

**St. Mary Protection of the Theotokos Cathedral**  
**Катедрa Покрови Пресвятої Богородиці**

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**GLORY TO JESUS CHRIST!**

**GLORY FOREVER!**

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**СЛАВА ІСУСУ ХРИСТУ!**

**СЛАВА НАВІКИ!**



**Why do (and don't!) we fast?**

We are in the middle of the Dormition Fast, a Fast that will end with the Celebration of the Blessed Lady's repose on August 28<sup>th</sup>. Why do (and don't) we fast?

- We don't fast because there is something sinful about eating meat, etc..
- We don't fast to impress God or to win His favor or to make up for other things we "miss the mark" on.
- We don't fast so that we can judge others who fast less rigorously than we do; we should keep our eyes on our own plates – and base our attitudes towards our neighbors on charity, not judgment.
- On its own, fasting won't make us better people; most of us actually get grumpier when we fast... plus the devil never eats (and remains evil)!

**So why bother?**

- Fasting builds up the "muscle" that allows us to resist temptation. As we become better at doing well under these artificial conditions, we become better at doing well when the choices really matter.
- Fasting reinforces our commitment to something bigger than ourselves.

We should fast as well as our health and circumstances allow... and remember that fasting is a practical means to a righteous end... not a righteous end by itself.

**Worship Schedule**

**\*\*\*THE MIDST OF THE DORMITION FAST\*\*\***

**Sunday** 8/21 9:00AM Divine Liturgy, Coffee Hour  
**Saturday** 8/27 5:00PM Dormition Vigil (in Northampton)

**\*\*\*END OF DORMITION FAST\*\*\***

**Sunday 8/28 10:30AM DORMITION FEAST & PICNIC!!!**  
This day (8/28), we are reviving an old tradition: the Sunday School is sponsoring our Divine Liturgy and Picnic at the Community Park in Emmaus!

**Saturday** 9/3 4:00PM Cathedral Vigil  
**Sunday** 9/4 9:00AM Divine Liturgy, Coffee Hour  
**Saturday** 9/10 4:00PM Cathedral Vigil

**\*\*\*9/11 IS A SOLEMN FAST DAY\*\*\***

**Sunday** 9/11 9:00AM Divine Liturgy, Coffee Hour  
**\*\*\*9/11 IS A SOLEMN FAST DAY\*\*\***

**Wednesday** 9/14 Hierarchical Liturgy (at Seminary)  
**Saturday** 9/17 4:00PM Cathedral Vigil  
**Sunday** 9/18 9:00AM Teaching Divine Liturgy, Blessing of Church School Year (and start of Fall Schedule) Coffee Hour

**Check our website for the full listing of services & activities!!**

"Eighty-two percent of the unchurched are at least somewhat likely to attend church if invited." –Dr. Thom Rainer, *The Unchurched Next Door*

"A study including more than 15,000 adults revealed that about two-thirds are willing to receive information about a local church from a family member and 56 percent from a friend or neighbor. The message is clear that the unchurched are open to conversations about church." – Philip Nation, LifeWay Research

"Clearly we can encourage Christians to pray that the unchurched would sense God calling them back, but God works through His people." "The survey showed that many would respond to an invitation from a friend or acquaintance (41 percent), their children (25 percent) or an adult family member (25 percent)."

– Scott McConnell, LifeWay Research

Welcome to the God-loving and God-protected Orthodox Christian parish of *Pokrova* (“St. Mary Protection of the Holy Theotokos” or “St. Mary’s”)!

**It is a blessing to have you with us today and we encourage you to come back as often as you are able.** Like us, you may find that you have found your spiritual home here!

We are a parish of the Ukrainian Orthodox Church of the USA under the Ecumenical Patriarch of Constantinople and our doors and hearts are open to you and your family!

# August 21<sup>st</sup>: Sunday after the Transfiguration

## The Order of Worship

**Blessed is the Kingdom ... Amen.** Heaven and earth are joined in praise of God.

**Great Litany.** Prayers of supplication to God w/ refrain "Lord have mercy!"

**Psalm 102.** This sung Psalm is followed by a Small Litany ("Again and again...").

**Psalm 145 & "Only Begotten Son".** These are also followed by a Small Litany.

**The Beatitudes.** God's wisdom offered in song – beautiful consolation.

**The Little Entrance/Gospel Entrance.** This symbolizes Christ coming from heaven into the world. We can kiss the Gospel (an icon of "The Word") in celebration saying; "Christ is in our midst" "He is and shall be!" "Khristos Posered Nas" "I Ye I Budet"

**Hymns for Today.** As with all the music, everyone is encouraged to sing along!

### **Tone 8 Troparion (Resurrection)**

You descended from on high, O Merciful One!

You accepted the three day burial to free us from our sufferings!//

O Lord, our Life and Resurrection, glory to You!

### **Tone 7 Troparion (Transfiguration)**

You were transfigured on the mountain, O Christ God, revealing Your glory to Your Disciples as far as they could bear it.

Let Your everlasting Light also shine upon us sinners, through the prayers of the Theotokos!//

O Giver of Light, glory to You!

### **Tone 4 Troparion (Pokrova)**

O Mother of God, sheltered by thy coming / we faithful people today keep feast in joy, / and looking at thy most pure image, / moved to the depths of our hearts, we say: /

"Protect us with thy precious veil /and deliver us from every ill, /by entreating Christ, thy Son and our God, //to save our souls.

### **Tone 8 Kontakion (Resurrection)**

By rising from the tomb, You raised the dead and resurrected Adam.

Eve exults in Your Resurrection, //

And the world celebrates Your rising from the dead, O greatly Merciful One!

### **Tone 7 Kontakion (Transfiguration)**

On the mountain You were transfigured, O Christ God, and Your Disciples beheld Your glory as far as they could see it;

so that when they would behold You crucified,

they would understand that Your suffering was voluntary,

and would proclaim to the world //

that You are truly the Radiance of the Father.

### **Tone 2**

### **Kondak (for the Pokrova/Temple)**

The mystery hidden from eternity / and unknown to the angels, / is manifested to those on earth through you, Theotokos! / God being incarnate of you by union without confusion / and of His Own will freely enduring the Cross for us / and raising the first-formed man, // has saved our souls from death!

**Trisagion:** We join the angels in proclaiming God's glory (Holy God, Holy Immortal...)!

**Prokeimenon, Tone 8 (Resurrection; Psalm 75:11,1)**

Pray and make your vows before the Lord, our God!

*v: In Judah God is known; His name is great in Israel.*

**Prokeimenon, Tone 4 (Transfiguration; Psalm 103:24)**

O Lord, how manifold are Your works; in wisdom have You made them all!

**Epistle:** 1 Corinthians 3:9-17

**Alleluia, Alleluia, Alleluia!** (Psalms 94:1,2; 88:11)

*v: Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior!*

*v: Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise!*

*v: The heavens are Yours; the earth also is Yours.*

**Gospel:** Matthew 14: 22-34. Children are encouraged to come up front; "Let the little children come unto me." (Matthew 19:14)

**Litanies for the Faithful and for the Catachumens.** Catachumens are Christians preparing to enter into the Mysteries of the Orthodox Church.

**Cherubic Hymn.** We "put aside all earthly cares" and join the angels in worship.

**The Great Entrance.** This ritual reminds us of Palm Sunday... and the Passion of Christ. The children are welcome and encouraged to line the aisle.

**Commemoration of the Last Supper and Consecration of the Gifts.** This is when the Holy Spirit comes down and changes the gifts. Please kneel or stand (either is fine).

**Hymn to the Birthgiver of God, Mary.** Magnify, O my soul, the Lord Who was transfigured on Mount Tabor! Your childbearing was without corruption; God came forth from your body clothed in flesh, and appeared on earth and dwelt among men. Therefore we all magnify you, O Theotokos.

**Litany of Preparation. Lord's Prayer.** Please join us as pray together using the words Jesus the Messiah taught us during His earthly ministry.

**"Holy Things for the Holy".** We enter into the greatest Mystery of Communion.

**Communion of the Faithful.** Communion is reserved for those who are members of an Orthodox parish and have prepared themselves through prayer, fasting, and regular confession. See Fr. Anthony if you would like to learn more about joining this parish!

**Post-Communion Prayers, Dismissal & Distribution of the Antidoron.** Everyone can come forward, kiss the cross, and receive some homemade blessed bread.

## Parish News and Events

We will celebrate **Divine Liturgy** on 8/28 – the Feast of the Dormition of the Theotokos – at Emmaus Community Park (Pavilion #6) at 10:30AM. It will be followed by a picnic, sponsored by the Church School.

We will celebrate the **Vespers and Funeral Procession/Lamentations for the Dormition of the Mother of God** at Assumption parish in Northampton at 5PM.

**My personal thanks** to the parish for the wonderful new shelves in the pastor’s study (and especially to Joe Zimmerman for installing them) – thank you! Also thanks to Emily Sarisky for her vestment repairs!

**The St. Mary’s Seniors** will be making hoagies this Wednesday and are meeting (and feasting) at the Old Country Buffet on 9/6.

**We will have a perohi session** on September 10<sup>th</sup> – please come!

**Grief Support Group.** Tuesdays. 6:30PM – 8:00PM in the Library. For more information or registration, please call Joe Truchan at 610-262-3251.

**The Scholarship Committee** is looking to restart the Golf Tournament (beginning in 2017)! See Joe Zimmerman if you are interested in helping !

**Please let me know** if you would like something put into the bulletin and/or announced in church.

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### Reading and Greeter Schedule (through September)

Date	Epistle Schedule	Greeters
8/21/2016	Nik Fartuch	Eleanor Fox & Katherine Kramer
8/28/2016	Rdr. Nicholas Perkins	Judy Miller & Vera Muzychka
9/4/2016	John Sokalsky	Richard Rosko
9/11/2016	Robert Noecker	Eleanor Fox & Katherine Kramer
9/18/2016	Alex Mackiewicz	Judy Miller & Vera Muzychka
9/25/2016	Richard Bodner	Richard Rosko

**Let Fr. Anthony know if you will not be able to greet/read and cannot find a replacement. Also let him know if you would like to be added to the schedule!**

## Today’s Scripture Readings

**Epistle: 1 Corinthians 3:9-17** (The Three Little Pigs metaphor for life)

For we are God’s fellow workers; you are God’s field, you are God’s building. According to the grace of God which was given to me, as a wise master builder I have laid the foundation, and another builds on it. But let each one take heed how he builds on it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. ***Now if anyone builds on this foundation with gold, silver, precious stones, wood, hay, straw, each one’s work will become clear; for the Day will declare it, because it will be revealed by fire; and the fire will test each one’s work, of what sort it is. If anyone’s work is burned, he will suffer loss; but he himself will be saved, yet so as through fire.***

Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

**Gospel: Matthew 14:22-34**

Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away. And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary.

Now in the fourth watch of the night Jesus went to them, walking on the sea. And when the disciples saw Him walking on the sea, they were troubled, saying, “It is a ghost!” And they cried out for fear.

But immediately Jesus spoke to them, saying, “Be of good cheer! It is I; do not be afraid.” And Peter answered Him and said, “Lord, if it is You, command me to come to You on the water.”

So He said, “Come.” And when Peter had come down out of the boat, he walked on the water to go to Jesus. But when he saw that the wind was boisterous,[b] he was afraid; and beginning to sink he cried out, saying, “Lord, save me!”

And immediately Jesus stretched out His hand and caught him, and said to him, “O you of little faith, why did you doubt?” And when they got into the boat, the wind ceased.

Then those who were in the boat came and worshiped Him, saying, “Truly You are the Son of God.”

When they had crossed over, they came to the land of Gennesaret.