy Martyr Zosima
Our Righteous Father Zononus
Paisius the Great of Egypt

Note: On pages 9 & 10, instead of "O Son of God, Who are risen from the dead," we chant, "Save us, O Good Comforter. We sing to You, Alleluia.

Today's Hymns

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

Apolytikion for the Feast: Blessed are You, O Christ our God. You Who did reveal the fishermen as all-wise, by sending down upon them the Holy Spirit, and through them You drew the world into Your net. O Friend of man, glory to You. (3)

Εὐλογητὸς εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, φιλάνθρωπε, δόξα σοι.

Kontakion: When the Most High God came down and confused the tongues, He divided the nations. When He distributed the tongues of fire, He called all to unity. And with one voice we glorify the all-holy Spirit.

Today's Epistle Reading

Cantor: *Their voice has gone out into all the earth.*

The heavens declare the glory of God.

The Reading is from the Acts of the Apostles (2:1-11)

WHEN THE DAY of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondered, saying, "Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."

Gospel Reading

The Reading is from the Gospel of John (7:37-52; 8:12)

On the last day of the feast, the great day, Jesus stood up and proclaimed, "If any one thirst, let him come to me and drink. He who believes in me, as the scripture has said, 'Out of his heart shall flow rivers of living water.'" Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified.

When they heard these words, some of the people said, "This is really the prophet." Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee? Has not the scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" So there was a division among the people over him. Some of them wanted to arrest him, but no one laid hands on him.

The officers then went back to the chief priest and Pharisees, who said to them, "Why did you not bring him?" The officers answered, "No man ever spoke like this man!" The Pharisees answered them, "Are you led astray, you also? Have any of the authorities or of the

Pharisees believed in him? But this crowd, who do not know the law, are accursed." Nikodemos, who had gone to him before, and who was one of them, said to them, "Does our law judge a man without first giving him a hearing and learning what he does?" They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee." Again Jesus spoke to them, saying, "I am the light of the world; he who follows me will not walk in darkness, but will have the light of life."

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 (I Cor 11:29). When receiving Holy Communion, please remove any lipstick prior to approaching the