



The Witness



Metropolis of Denver

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

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This Was from Me...

By Metropolitan Manuel Lemeshevsky, based
on the Spiritual teachings of St Seraphim of Viritsa

Have you ever thought that everything that touches you touches Me as well? For that which touches you touches the apple of My eye.

You are dear in my eyes, precious, and I have loved you; therefore it is a particular pleasure for Me to educate you. When temptations arise against you, and the enemy comes like a river, I want you to know—This was from Me.

Your weakness needs My strength, and your safety comes from giving Me the opportunity to fight for you. If you find yourself in difficult circumstances, among people who do not understand you, who do not take what you like into consideration, who alienate you—This was from Me.

I am God, Who arranges circumstances. It was no accident that you find yourself in the place where you are; this is the place I have appointed for you. Did you not ask that I teach you humility? Well, then, look: I have placed you in precisely that place, in that school, where this lesson is learned. Your surroundings and those who live with you are only fulfilling

continued on next page...

My will. If you find yourself in financial difficulty, if you find it hard to make ends meet—This was from Me.

For I have your material means at my disposal. I want you to call unto me, for you to be dependent upon Me. My reserves are inexhaustible. I want you to be confirmed in fidelity to Me and to My promises. May it not be said to you in your need: “You did not believe in the Lord your God.”

Are you in a night of suffering? Are you separated from your loved ones and those close to your heart? This was from Me.

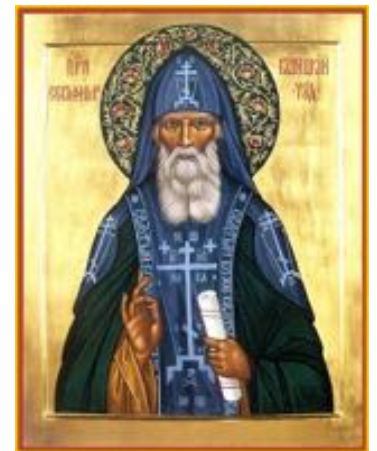
I am the Man of suffering, Who has tasted affliction. I have allowed this so that you would turn to Me, so that in Me you would find eternal comfort. If you have been let down by your friend, to someone to whom you opened your heart—This was from Me.

I allowed this disappointment to touch you so that you would know that your best friend is the Lord. I want you to bring everything to Me and to speak to Me.

Has someone slandered you? Give this to me, and bring your soul closer to Me, your Refuge, to hide from the “contradiction of the nations.” I shall bring forth your righteousness as the light, and your judgment as the noonday. If your plans have been destroyed, if you are downtrodden in soul and tired—This was from Me.

You made plans, and brought them to Me, so that I would bless them. But I want you to leave Me in charge of the circumstances of your life, and then responsibility for everything will be Mine, for this is too difficult for you; by yourself you can not manage them, for you are only an instrument, and not the actor. If unanticipated problems of life have visited you, and if despondency has seized your heart, then know—This was from Me.

For I want your heart and your soul to be always aflame before My eyes; to conquer faint-heartedness of the soul in My name. If you do not hear from your dear ones and friends for a long time, and in



your faint-heartedness fall into despondency and grumbling, know—This was from Me.

By this anguish in your spirit, I test the strength of your faith in the surety of My promise and the strength of your boldness in prayer for these dear ones of yours. Was it not you who entrusted them to the Protection of My All-Pure Mother? Was it not you who once entrusted their care to My providential love? If serious illness, either temporary or incurable, has visited you, and has confined to your bed, then know—This was from Me.

For I want you to know Me even more deeply in you bodily infirmities, so that you would not grumble over this trial sent to you, that you would not try to penetrate My plans through different means for the salvation of people's souls, but that you would uncomplainingly and submissively bow your neck under My goodness towards you. If you have dreamed of performing some special deed for Me, and instead have fallen onto a bed of sickness and weakness—This was from Me.

Then you would have been immersed in your activities, and I would not have been able to attract your thoughts to Me, for I want to teach you My deepest thoughts and lessons, so that you would be in My service. I want to teach you to recognize that you are nothing. Some of My best co-workers are those who have been cut off from vital activity, that they would learn to wield the weapon of unceasing prayer.

Have you unexpectedly been called to occupy a difficult and responsible position? Go, place it on Me. I entrust these difficulties to you so that the Lord God would bless you for this in all your deeds, on all your paths, in everything that will be done by your hands. On this day I put into your hands a vessel of holy oil. Use it generously, My children! Every difficulty that arises, every word that insults you, every obstacle to your work that could elicit in you a feeling of annoyance, every revelation of your weakness and inability, shall be anointed with this oil.

Remember that every obstacle is a Divine instruction. Every sting will be dulled when you learn to see Me in everything that touches you. Therefore place the word I have declared to you today in your heart: This was from Me. For this is not an empty matter for you—this is your life.



Next on Media Mondays...

In October, we will do a 2-part DVD series on Repentance and Confession by Fr. Dan Suciu. After this, we will discuss whether we want to do a 5-part series on the Book of Revelation by Fr Thomas Hopko, or do a series of 1-part lectures, also from Fr. Hopko. The lectures will be as follows:

October 5 - NO SESSION

October 12 - Repentance & Confession, pt 1 (Fr Dan Suciu)

October 19 - Repentance & Confession, pt 2 (Fr Dan Suciu)

October 26 - Fr Thomas Hopko Lecture

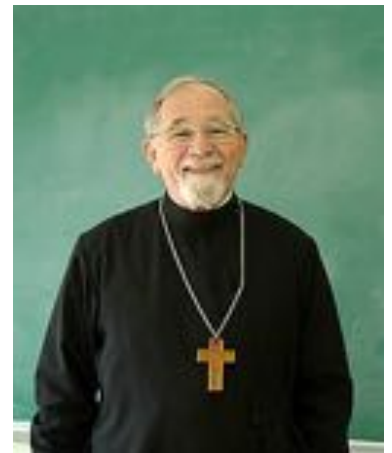
November 2 - NO SESSION

November 9 - Fr Thomas Hopko Lecture

November 16 - Fr Thomas Hopko Lecture

November 23 - Fr Thomas Hopko Lecture

November 30 - NO SESSION



Charities Committee



OCTOBER COAT DRIVE: Remember to donate your gently used coats, hats and mittens. New items are also accepted. Look for collection box at church.

OCTOBER 12, (Monday) baking treats to serve for dessert at Comea Shelter on **Wednesday, October 14.** Since there is no school on October 12 we will bake in the morning, 9:30 am -11:30 am.

There is a sign up sheet on the bulletin board to help serve dinner at Comea, we need 4 - 6 volunteers. Serving at Comea Shelter is from 5:30 pm - 7:00 pm



Family Promise meals: Meals needed on 10/12, 10/14 & 10/15 Plan, cook, deliver and serve to homeless families sleeping at St. Marks Church

NOVEMBER 11, (Monday) baking of cookies for FE Warren Air Force Base Cookie Drive for Airmen living in the barracks. This is an early release from school date. We will start at 1:00 PM.

If you want to bake cookies at home for this community service project and donate them please package in plastic bags and label what kind of cookies they are, sugar, peanut butter, molasses, etc. and how many in bag. Please get them to Jamie before November 29th. They will be frozen until distribution day.



DECEMBER PROJECT

In celebration of the Nativity of our Lord we will collect baby items to be donated to Life Choice Pregnancy Care Center located in Cheyenne. Layette items such as diapers, wipes, clothes, blankets or bottles please.

Bring to church or to our Annual Parish Christmas Party on Sunday, December 27th at 5:00 PM.

Some Practical Liturgical Notes...

Addressing Bishops, Priests, Deacons, and more...

It can admittedly be a bit confusing knowing how to properly address Clergy in the Church; for this month's practical liturgical notes, then, we'll offer a short guide on how to address certain figures in the Church:

Ecumenical Patriarch: Our Ecumenical Patriarch is addressed as His/Your All-Holiness. The current Ecumenical Patriarch is His All-Holiness, Patriarch Bartholomew of Constantinople. Though residing in modern-day Istanbul, it is the standard of the Church to continue to call the city "Constantinople" and/or "New Rome" in accordance with the Tradition of the Church.

Archbishop/Metropolitan: Archbishops are referred to as "His/Your Eminence." The Archbishop of North America is His Eminence, Archbishop Demetrios of New York. Our local Metropolitan, of course, is His Eminence, Metropolitan Isaiah.

Bishop: Auxiliary Bishops (that is, Bishops who are placed in a location on behalf of an Archbishop) or Bishops of cities who do not oversee greater areas beyond the city limits are referred to as Your/His Grace. We have no auxiliary Bishops in our Metropolis currently, but there are some in the greater Archdiocese. For instance, the chancellor of the Archdiocese is called "His Grace Bishop Andonios."

Priest: Priests, of course, are referred to as "Father" or, in writing, "Reverend Father." Adding either first or last names after "Father" are both acceptable. The Priest is NOT referred to as "man," "dude," or anything of the sort (and yes, I've seen all of these).

Deacon: Deacons can be referred to as "Deacon," "Father Deacon," or just merely "Father," though this last option is rarely used. As with Priests, his first or last name can be used after his ecclesiastical title.

As a final note... Though not ordained, out of respect, it is appropriate to refer to a Priest's wife as "Presbytera" OR "Presbytera (first name or last name)." Presbyteras are NOT to be called by their first name only. Based on the language, a Presbytera may also be called "Papadea," "Matushka," "Khouria," "Preoteasa," among others.

THANK YOU FOR YOUR EFFORTS!

Win a **NEW**
2015 Cadillac SRX AWD
*3-Year Pre-Paid Lease - Including Maintenance & Wyoming Sales Tax!



TICKETS ON SALE IN JULY!



Cadillac

Winner may apply this value to any new vehicle at Halladay Motors!



\$100/ticket
HURRY, only 1,000 tickets will be sold!

- New 2015 Cadillac SRX AWD
3-Year Pre-Paid Lease - Including Maintenance & Wyoming Sales Tax or
Winner may apply this value to any new vehicle at Halladay Motors!
- Only 1,000 tickets will be sold
- \$100 per ticket
- Drawing Nov. 14, 2015. Need not be present to win.
- For Tickets & Information Contact:
Tim Joannides @ Halladay Motors: 307-634-1511
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of Cheyenne Building Fund

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KEEP IT UP!

Assisting in Upcoming Services...

(August & September)



Prosforo

10/4/15 – Alexis Bellack
10/11/15 – Stacey Galeotos
10/16/15 (weekday) – Tina Marquardt
10/18/16 – Kathy Joannides
10/25/15 Fay Zaharas
10/26/15 (weekday) – Fay Zaharas
11/1/15 - Kelly Zaharas
11/8/15 - Sarah Pullos
11/9/15 (weekday) - Estelle Haefele
11/15/15 - Stephan Pappas
11/21/15 - Tina Marquardt
11/22/15 - Christine Pappas
11/25/15 (weekday) - Pres. Lavinia
11/29/15 - Angie Galeotos

Fellowship

10/4/15 – Kathy Joannides & Angela Schamber

10/11/15 – Christine & Driko Pappas
10/18/16 – Fay & George Zaharas
10/25/15 – Angie & Stacey Galeotos
11/1/15 - Julie, Kayla, & Kaycee
11/8/15 - Jordan & Andrea Hanslovan
11/15/15 - Nick & Alexis Bellack
11/22/15 - Tyler & Lexie Garrett
11/29/15 - Stephan & Kay Pappas

Greeter

10/4/15 – Nancy Wagner
10/11/15 – George Zaharas
10/18/16 – Tyler Garrett
10/25/15 – Tim Joannides
11/1/15 -
11/8/15 - Dave Johansen
11/15/15 - Jamie Pullos
11/22/15 - Chris Karajanis
11/29/15 - Tyler Garrett

*Thank you for your service
and dedication!!!*

Please keep an eye out for
updated lists!!!

Building Cleaning and Lawn Maintenance ...

(October & November)

Interior Cleaning: Week of...

Week of 10/4/15 - Nancy Wagner &
Zoe Christopulos

Week of 10/11/15 - Andrea
Hanslovan, Irina Needhamer &
Stacey Galeotos

Week of 10/18/15 - Driko &
Christine Pappas & family

Week of 10/25/15 - Nick Bellack

Week of 11/1/15 - Nancy Wagner &
Zoe Christopulos

Week of 11/8/15 - Andrea
Hanslovan, Irina Needhamer &
Stacey Galeotos

Week of 11/15/15 - Driko &
Christine Pappas & family



Week of 11/22/15 - Nick Bellack

Week of 11/29/15 - Nancy Wagner
& Zoe Christopulos

Exterior Lawn Care: Week of...

Week of 10/4/15 – Steve Zaharas

Week of 10/11/15 – Cameron
Karajanis

Week of 10/18/15 – Chris Karajanis

Week of 10/25/15 – Rob & Jared
Marquardt



*Thank you for your service
and dedication!!!*

Please keep an eye out for
updated lists!!!

Many Years!!!

Happy Birthday to...

Nektarios Truebenbach (10/7)

George Zaharas (10/8)

Angela Schamber (10/10)

Chad Schamber (10/16)

Nicolette Galeotos (10/22)

Shirley Karajanis (11/2)

Kosta Pappas (11/3)

Alexis Garrett (11/15)

Ellyn Phillips (11/23)

Chris Galeotos (11/24)

Happy Anniversary to...

George & Fay Zaharas (11/9)

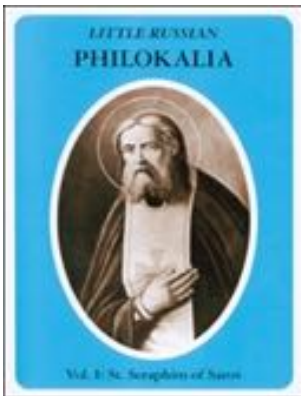
Bob & Ellyn Phillips (11/19)

(If you don't see your birthday or anniversary here, please forgive me for missing it, and let me know when it is! - Fr. Paul)

Conversing with the Fathers...



Each month, our “Conversing with the Fathers” class will meet to discuss one of the works of a Holy Father of Orthodoxy. This is a wonderful opportunity to read, study, and converse about the Divinely-breathed words of the Saints of our Church. The class meets the first Monday of each month. Please join us in this holy work! Below are the first three books of our series...

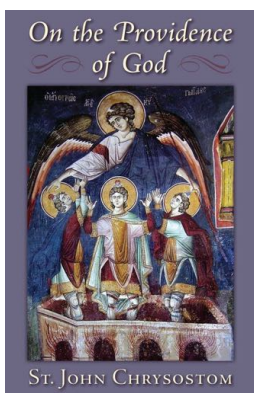
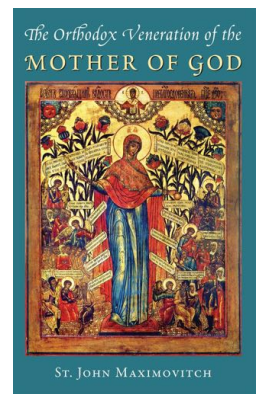


Septemer selection (to be read in September and discussed at the October meeting):

For our September selection, we will read volume 1 of the “Little Russian Philokalia” series on St. Seraphim of Sarov. The book contains a short life of St. Seraphim, one of the most beloved and universally-venerated Russian Orthodox Saints, along with his instructions to laymen and monks and his very famous and Spirit-filled conversation with his spiritual child on the acquisition of the Holy Spirit. This conversation is a MUST-READ for all Orthodox. This volume can be found at www.sthermanmonastery.com

October selection (to be read in October and discussed at the November meeting):

The October selection for “Conversing with the Fathers” will be a slight change of pace; while we have been reading a lot about particular Saints and their spirituality, this selection, entitled *The Orthodox Veneration of the Mother of God* by St John Maximovitch of San Francisco, is more of a theological treatise. Covering various heretical ideas about the Theotokos and the proper Orthodox view, St John presents an incredibly clear, simple, and concise explanation of what we do - and do not - believe about the Virgin Mary.

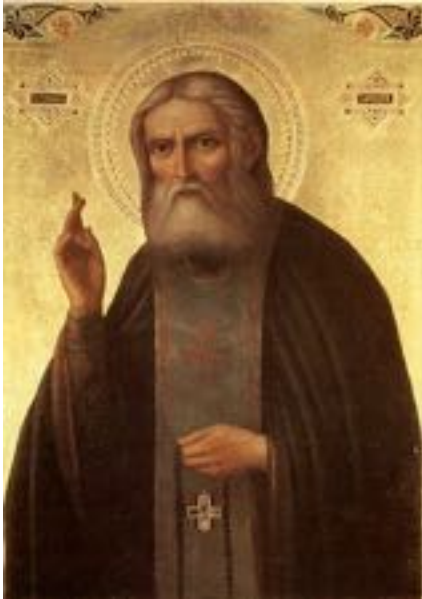


Novemner selection (to be read in November and discussed at the December meeting):

Our November selection is the final work written by St John Chrysostom, entitled, *On the Providence of God*. This work, written shortly before his death while St John was exiled to the mountains of Armenia, displays a fashion typical of the Golden-Mouthed, using his own Divine wisdom and various figures from the Old and New Testaments to explain the goodness and mercy of God... even in the most terrible of circumstances. Meant to uplift his flock, Chrysostom admonished his disciples to return to this work often.

Some Words from Modern Saints & Elders...

St. Seraphim of Sarov (+1833) - Commemorated January 2



1) "One should not think about the doings of God when one's stomach is full; on a full stomach there can be no vision of the Divine mysteries."

2) "Where there is God, there is no evil. Everything coming from God is peaceful, healthy and leads a person to the judgment of his own imperfections and humility."

3) "Acquire the Spirit of Peace and thousands around you will be saved."

4) "True hope seeks the one Kingdom of God and is sure that everything necessary for this mortal life will surely be given. The heart cannot have peace until it acquires this hope. This hope pacifies it fully and brings joy to it. The most holy lips of the Saviour spoke

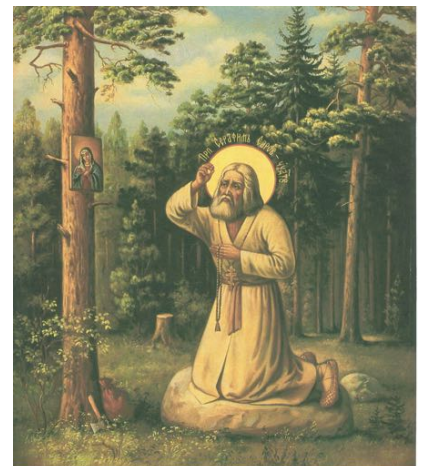
about this very hope: 'Come unto Me, all ye that labour and are heavy laden, and I will give you rest' (Mt. 11:28)."

5) "One should not oppose authorities who act for good, so as not to sin before God and be subjected to His just chastisement: Therefore whoever resists the authority resists the ordinance of God, and those who resist will bring judgment on themselves (Romans 13:2)."

6) "The Lord sometimes allows people who are devoted to Him to fall into such dreadful vices; and this is in order to prevent them from falling into a still greater sin—pride. Your temptation will pass and you will spend the remaining days of your life in humility. Only do not forget your sin."

7) "The reading of the word of God should be performed in solitude, in order that the whole mind of the reader might be plunged into the truths of the Holy Scripture, and that from this he might receive warmth, which in solitude produces tears; from these a man is wholly warmed and is filled with spiritual gifts, which rejoice the mind and heart more than any word."

8) "A sign of spiritual life is the immersion of a person within himself and the hidden workings within his heart."



Stewardship

Thanks to all who have joined us for our small group meetings! We appreciate your time and feedback! If you have other questions or ideas, please see us in person or use the Suggestion Box in the Narthex. We hope everyone can make one of the remaining sessions. Don't forget to sign the "Thankful" poster in the fellowship hall. We also will have our parishioners speak in October after Liturgy.

**** Don't forget Stewardship Sunday is November 1, all forms will be collected ****

"When you discover WHY you are here on this earth, and what your Lord has called you to do, you prove you believe and have faith. When you figure out how to take the many gifts he has given you and deploy them for His greater glory and to help prepare you for theosis and salvation, you prove you believe and have faith. When you decide that every day you have left on this earth you will actually live your stewardship calling, you prove you believe and have faith. And when you believe and have faith, you actually become a steward of our Lord's gifts to you."

(taken from stewardshipcalling.com)



Future Dates to Keep in Mind...

Sunday, 10/4 –HAYA meeting after Liturgy

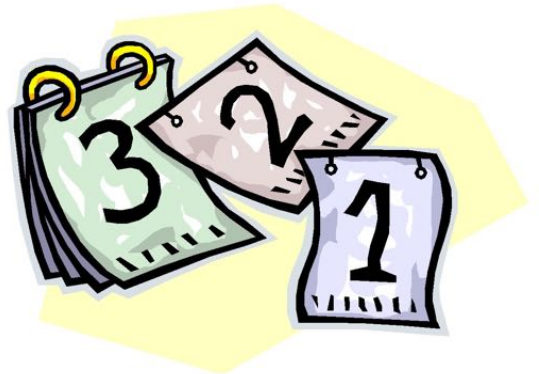
Sunday, 10/11 – General Assembly after Liturgy

Sunday, 11/1 – Stewardship Sunday

Saturday, 11/14 – Open House & Car Raffle Drawing

Sunday, 5/1/16 – Great & Holy Pascha

Saturday, 7/9/16 – WBAR



OCTOBER

sun	mon	tue	wed	thu	fri	sat
27	28	29	30	1	 2	3 NO Great Vespers
4 8:30 Orthros 9:30 Liturgy	5 No Media Monday	6 7:00am Men's Group 9:30am Liturgy - St Thomas (at SCH)	 7 NO Paraklesis	8 12:30 Women's Study Group Fr. Paul Returns	 9	10
11 8:30 Orthros 9:30 Liturgy General Assembly after Liturgy	 12 5:30pm Media Monday: Repentance and Confession, pt 1	13 7:00am Men's Group	 14 6:00 pm Paraklesis	15	 16 NO Orthros 9:30 Liturgy - St Longinus the Centurion	17
18 8:30 Orthros 9:30 Liturgy Chanting class after Liturgy - Tone 1	19 5:30pm Media Monday: Repentance and Confession, pt 2	20 7:00am Men's Group	 21 6:00 pm Paraklesis	22 12:30 Women's Study Group	 23 9:30 Liturgy - James, the Brother of the Lord (at SCH)	24
25 8:30 Orthros 9:30 Liturgy Leadership 100	26 8:45 Orthros 9:30 Liturgy - St Demetrios 5:30pm Media Monday: TBA	27 7:00am Men's Group	 28 9:30am Liturgy - Protection of the Theotokos (at SCH) 6:00 pm Paraklesis	29	 30	31  = strict fast  = wine/oil allowed  = fish allowed

NOVEMBER

sun	mon	tue	wed	thu	fri	sat
1	2 NO Media Monday	3 7:00am Men's Group	 4 6:00pm Paraklesis	5	 6	7 5:30pm Great Vespers
8 8:30 Orthros 9:30 Liturgy	9 8:45 Orthros, 9:30 Liturgy - St Nektarios 5:30pm Media Monday	10 7:00am Men's Group	 11 6:00pm Paraklesis	12	 13 9:30 Liturgy - St John Chrysostom (at SCH)	14 8:45 Orthros, 9:30 Liturgy - St Philip the Apostle
 15 8:30 Orthros 9:30 Liturgy	 16 9:30 Liturgy - St Matthew the Apostle (at SCH) 5:30pm Media Monday	 17 7:00am Men's Group	 18 6:00 pm Paraklesis	 19	 20	 8:45 Orthros, 9:30 Liturgy - Entrance of the Theotokos
 22 8:30 Orthros 9:30 Liturgy	 23 5:30pm Media Monday	 24 7:00am Men's Group	 25 8:45 Orthros, 9:30 Liturgy - St Katherine the Great Martyr NO Paraklesis	 26	 27	 28
 29 8:30 Orthros 9:30 Liturgy	 30 NO Media Monday	1	2	3	4	5  = strict fast  = wine/oil allowed  = fish allowed