

Sunday, July 5th 4th Sunday of Matthew

8:15 AM Orthros
9:30 AM Divine Liturgy

Memorials: Orania Kanteres (40 day), Ploumi & Eleni Kesoglou, Christopher Karamanos, Gus Karpouzis, Theodora Valavanis, Mary Patounas, Christofilina & Haralambos Grigoriades, Nicholas Roumeliotis, Connie & Thomas Mimidis, Grace Pavlatos, Catherine Stringas, Gust Petrakes, Charles Hogan.

* Virtual Camp Nazareth Session 2 (grades 7-9)

Monday, July 6th OFFICE CLOSED

* Virtual Camp Nazareth Session 2 (grades 7-9)

Tuesday, July 7th Kyriaki the Great Martyr

8:30 AM Orthros
9:30 AM Divine Liturgy

* Virtual Camp Nazareth Session 2 (grades 7-9)

Wednesday, July 8th

* 6:00 PM Book Study w/ Fr. Hector - Participate in person or via live stream ("The Screwtape Letters" by C.S. Lewis)
7:00 PM Paraklesis to St. Paisios
* Virtual Camp Nazareth Session 2 (grades 7-9)

Thursday, July 9th

• 10:00 AM Women's Virtual Orthodox Book Study
* Virtual Camp Nazareth Session 2 (grades 7-9)

Friday, July 10th

• 9:00 AM Paraklesis to The Theotokos
* Virtual Camp Nazareth Session 2 (grades 7-9)

Saturday, July 11th

• 7:00 PM Vespers

Bereavement

Orania Kanteres, mother of parishioners
Valerie Sabourin & grandmother of
Jacqueline Eyster



Upcoming Events:

***VIRTUAL CAMP NAZARETH 2020**

Session 2 (Grades 7-9) - July 5 - 10

Session 3 (Grades 10-12) - July 12 - 17

***Wednesday Evening Book Study w/ Fr. Hector**

A New Book: "The Screwtape Letters"
By C. S. Lewis

Know your enemy in the battle of good vs. evil.

Wednesday evenings from 6:00-7:00 PM

In the Church Nave

Come in person or view the live stream on the Annunciation YouTube Page.

Green Phase Reminders:

- Sign-ups no longer required to attend services.
- The first 125 worshippers will be permitted in the Nave and Balcony. All others will be directed to Philoptochos Hall to participate through the live stream.
- Masks must be worn (10 years and older)
- No age restrictions in the Green Phase.

Liturgical Reminder:

Sunday Worship Attire

† Please remember that during the warm weather months, entering the sanctuary is still a sacred experience which our preparation and attire should reflect.

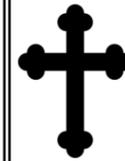
† Let us honor God with our modesty and piety.

† "Holiness befits Your house, O Lord, forevermore" (Psalm 93:5).

Prayer Requests

Kostantinos Sofillas	Peter
Michael Thomas Pappas	Harper Morgan
Les & Kay Weiner	Rachel
Taylor	Zach Fox
Manoli	Nick Gianopoulos
Ian	John Drybred

ANNUNCIATION GREEK ORTHODOX CHURCH, LANCASTER, PA



SUNDAY, July 5, 2020 — 4th Sunday of Matthew

Athanasios of Mount Athos, Lampadus the Wonderworker

Kyprianos the New Martyr

Orthros Mode: Third

Liturgy Epistle: Galatians 5: 22-26; 6:1-2

Orthros Gospel: Luke 24: 1-12

Liturgy Gospel: Matthew 8: 5-13



Saint Athanasios of Mt. Athos

Athanasius was born in Trebizond of God-fearing parents. He became orphaned at an early age but, by the Providence of God, a commander took him under his care and brought him to Constantinople to be educated. Having completed his education, Athanasius withdrew into the desert of Maleinos near Athos, the Holy Mountain, where he lived the life of an ascetic as a disciple of the then renowned Michael Maleinos. Desiring a more difficult life of mortification, Athanasius settled on Holy Mt. Athos to live in silence. But many who were desirous of a life of asceticism began to gather around him and, therefore, he was compelled to build his famous Lavra [monastery].

Countless temptations befell Athanasius both from demons and from men but he, as a brave soldier of Christ, resisted and conquered all by his immeasurable meekness and continual prayer to the Living God. Filled with the Grace of God, Athanasius was made worthy to see the All-holy Birth-giver of God who miraculously brought forth water from a rock and promised that she would also be the abbess. In work and in prayer, Athanasius surpassed his brethren and loved all with the love a spiritual father and shepherd.

Death came to Athanasius unexpectedly. At one time, he with six other monks, climbed upon a newly built vestibule of the church to inspect the wall which was being constructed and the wall caved in on them and buried them. Thus, this great beacon of monasticism died in the year 980 A.D. Many times following his death Athanasius appeared to his brethren either to comfort them or to reprimand them.

The Prologue of Ohrid, Vol. 2, p. 20

WELCOME TO ALL VISITORS

We welcome our non-Orthodox friends and neighbors at all the liturgical services with a reminder that Holy Communion may be received only by *prepared* Orthodox Christians. Please sign the Visitor's Registry in the Narthex if you wish to be contacted by the priest.

Father Hector Firoglanis, Pastor
Father Theodosios Palis, Assistant Pastor; Father Alexander Veronis, Pastor Emeritus

www.annunciationorthodox.org

Liturgy Epistle & Gospel Readings in Greek & English

Gal. 5:22-26; 6:1-2

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Mt. 8:5-13

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And he said to him, "I will come and heal him." But the centurion answered him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, he marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

Γα 5:22-26; 6:1-2

Ἀδελφοί, ὁ καρπὸς τοῦ Πνεύματός ἐστιν ἀγάπη, χαρὰ, εἰρήνη, μακροθυμία, χρηστότης, ἀγαθωσύνη, πίστις, πραότης, ἐγκράτεια· κατὰ τῶν τοιούτων οὐκ ἔστι νόμος. Οἱ δὲ τοῦ Χριστοῦ τὴν σάρκα ἐσταύρωσαν σὺν τοῖς παθήμασι καὶ ταῖς ἐπιθυμίαις. Εἰ ζῶμεν πνεύματι, πνεύματι καὶ στοιχῶμεν. Μὴ γινώμεθα κενόδοξοι, ἀλλήλους προκαλούμενοι, ἀλλήλοις φθονοῦντες. Ἀδελφοί, ἐὰν καὶ προληφθῇ ἄνθρωπος ἐν τινι παραπτώματι, ὑμεῖς οἱ πνευματικοὶ καταρτίζετε τὸν τοιοῦτον ἐν πνεύματι πραότητος· σκοπῶν σεαυτὸν, μὴ καὶ σὺ πειρασθῆς. Ἀλλήλων τὰ βάρη βαστάζετε, καὶ οὕτως ἀναπληρώσατε τὸν νόμον τοῦ Χριστοῦ.

Ματ η´ 5 - 13

Τῷ καιρῷ ἐκείνῳ, ἐλθόντι τῷ Ἰησοῦ εἰς Καπερναοὺμ προσῆλθεν αὐτῷ ἑκατόνταρχος παρακαλῶν αὐτὸν καὶ λέγων· Κύριε, ὁ παῖς μου βέβληται ἐν τῇ οἰκίᾳ παραλυτικός, δεινῶς βασανιζόμενος. καὶ λέγει αὐτῷ ὁ Ἰησοῦς· Ἐγὼ ἐλθὼν θεραπεύσω αὐτόν. καὶ ἀποκριθεὶς ὁ ἑκατόνταρχος ἔφη· Κύριε, οὐκ εἰμι ἰκανὸς ἵνα μου ὑπὸ τὴν στέγην εἰσέλθῃς· ἀλλὰ μόνον εἶπε λόγῳ, καὶ ἰαθήσεται ὁ παῖς μου. καὶ γὰρ ἐγὼ ἄνθρωπος εἰμι ὑπὸ ἐξουσίαν, ἔχων ὑπ' ἑμαυτὸν στρατιώτας, καὶ λέγω τούτῳ, πορεύθητι, καὶ πορεύεται, καὶ ἄλλῳ, ἔρχου, καὶ ἔρχεται, καὶ τῷ δούλῳ μου, ποιήσον τοῦτο, καὶ ποιεῖ. ἀκούσας δὲ ὁ Ἰησοῦς ἐθαύμασε καὶ εἶπε τοῖς ἀκολουθοῦσιν· Ἀμὴν λέγω ὑμῖν, οὐδὲ ἐν τῷ Ἰσραὴλ τοσαύτην πίστιν εὔρον. λέγω δὲ ὑμῖν ὅτι πολλοὶ ἀπὸ ἀνατολῶν καὶ δυσμῶν ἤξουσιν καὶ ἀνακλιθήσονται μετὰ Ἀβραὰμ καὶ Ἰσαὰκ καὶ Ἰακώβ ἐν τῇ βασιλείᾳ τῶν οὐρανῶν, οἱ δὲ υἱοὶ τῆς βασιλείας ἐκβληθήσονται εἰς τὸ σκότος τὸ ἐξώτερον· ἐκεῖ ἔσται ὁ κλαυθμὸς καὶ ὁ βρυγμὸς τῶν ὀδόντων. καὶ εἶπεν ὁ Ἰησοῦς τῷ ἑκατοντάρχῳ· Ὑπάγε, καὶ ὡς ἐπίστευσας γενηθήτω σοι. καὶ ἰάθη ὁ παῖς αὐτοῦ ἐν τῇ ὥρᾳ ἐκείνῃ.

Apolitikia Hymns of the Day in English & Greek

1. RESURRECTION APOLYTIKION

(3rd Mode)

Let the heaven rejoice,
and let things on earth be glad,
for the Lord has worked powers with His arm;

He has trampled upon death by death;
He has become the first born of the dead.
From the bowels of Hades has

He delivered us,
and has granted great mercy to the world.

2. APOLYTIKION OF ST. ATHANASIOS

(3rd Mode)

Angelic hosts on high were filled with wonderment, seeing your life in the flesh: how with your body you courageously went out to wrestle with invisible foes; and to the demonic hordes you inflicted serious wounds. Therefore, Athanasios, you received from the Master Christ, a wealth of gifts. Holy Father, intercede on our behalf with Christ our God, to save our souls.

3. HYMN OF OUR CHURCH (4th Mode)

Today is the beginning of our salvation,
and the revelation of the mystery of ages.
The Son of God becomes the Son
of the Virgin and Gabriel proclaims
this gift from God. Together with him we cry
out to You, O Theotokos: "Hail thou full of
grace, the Lord is with you."

4. KONTAKION (2nd Mode)

O Protection of Christians unshamable,
Intercessor to our Holy Maker, unwavering,
Please reject not the prayerful cries of those
who are in sin. Instead, come to us, for you are
good; Your loving help bring unto us,
Who are crying in faith to you: Hasten to
intercede and speed now to supplicate,
As a protection for all time,
Theotokos, for those who honor you.

1. ΑΝΑΣΤΑΣΙΜΟ ΑΠΟΛΥΤΙΚΙΟΝ (Ηχ. Γ')

Εὐφραινέσθω τὰ οὐράνια,
ἀγαλλιάσθω τὰ ἐπίγεια,
ὅτι ἐποίησε κράτος, ἐν βραχίονι
αὐτοῦ ὁ Κύριος. Ἐπάτησε τῷ θανάτῳ
τὸν θάνατον, πρωτότοκος τῶν νεκρῶν
ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο
ἡμᾶς καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

2. ΑΠΟΛΥΤΙΚΙΟΝ ΑΓ. ΑΘΑΝΑΣΙΟΥ (Ηχ. Γ)

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν,
Ἄγγελων τάγματα, πῶς μετὰ σώματος, πρὸς
ἀοράτους συμπλοκάς, ἐχώρησας πανεύφημε,
καὶ κατετραυμάτισας, τῶν δαιμόνων, τὰς
φάλαγγας· ὅθεν Ἀθανάσιε, ὁ Χριστὸς σε
ἠμείψατο, πλουσίαις δωρεαῖς· Διὸ Πάτερ,
πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς
ψυχὰς ἡμῶν.

3. ΑΠΟΛΥΤΙΚΙΟΝ ΤΟΥ ΝΑΟΥ (Ηχ. Δ)

Σήμερον τῆς σωτηρίας ἡμῶν τό Κεφάλαιον,
καὶ τοῦ ἀπ' αἰῶνος Μυστηρίου ἡ φανέρωσις·
ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται,
καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ
ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν·
Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

4. KONTAKION (Ηχ. Β)

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε,
μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε,
μὴ παρίδῃς ἀμαρτωλῶν δεήσεων φωνάς·
ἀλλὰ πρόφθασον ὡς ἀγαθὴ,
εἰς τὴν βοήθειαν ἡμῶν,
τῶν πιστῶς κραυγαζόντων σοι·
τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς
ἰκεσίαν, ἡ προστατεύουσα ἀεὶ,
Θεοτόκε τῶν τιμῶντων σε.