

# IC XC NIKA HOLY ASSUMPTION

## Orthodox Church In America

2027 18th St. NE 44705 (330) 455-9146

Fr. Stacey Richter  
330-754-6068 hm  
330-312-6234 cell  
richter\_stacey@hotmail.com  
holyassumption.net

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### Tone 1 Troparion (Resurrection)

When the stone had been sealed by the Jews, while the soldiers were guarding Your most pure body, You rose on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to You, O Giver of Life: "Glory to Your Resurrection, O Christ! Glory to Your Kingdom!// Glory to Your dispensation, O Lover of mankind!"

### Tone 8 Troparion (All Saints of North America)

As the bountiful harvest of Your sowing of salvation, the lands of North America offer to You, O Lord, all the saints who have shone in them. By their prayers keep the Church and our land in abiding peace through the Theotokos, O most Merciful One!

### Tone 1 Kontakion (Resurrection)

As God, You rose from the tomb in glory, raising the world with Yourself. Human nature praises You as God, for death has vanished. Adam exults, O Master! Eve rejoices, for she is freed from bondage and cries to You:// "You are the Giver of Resurrection to all, O Christ!"

### Tone 3 Kontakion (All Saints of North America)

Today the choir of Saints who were pleasing to God in the lands of North

America now stands before us in the Church and invisibly prays to God for us. With them the Angels glorify Him, and all the Saints of the Church of Christ keep festival with them; and together they all pray for us to the Pre-eternal God.

### Tone 1 Prokeimenon

Let Your mercy, O Lord, be upon us as we have

### Today's commemorated feasts and saints

2nd SUNDAY AFTER PENTECOST — **Tone 1. All Saints of America (All Saints of Russia).** Hieromartyr Eusebius, Bishop of Samosata (380). Martyrs Zeno and his servant, Zenas, of Philadelphia (304). Martyrs Galacteon, Juliana, and Saturninus, of Constantinople. St. Alban, Protomartyr of Britain (ca. 287). Hieromartyr Nicetas of Remesiana (414-420). Martyr Nicetas the Dacian (370-372). St. Grigorie Dascalu, Metropolitan of Wallachia (Romania).

set our hope on You!

(Ps 32/33:22)

*v: Rejoice in the Lord, O you righteous! Praise befits the just! (Ps 32/33:1)*

### Tone 7 Prokeimenon

Precious in the sight of the Lord is the death of His saints. (Ps 115/116:15)

### Epistle

Romans 2:10-16

Hebrews 11:33-12:2

(Saints)

**Tone 1 Alleluia, Alleluia, Alleluia.**

*v: God gives vengeance unto me, and subdues people under me.. (Ps 17/18:47)*

*v: He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever. (Ps 17/18:50)*

*v: Rejoice in the Lord and be glad, O you righteous! (Ps 31/32:11)*

### Gospel

Matthew 4:18-23

Matthew 4:25-5:12 (Saints)

### Communion Hymns

Praise the Lord from the

heavens, praise Him in the highest! (Ps 148:1)

Rejoice in the Lord, O you righteous! Praise befits the just. (Ps 32/33:1)

Alleluia, Alleluia, Alleluia.



## Announcements:

**Fr Stacey** will be on **Vacation** until late July 5th. I will be back for Divine Liturgy on Sunday July 6th. In my absence all services will go on as normal with Fr. Basil Shaheen serving. In case of a pastoral emergency you may call **fr. Basil at 330-497-9677**.

**Perogi Workshop** - Monday, July 14th.-- the usual two shifts -- more info to follow.

St. Ann's is holding a "**Bakeless Bake Sale**" through the month of June. No baking, no clean-up, no calories. Just donate the money you would spend IF you were to bake some yummy-deliciousness.

You may ask what **St. Ann's Guild** is...it is a group of ladies who want to serve the church and do so by tapping into their talents to beautify the church (icons, robes, social hall), support one another (flowers for sympathy, babies and hospital visits) and support HAOC community outreach efforts (coats for kids, book-bags) and encourage fellowship within the parish and amongst other parishes (parish picnic, lenten meals, coffee hour pre-lenten meals). **ALL WOMEN OF THE PARISH ARE WELCOME!**

Look for a flyer in the mail soon to support our "Bakeless Bake Sale". Donations accepted through July 6! Thank you for your support.

**WE HAVE AN IDEA!!!** We need your input. PICTURE THIS: A Sunday reserved (once a year for 5 years) for a special "**ANNIVERSARY DINNER**" to honor church members celebrating wedding anniversaries ending in "0" or "5" (example: a 10<sup>th</sup> or 15<sup>th</sup> Anniversary). The couples would be honored at this gathering, some pictures could be displayed and stories told. This would be a good time of fellowship and fun for all.

As a preliminary step we need to know wedding anniversary dates of parishioner/regular attendee couples, – (month, date, and year). In addition, we need to know if you would be interested in participating in this (i.e. would you be okay being one of the couples honored at an event like this.). See Chuck Mailat to share your wedding/anniversary information.

His Grace, Bishop Alexander, Locum Tenens of the Diocese of the Midwest, hereby announces the convocation of a Special Diocesan Assembly, to be held on the morning of Tuesday, October 7, 2014 at Archangel Michael Church in Broadview Heights, OH. **The sole purpose of this Assembly shall be the nomination of a candidate for the vacant See of Chicago and the Midwest.** The nominated candidate will be presented to the Holy Synod of Bishops for canonical election. This Special Assembly will be followed on the same day by a regular Diocesan Assembly, during which the business of an annual Diocesan Assembly meeting will be addressed. More information will be available beginning in August.

## WELCOME VISITORS!

We are delighted to have visitors worship with us, and we pray that you will be blessed in your time with us! Regarding participation in the Lord's Supper, Holy Communion is treated with the utmost respect and reverence in the Orthodox Church, and it is the rule that only practicing Orthodox Christians may receive it. Our non-Orthodox guests are welcome, however, to participate with us in any other way they may desire, and are welcome to join us in venerating the Cross and receiving blessed bread at the conclusion of the Divine Liturgy.

### Please Join us for Coffee Hour after Divine Liturgy in the Social Hall!



If this is your first visit to our parish, we welcome you and invite you to return as often as you are able. For those interested in learning more about Orthodox Christianity please ask any of our church community – or feel free to contact Fr Stacey. Our parish library is available for your reading interests. Children are welcome to join church school classes after liturgy.

### CONFESSIONS

Fr Stacey can usually hear confessions after any weekday service or after Saturday Vespers. He is also available by appointment, or during his regular office hours.

### Our Vision:

*To know and love Christ, sharing His love with others*

### Mission Statement:

Bringing the love of Christ to our community through prayer, worship, fellowship, discipleship, service, and outreach within the tradition of historic Orthodox Christianity.

### This Week:

Today	
<b>Hours</b>	<b>9:10 AM</b>
<b>Divine Liturgy</b>	<b>9:30 AM</b>
<b>Coffee Hour</b>	<b>11:15 AM</b>

Wednesday	
<b>Readers Vespers</b>	<b>6:30 PM</b>

Saturday	
<b>Readers Great Vespers</b>	<b>5:00 PM</b>

Next Sunday	
<b>Hours</b>	<b>9:10 AM</b>
<b>Divine Liturgy</b>	<b>9:30 AM</b>
<b>Coffee Hour</b>	<b>11:15 AM</b>

Upcoming	
<b>Parish Picnic</b>	<b>July 20</b>
<b>Children's Festival</b>	<b>Aug 17</b>

Going to miss a service? Listen online to our Divine Liturgy and other Orthodox Christian Teachings INBN.net

*Coffee Hour Schedule*  
**JUNE 22 KOSITA, MATHEWSON**  
**JUNE 29 ROMANO, KOSITA**



# Spirituality, Part 4

## The Most Important Spiritual Discipline

What is the most important spiritual discipline? It may surprise some to learn that the basic, foundational spiritual discipline is simply coming to church for Sunday morning Divine Liturgy. Level one of the spiritual life is simply dragging yourself to church for Liturgy. In fact, it is so foundational, that many modern Orthodox Christians miss it because it is completely taken for granted in most of our spiritual guidebooks. It is usually not mentioned because most of our spiritual writers were monks for whom missing Divine Liturgy was incomprehensible. They went to church not once a week, but several times a day! And the Divine Liturgy and Holy Communion were the highpoint of the week.

Why is going to church, and especially on Sunday morning so important? Let's look at the Ten Commandments:

The first commandment is "You shall have no other gods before me." **Nothing** before God. God needs to be priority number one in our life: above work, above our family, above our children, above everything. In fact, we owe it to our children to model for them a Christ-centered life. They will not seek God first, if we don't model it for them.

The second commandment is "You shall not make for yourself an idol (a false god)." So important is the first commandment that the second really says the same thing, just in different words. An 'idol' is anything in our lives that we put above God. What is the most important thing to you? (Think about this for a moment).

Whatever you answered is your idol. For many it is having fun, or financial security, or good health, or good looks, being popular, etc, etc. There are many. All of these things are good in themselves, and God promises to take care of all of our needs if we seek him first. "But seek first the Kingdom of God and His righteousness and all these things (food, drink, clothing, etc, whatever you are worrying about) will be added to you." (Matthew 6:33) But when we make an idol of anything, that thing no longer has a balanced role in our life, and we are no longer living according to God's design.

The third commandment is "You shall not misuse the name of the LORD your God." Just as we shouldn't misuse His name, in like manner we should make every effort to use it rightly; to "hallow" (treat as holy) His name as we say in the Lord's Prayer. So this means we should pray in His name, worship Him, praise Him, give thanks to Him and glorify Him. We do all of this at the Divine Liturgy! Now we can (and should) praise God and give thanks to Him everywhere and at any time. But the type of worship that God desires most of all is what has been handed down in the Church from the beginning. The pattern of worship in the Divine Liturgy is as old as the Church itself, as anyone who studies the history of Christian worship can find out.

It is important to note that in the Old Testament, God actually gave the people commandments regarding how to worship him, including specific instructions. He wanted to be worshipped in a specific way, not just any way that we may invent. But the Old Testament was not complete, it was prophesying about and looking forward to the coming of Christ. The fullness of God's revelation happens in the New Covenant with Jesus Christ. So Our Lord Jesus and the Holy Apostles and Fathers continued with the pattern set in the Old Testament but with some modification. So for example under the New Covenant, God reveals that he is to be worshipped as Trinity: Father, Son and Holy Spirit. This is only hinted at in the Old Testament, but revealed in the New. Another example is the weekly day of worship. Under the Old Testament this is the seventh day, the Sabbath Day, or Saturday. But under the New Covenant the day of worship is changed to Sunday. (More about this below.) The important point to note now is that the Divine Liturgy is our worship service *par excellence*. It is the way that God wants to be worshipped. It is the type of worship by far most pleasing to Him.

The fourth commandment is this: "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it

you shall not do any work, neither you, nor your son or daughter, nor your manservant or maid-servant, nor your animals, nor the foreigner within your gates. For in six days the LORD made the heavens and the earth, the sea and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.” As mentioned above, the Sabbath Day is the seventh day, which is Saturday. God wants us to devote one day of the week specifically to him. In the Old Testament the Sabbath Day was a day of rest, as well as the day of worship when people would go to the temple or synagogue. It was a remembering of the creation. Under the New Covenant Sunday replaced Saturday because it was the day of our redemption, the day of the resurrection of Christ, the day of the new creation, the day of the age to come. It is called by the early Christians “the Lord’s Day.” It is the day of Pascha, with each Sunday being a kind of Pascha. It is the day that the early Church set aside to worship God, to celebrate the Eucharist (the thanksgiving) in remembrance of Christ our God who commanded us to “do this in remembrance of me.”

Under the New Covenant, Sunday is God’s Day. It’s His, and He wants us above all to come to church and worship Him on that day! This is what it means to keep the day holy.

So we can see above that the first four of the Ten Commandments, which deal with our duty toward God, command us to go to church Sunday morning! The last six of the Ten Commandments deal with our duty toward our fellow human being. Putting them all together, the Ten Commandments can be summarized by the Two Greatest Commandments – To love the Lord our God with all our heart, all our soul, all our strength, and all of our mind (the first 4) and to love our neighbor as ourself (the last 6). On these two hang all the Law and the Prophets! Fr Stacey