

July-August 2014

Volume 3, Issue VII



The Witness



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

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An excerpt from:

Prayer as an Important Aspect of Our Spiritual Life

by Monk Moses of Mount Athos (+2014)

(The following is the first part of a much longer work; the entire text can be found online or in the book *Athonite Flowers*)

The life of prayer, which we shall discuss, is one part of a much broader topic spiritual life in general the life in Christ, spiritual ascension, the way to sanctification and deification. Combined with personal inner purification and a regular sacramental life, a life of prayer will help significantly in the regeneration of the faithful during this difficult period in which we live.

The content of this discussion is not the property of the author. It consists primarily of material borrowed from the abundant resources bequeathed to us as an inheritance by the holy Fathers. Also included are precious morsels gathered eagerly from the spiritual dinner table of contemporary elders of Mt. Athos.

There are many stations or steps in the journey of prayerful spiritual ascent. We shall briefly address some of the more significant ones related to our topic.

Study is one of the very first steps. In the austere monastic rule of St. Pachomios one of the canons requires that novice monks be taught reading

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The Men's Group has returned!

Gentlemen of the parish: Please join us on Tuesday, July 15th, at 6:00 AM at the church for breakfast and discussion as we seek to reboot the Men's Group, led by Nick Bellack. We will add an August date at that time and discuss details of times and locations of future meetings. Please bring any topics or questions you have for group discussion. If things go well, we will also discuss soon a men's retreat for the Fall or early Winter. We hope to see you all on the 15th!

and writing by older monks, to assist them in their study of Sacred Scripture. Father Theodoros of Thebes, a disciple of St. Pachomios, made the following observation about his monastic life:

"Neither in our heart nor in our mouth had we anything other than the word of God alone, and we did not feel that we were living on earth but were celebrating in heaven."

The mind learns that with which it is preoccupied. If one is preoccupied during the entire day with the lives of others, he derives no benefit for himself. Through unbridled curiosity and idle discussion, particularly where the sins of others are addressed with satisfaction and interest, we stimulate and arouse our own passions. It has been observed that people who are scandalmongers, who gossip, and who defend morality by accusing others, usually have very serious problems themselves. Preoccupation with vain things and malicious conversations are to be avoided; they can totally incapacitate the spirit of prayer.

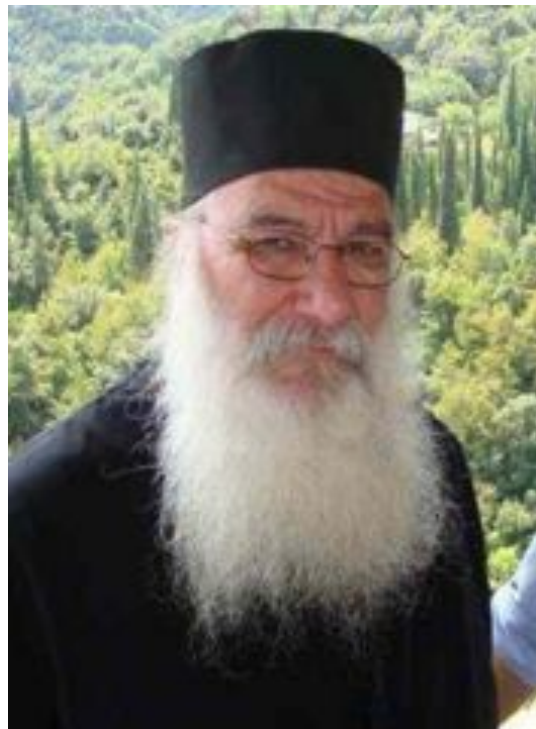
Study will help in our effort to pray by arousing our forgotten powers, by strengthening and invigorating us. In this vein Father Isaias instructs us:

"When you arise in the morning, before you begin your work, study the words of God. When you have the words of God as your constant companion, you will not be preoccupied with worldly matters, you will not be troubled, you will not sin."

St. Ephraim the Syrian, who incidentally was described by St. Gregory of Nyssa as having Sacred Scripture as his only nourishment, adds this:

"The words of God refresh the heat of the soul. Suckle the words of God like an infant so that you may grow."

For one who desires to live the life of prayer daily nourishment from Sacred Scripture is indispensable. Study of the Bible expedites the intervention of God in our life. And it is good for such study to precede prayer. In addition to Sacred Scripture, particularly Psalms, the life of the saint of the day and a selected ascetic text from the Fathers can provide relief from the confusion and distress of the day, and help us prepare to surrender to God. And let it be emphasized that God is not to be dealt with in a few minutes out of the entire twenty-four hour period. God is for the entire day. His abiding presence should accompany us continuously so that all our activities are a preparation for the sacred hours when we embrace God. And, in turn, these sacred hours of prayer will strengthen us for the struggles that follow.



Everything flows calmly under the watchful eye of God, who blesses and sanctifies us. And if we transgress he may intervene austere to bring us back to our senses. Let us, therefore, always remember him.

Liturgical books - the *horologion*, psalter, *menaia*, *triodion*, *pentekostarion*, *parakletiki* - are not only for the lectern in church but also for the prayer room in our home. These books offer great assistance to our spiritual life. It is a beautiful thing when one comes to love these books and makes them daily companions, even if only for an abbreviated Orthros or a few hymns from Vespers, the Compline, or the Salutations to the Theotokos.

The Church has designated particular prayers for important events in our lives such as birth, sickness, engagement, marriage and death, as

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well as for various other occasions, such the opening of a home, the beginning of a business, or the start of a professional career. The Church has also designated prayers for prescribed hours of the day.

St. John Chrysostom, commenting on prayer before and after meals, notes that among the reason for these prayers are the following: that we also remember the nourishment of the soul; that we avoid intoxication and over-indulgence; that we develop the discernment of moderation; and that we express our gratitude to God for his gifts.

At prescribed times the Church gathers in common prayer and worship. The prayers of many faithful who have gathered are more readily received and heard by God he is particularly attentive to such petitions. To help us receive the full benefit of ecclesiastical gatherings let us pay close attention to these words of St. Symeon the New Theologian:

"Stand in church as if you are in heaven together with the angels, and consider yourself unworthy to be praying together with your brothers. And be vigilant not to be looking back and forth to observe the brothers and sisters, how they are standing or chanting, but observe only yourself, your chanting and your sins."

St. Paul noted that he who is happy should sing. Psalmody - spiritual song - is not only for church services, but for any circumstances that permit. We can chant aloud or silently, individually or as a group, before and after prayer, and even during intermissions.

According to Diadochos, bishop of Photiki, in addition to the familiar ecclesiastical psalmody, we also have another psalmody which comes from an overflow of joy, powerful and moving, with a prayerful disposition. This psalmody, when moved by the Holy Spirit, is accompanied by delight of the heart, spiritual tears and incredible joy.



Returning to the preparatory aspects of prayer, let us note the words of St. Athanasios in his treatise on virginity: "The believer who is dedicated to God must be found with the Book in his hands when the sun rises." He also provides instructions for the hours of the day and night, and how the faithful must stand before God.

It is well established that books are beneficial, but they do not always lead to prayer. And it is to be noted that a greater teacher than books is prayer itself. Innumerable ascetics have learned to pray without any books at all. Books and church gatherings cannot always be with us, but we can always learn by the inner work of prayer, which can be with us at all times. The soul of each one who truly prays becomes a temple of God and a sacred place of sacrifice. All prayers are good: audible prayers, book prayers, public prayers, silent prayers of the heart, when practiced carefully and attentively.

As there is no healthy plant without roots, there can be no life of prayer without the sacraments, especially the Holy Eucharist. For, as Abba Apollos says, "He who withdraws from communing the Sacred Mysteries, causes God himself to withdraw from him." It is customary for monks to complete prayers begun in their cell when they have gathered in church. And common prayers started in church are completed in their cells. The sacrament of Holy Eucharist, in which they participated during Divine Liturgy is continued on the sacred altar of their hearts with ongoing prayer.

Many Years!!!

Happy Birthday to ...

Kathy Joannides (7/1)

Nancy Wagner (8/5)

Nick Bellack (8/10)

Alicia Schamber (8/14)

Jackson Garrett (8/16)

Mindy Horne (8/19)

Dr. Take Pullos (8/22)

Kelly Zaharas (8/26)

Tara Pappas (8/30)

Happy Anniversary to ...

Tim & Kathy Joannides (7/6)

Steve & Kelly Zaharas (7/15)

Greg & Tara Pappas (7/17)

Stephan & Kay Pappas (7/18)

Nick & Alexis Bellack (7/18)

Charlie & Beth Radich (7/21)

Fr. Paul & Pres. Lavinia Truebenbach (8/17)

Rob & Tina Marquardt (8/18)

Happy Nameday to...

Julie Lehman (St. Julia the Virgin-martyr of Carthage - July 16)

Olga Riekstins (St. Olga, Equal-to-the-Apostles - July 24)

Dr. Take Pullos (Panagiotis - August 15)

(I am still compiling the list with Nameday celebrations; if you don't see yours on here, please forgive me for missing it and let me know when it is! - Fr. Paul)

The Life of a Lesser-Known Saint...

St. Kyriake - July 7

St. Kyriake was the only child of Dorotheus and Eusebia. Since she was born on a Sunday (Kyriake, in Greek), she was given the name Kyriake.

Not only was Kyriake young and beautiful, but her parents were wealthy. Thus, there came a time when a magistrate wished to betroth Kyriake to his son in order to control her wealth. The magistrate went to her parents to request her hand, but Kyriake told him that she wished to remain a virgin, as she had dedicated herself to Christ. The magistrate became angry and denounced Kyriake and her parents as Christians to Emperor Diocletian

Upon Diocletian's orders, soldiers arrested the family and brought them before him. He asked why they would not honor the pagan gods, and they replied that his gods were false ones, with Christ being the one true God.

Dorotheus was beaten until the soldiers grew tired and were unable to continue. Since neither flattery nor torment had any effect, Diocletian sent Dorotheus and Eusebia to Melitene (located between Cappadocia and Armenia). He then sent Kyriake to Nicomedia to be interrogated by his son-in-law and co-ruler, Maximian.

Maximian urged Kyriake not to throw her life away, promising her wealth and marriage to one of Diocletian's relatives if she agreed to worship the pagan gods. Kyriake replied that she would never renounce Christ, nor did she desire worldly riches. Enraged by her answer, Maximian ordered that she be flogged. The soldiers who administered the torture eventually became tired, and had to be replaced three times.

Shamed by his failure to convince the young woman, Maximian sent Kyriake to Hilarion, the eparch of Bithynia, at Chalcedon. He told Hilarion to either convert Kyriake to paganism, or send her back to him.

Making the same promises and threats that Diocletian and Maximian had made before, Hilarion was no more successful. Kyriake challenged him to do his worst, because Christ would help her to triumph. She was suspended by her hair for several hours while soldiers burned her body with torches. Not only did she endure all this, she also seemed to become more courageous under torture. Finally, she was taken down and thrown into a prison cell.

That night Christ appeared to her and healed her wounds. When Hilarion saw her the next day, he announced that she had been healed by the gods because they pitied her. Hilarion then urged Kyriake to go to the temple to give thanks to the gods. She told him that she had been healed by Christ, but agreed to go to the temple anyway. Hilarion rejoiced, thinking that he had defeated her.

continued on page 6...



Assisting in Upcoming Services...

Prosforo

July 1 - Tina Marquardt (1)
July 6 - Kelly Zaharas (2)
July 11 - Stacey Galeotos (1)
July 13 - Adrienne Johansen (2)
July 17 - - Stephan Pappas (1)
July 20 - Christine Pappas (2)
July 25 - Jamie Pullos (1)
July 26 - Lauren Lehman (1)
July 27 - Estelle Haefeale (2)

Fellowship

July 6 - Estelle & Jim Haefeale
July 13 - Alexis & Nick Bellack
July 20 - Kathy Joannides & Angela Schamber
July 27 - Tara & Greg Pappas

Greeter

July 6 - Driko Pappas
July 13 - David Johansen
July 20 - Estelle & Jim Haefeale
July 27 - Nick Bellack

Thank you for your service and dedication!!!

(Please check your emails and posted lists in the church for August's list)

The Life of St. Kyriake, continued from previous page...

In the temple, Kyriake prayed that God would destroy the soulless idols. Suddenly, there was a great earthquake which toppled the idols, shattering them to pieces. Everyone fled in fear, leaving Hilarion behind. Instead of recognizing the power of Christ, he blasphemed the true God as the destroyer of his pagan idols. He was struck by a bolt of lightning and died on the spot.



Kyriake was tortured again by Apollonius, who succeeded Hilarion. When she was cast into a fire, the flames were extinguished. When she was thrown to wild beasts, they became tame and gentle. Apollonius then sentenced her to death by the sword. She was given time to pray; she asked God to receive her soul and to remember those who honored her martyrdom.

Just as St. Kyriake ended her prayers, angels took her soul before the soldiers could strike off her head. Pious Christians took her relics and buried them in a place of honor.

Holy Martyr, St. Kyriake, pray to God for us!

Committee Reports...

HAYA (Holy Apostles Youth Association)

HAYA enjoyed a rather small but (happily) non-cancelled dinner at Guadalajara restaurant last month where we discussed a bit about the movie *God's not Dead* and discussed some ideas for the remaining of the Summer months.

We are grateful for the help given by Nick and Alexis Bellack who will be given more responsibility over the group in the months to come. Please contact them if you have any thoughts or ideas for HAYA.

Missions

Nathan & Gabriela Hoppe along with their children will be visiting Cheyenne and speaking at Holy Apostles on Saturday, July 19 at 6:30. Everyone is invited to come and hear about their work in Albania. The Hoppe family have been serving as OCMC missionaries for 15 years. Please come and support this wonderful opportunity!

Sunday School

Sunday School will begin September 14! We look forward to having all children ages 4-18 come and learn about our faith.

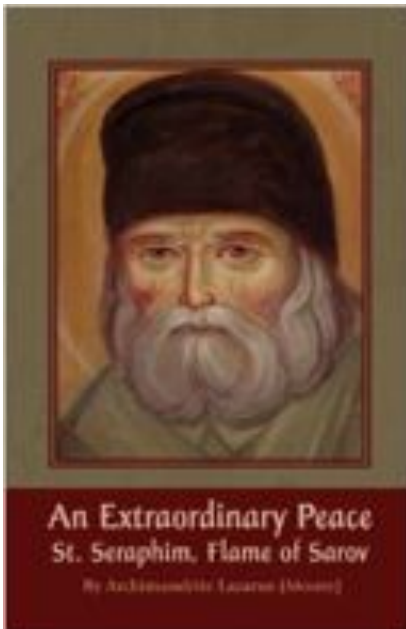
Please register your children by emailing Christine at dcpalbania@yahoo.com with name, birthdate, address, phone, email and any allergy information. Please submit registrations by Aug 31.

If anyone is interested in coordinating a nursery for children 1-3 years old after Holy Communion, please contact Fr. Paul. Thank You!

Fundraising

(Please see page 13 for the Fundraising Committee report.)

Fr. Paul's July/August book recommendation:



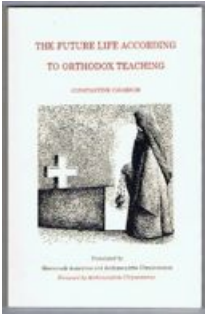
It is well known that certain Saints of the Church come to find, more than most others, a universal veneration throughout the Church. Thus, while some Saints seem more "localized" and aren't well-known outside of the geographical area that they served, others are embraced far beyond their town's or country's borders. Sts. George the Great Martyr or Nicholas of Myra, for instance, are universally known and loved in the Church, whether in the U.S., Greece, Russia, or even Japan.

One such "universal" Saint is St Seraphim of Sarov who, living into the 19th Century (1754-1833), is still considered a rather modern Saint. Archimandrite Lazarus Moore, in this updated version of what is considered the best book in English on St. Seraphim's life and teachings, provides us with incredibly beneficial spiritual counsels from this great wonder-worker and spiritual lessons from his life. St Seraphim's teachings are incredibly simple, yet full of a depth and richness that could feed a person for his/her entire life.

As far as Lives of the Saints go, this is definitely in my "Top 10." Our parish would so incredibly benefit if this book were read by each member. *An Extraordinary Peace: St Seraphim, Flame of Sarov* is available at anaphorapress.com for \$20.

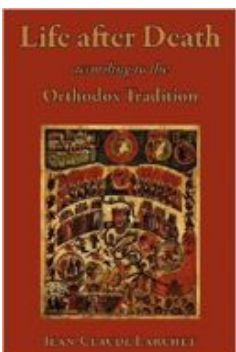
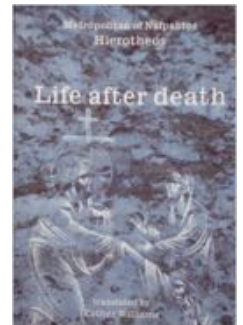
A Summer Reading/Study Project...

In baptism, we were made sons/daughters of God. The first task of any son or daughter is to please one's parents. Thus, the Christian life could be summed up in the simple sentence: We seek lives that are pleasing to our Father in Heaven. To sorrow God is a torturous thought to true God-lovers. For this reason, we make a daily struggle to be and live as Christians in a way that is pleasing to our Lord. But just as a runner will not be motivated to run a race without knowing what the prize is nor the details of the race (where it will take place, how long it will be, etc), so we, as we seek to live the Christian life, ought to know both what we are living for and what, as we draw near to that reward after death, the transition from this life to the next will be like. In other words, it is helpful to know what the process of death will be like and what awaits us in the next life. For these reasons, I am placing a Summer Reading List below consisting of three books which concern the topic of life after death. Each book, though dealing with the same subject, offers a very different approach to the teachings and theology of the Church. After reading these three books, I am certain that you will have a much greater understanding not only of the Orthodox Church's teachings concerning life after death but of how to live the Christian life so that we can properly prepare to die well. Please consider reading one or all of these books in the weeks to come!



The Future Life According to Orthodox Teaching by Constantine Cavarnos is, at just 85 pages, by far the most succinct of the three books, though it is not lacking in the least in information directly from the Scriptures and the Fathers concerning this topic. As a one-volume introduction to Orthodox theology concerning life after death, it is perhaps the best volume for someone who would like a direct text that is rich while remaining simple and straightforward. It is a great place to start with this topic, providing an excellent overview to the general Orthodox teachings concerning the soul and what occurs after death. The book can be purchased at ctosonline.org for just \$8.95.

Life After Death by Met. Hierotheos Vlachos is a much longer work that covers a very great amount of information, from Orthodox theology of the soul to the death of infants to the "places" the soul goes after death to the Roman teachings on purgatory. While not a quick read nor an entirely easy text, His Eminence, Met. Hierotheos still manages to cover a great amount of area simply enough that I have known MANY in the Orthodox laity who have read, studied, and benefited greatly from this book. Met Hierotheos is well-known for sticking closely to the teachings of the Fathers and explaining their teachings with great clarity. While this book is sometimes harder to find and a bit more expensive (usually around \$35), it is well worth the time and effort.



Life after Death According to the Orthodox Tradition is the newest of these three volumes and was published into English just a year or so ago. It's author - Jean-Claude Larchet - is a lay Orthodox Christian in France who is considered one of the greatest living theologians alive today. Like both of the other authors, Larchet does not spend time philosophising or speculating for himself but draws directly from the Fathers of the Church. His approach in this book is a bit more systematic, as he takes the reader through the process of the soul's departure from this life and through the next 40 days, explaining chronologically what happens to the soul after death (while covering many other areas, including the time of the departure of the soul, the role and meeting of the guardian angel, and more). The book is easily found for about \$20.



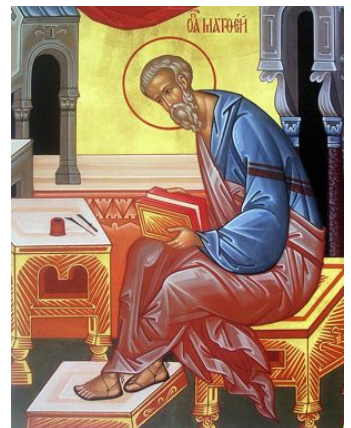
Building Update in pictures...



Parish retreat: August 23rd

Wielding the 'Sword of the Spirit' (Eph. 6:17): Scriptures and the Orthodox Christian

On Saturday, August 23rd, from 10:00am-2:30pm, we will be having a parish-wide (i.e. all-ages) retreat. While more information will become available as the event draws closer, please mark it on your calendars now. In early August, we will have a sign-up sheet so that we can prepare enough lunch for everyone. If you would like to help with this retreat (general set up, food ordering and prep, helping to prepare and teach lessons to children, etc) please let Fr. Paul know.



Important Dates 2014:

Holy Apostles Orthodox Christian Church

July:

- 6th - 9th – National Clergy-Laity
- 10th – PC meeting
- 14th – Fundraising Meeting

August:

- 14th – PC meeting
- 16-17th – Bayard, NE Greek Festival
- 17th – 2nd Anniversary picnic (at Shellback)
- 31st – Final service on E 4th St; moving day!

September:

- 7th – First Sunday in new building
- 11th – PC meeting
- 12-13th – Sts. Constantine & Helen Greek Festival
- 21st – General Assembly
- 27th – New Building Open House

October:

- 9th – PC meeting

November:

- 13th – PC meeting

December:

- 7th – AHEPA Christmas party
- 11th – PC Meeting
- 14th – Parish Council elections

Charities Committee Calendar

(Each month, our parish will focus on a different charitable cause. If you have any cause that you would like see supported, please contact Charlie Radich.)

July:

August:

Interfaith Family Support Services (IFSS) - Aug. 17 - Aug. 24

September:

Holy Cross collection for Seminary

October:

Clothing Drive
Interfaith Family Support Services (IFSS)

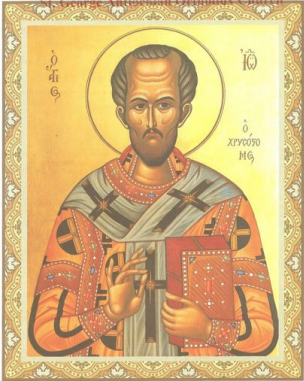
November:

Operation Christmas Box

December:

Infant items collection during
Christmas party for Life Choice

Four Summer Events...*



“St John Chrysostom Catechetical Lecture Series”: Throughout the year, we will be provided the opportunity to learn more about our Faith through periodic lectures series, provided both by myself and visiting priests. Our first lecture series will begin on Sunday, July 13th, and continue for three weeks. This Summer’s series will focus on the topic of worship in the Orthodox Church. The talks will take place during the fellowship hour after the Divine Liturgy, each talk lasting about 20-30 minutes.



“Orthodox Reading Group” Our Orthodox Reading Group will finally resume on August 16th, initially taking place the 2nd & 4th Saturdays of each month (we may do it every week if there is enough interest). In the Fall, we may add a 2nd day/time for another reading group or perhaps a daytime Bible study. Until then, please join us at 9:00am. A small breakfast will be provided. In August, we will continue with our study of Joy Corey’s *The Tools of Spiritual Warfare*. When we near the end of the book, Joy has kindly agreed to do a Skype session with us to answer questions about this book and her most recent work, *Divine Eros: A Timeless Perspective on Homosexuality*. We will inform everyone when a date for this discussion has been set.



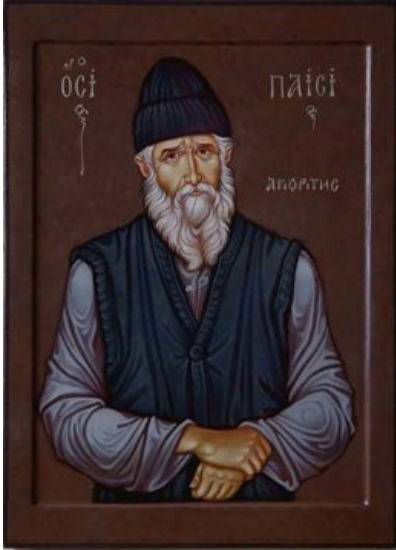
“Greeter Training”: On August 10th, after the Divine Liturgy, we will have a parish-wide Greeter Training Program. If attendance is not good that Sunday, we will add a weeknight session for later in August. It is imperative that, whether one signs up to be an official greeter or not, we are prepared as a parish to welcome seekers and visitors. Please make every effort to attend Liturgy and the training on August 10th!



“Holy Convoy!”: On August 31st, after our final Divine Liturgy in our current building, we will gather whatever is left and take everything in a “holy convoy” to the new building. Therefore, we need everyone to bring their BIG vehicles that day! We will have a short prayer after taking everything in the building, thanking our merciful Lord for all that He has done for us and continues to do for us! Glory to God, our moving day is in sight, and wonderful things are happening with Orthodoxy in Cheyenne!!!

***Please note that there are other events besides these four scheduled for this Summer; see page 9, for instance, for information about an August retreat!**

Some Words from Modern Saints & Elders...



Elder Paisios on losing a child:

The children who fall asleep in the Lord at an early age, go straight to paradise, like the angels. And when the parents pass away, these little angels welcome them in heaven with lit candles. Parents are spiritually rewarded by their children-angels. The same thing applies to the opposite situation. When a child grows up and goes astray, the parents are also harmed.

Elder Paisios on humility:

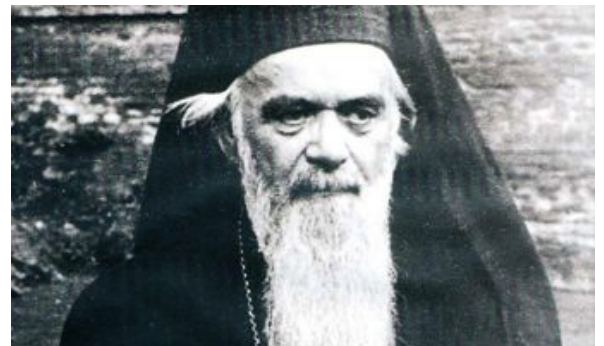
Thank God for everything you are; everything you have and everything you achieve. By thanking God you will realise that these are not your achievements but His gifts and, thus, you will feel humble.

Elder Paisios on grieving God and consolation:

A young child does something wrong; let's say he breaks one of his father's tools and then is upset over it because he considers it to be a big mistake... In a similar manner, the more we suffer and grieve over our sinfulness or over our ingratitude to God and out of love cry for having grieved Our Father with our sins, the more He will reward us with divine gladness and inner sweetness. Such grief is good grief because while it contains pain, it also has hoping consolation.

St. Nikolai Velimirovich on the blessing of enemies (a selection of a longer prayer):

Enemies have driven me into Your embrace more than friends have. Friends have bound me to earth, enemies have loosed me from earth and have demolished all my aspirations in the world. Enemies have made me a stranger in worldly realms and an extraneous inhabitant of the world. Just as a hunted animal finds safer shelter than an un hunted animal does, so have I, persecuted by enemies, found the safest sanctuary, having ensconced myself beneath Your tabernacle, where neither friends nor enemies can slay my soul. Bless my enemies, O Lord. Even I bless them and do not curse them.



Thank You!

for making our 2nd annual



a huge success!!

Congratulations
Lynzie Weyer
of Cheyenne



Pictured left to right: Father Paul Truebenbach,
Jim Casey, Lynzie Weyer, Tim Joannides

Our Sponsors

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Schraders Funeral Home
Traders Shopper's Guide
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*All proceeds of the raffle and dinner will go directly to the building fund
of the new Holy Apostles Orthodox Christian Church of Cheyenne.*



**HOLY
APOSTLES**
ORTHODOX CHRISTIAN
CHURCH OF CHEYENNE

Corner of Hynds Blvd. & Riding Club
307-638-2999

Join us next year
for our 3rd annual
Cadillac Chance Raffle and
Western Boots &
Ancient Roots dinner!

Message from Tim Joannides:

*Our second Annual
Cadillac Chance Raffle
and Western Boots and
Ancient Roots Dinner
Event were both a
tremendous success!*

*Thanks again to all that
assisted and participated,
with all the net proceeds
again going to our Holy
Apostles OCCC Land
and Building Fund.*

Yours In Christ,

*Tim Joannides,
Fundraising Committee
Chair*



Feastday Celebration!!!



*Thank you to all who participated
and helped out! May our
Merciful Lord, through the
prayers of the Holy Apostles,
grant us many more Feastdays
to come!!!*

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Orthros 9:30 Divine Liturgy - Sts. Cosmas & Damien	2 6:30pm Paraklesis	3	4	5
6 8:30 am Orthros 9:30 am Divine Liturgy	7 Fr. Paul out for Clergy- Laity Congress	8 Fr. Paul out for Clergy- Laity Congress	9 Fr. Paul out for Clergy- Laity Congress NO Paraklesis	10 PC meeting	11 8:45 Orthros 9:30 Liturgy Great Martyr Euphemia and Olga, Equal to the Apostles	12
13 8:30 am Orthros 9:30 am Divine Liturgy After Liturgy: Talk on Worship (pt 1)	14 5:30 - Fundraising meeting	15 6:00-7:00am Men's group meeting w/ breakfast at church 6:30pm HAYA meeting at church	16 6:30pm Paraklesis	17 8:45 Orthros 9:30 Liturgy Great Martyr Marina	18	19 6:30pm - Hoppe family to speak at church on missions
20 8:30 am Orthros 9:30 am Divine Liturgy After Liturgy: Talk on Worship (pt 2)	21	22	23 6:30pm Paraklesis	24	25 8:45 Orthros 9:30 Liturgy Dormition of St Anna	26 8:45 Orthros 9:30 Liturgy St Paraskevi the Martyr
27 8:30 am Orthros 9:30 am Divine Liturgy After Liturgy: Talk on Worship (pt 3)	28	29	30 6:30pm Paraklesis	31	(August 1) Dormition fast begins 6:30pm Paraklesis	(August 2) 6:30pm Paraklesis

 = strict
fast
 = wine/oil
allowed

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am Orthros 9:30am Liturgy 3	4 6:30pm Paraklesis	5 6:30pm Paraklesis	8:45 Orthros 9:30 Liturgy Holy Transfiguration 6:30pm Paraklesis 6	7 6:30pm Paraklesis	8 6:30pm Paraklesis	9 6:30pm Paraklesis
8:30am Orthros 9:30am Liturgy Greeter Training after Liturgy 10	11 6:30pm Paraklesis	12 6:30pm Paraklesis	13 6:30pm Paraklesis	14 6:30pm Paraklesis	8:45 Orthros 9:30 Liturgy Dormition of the Theotokos 15	16 9:00am Reading Group
8:30am Orthros 9:30am Liturgy 17	18	19	20 6:30pm Paraklesis	21	22	23 'Wielding the Sword of the Spirit': Parish-wide retreat (all ages) 10:00-2:30
8:30am Orthros 9:30am Liturgy 24	25	26	27 6:30pm Paraklesis	28	8:45 Orthros 9:30 Liturgy Beheading of John the Baptist 29	30 9:00am Reading Group
8:30am Orthros 9:30am Liturgy 31 MOVING DAY AFTER LITURGY - Please help up move everything to the new facility!						 = strict fast  = fish allowed  = wine/oil allowed