

Sunday, June 28th

- 8:15 AM Orthros
- 9:30 AM Divine Liturgy
- 11:30 AM Virtual Coffee Hour
- 7:30 PM Final JOY Zoom Meeting
- * *Virtual Camp Nazareth Session 1 (grades 2-7)*

To Join any Parish Online Ministry, sign up at:
annunciationorthodox.org/signups/

Monday, June 29th Apostles Peter & Paul

- 8:30 AM Orthros
- 9:30 AM Divine Liturgy
- 7:00 PM OCF & YA Potluck @ Long's Park
- * *Virtual Camp Nazareth Session 1 (grades 2-7)*

Tuesday, June 30th Synaxis of the 12 Apostles

- 8:15 AM Orthros
- 9:30 AM Divine Liturgy
- * *Virtual Camp Nazareth Session 1 (grades 2-7)*

Wednesday, July 1st

- 7:00 PM Paraklesis
- * *Virtual Camp Nazareth Session 1 (grades 2-7)*

Thursday, July 2nd

- 9:30 AM-11:30 AM Crisis Relief Food Distribution
- * *Virtual Camp Nazareth Session 1 (grades 2-7)*

Friday, July 3rd

- 9:00 AM Paraklesis to The Theotokos
- * *Virtual Camp Nazareth Session 1 (grades 2-7)*

Saturday, July 4th

- 7:00 PM Vespers

Upcoming Events:

1) Scholarship Forms are available through the Church Office. AHEPA has extended deadline for submission to **July 2nd**.

Please **submit online only** to George Ioannidis @ Vyzantio@aol.com (Mailed forms will not be accepted).

2) VIRTUAL CAMP NAZARETH 2020

***Session 1 (Grades 2-7) - June 28 - July 3**

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

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

Green Phase Reminders:

- **Sign-ups no longer required**
- **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).

ANNUNCIATION GREEK ORTHODOX CHURCH, LANCASTER, PA



SUNDAY, June 28, 2020

Orthros Mode: Second
Liturgy Epistle: Romans 5: 1-10

3rd Sunday of Matthew

Orthros Gospel: Mark 16: 9-20
Liturgy Gospel: Matthew 6: 22-33



Holy Humility is Complete Trust in God

Complete trust in God-That's what holy humility is. Complete obedience to God, without protest, without reaction, even when some things seem difficult and unreasonable. Abandonment to the hands of God. The words we repeat during the Divine Liturgy say it all: "Let us commend our whole life to Christ our God." The secret prayer of the priest says the same things: "We commend our whole life and hope to You, O loving Master, and we entreat You and beseech You and supplicate You..." To You, O Lord, we leave everything. That is what trust in God is. This is holy humility. This is what transfigures a person and makes him a "God-man."

The humble person is conscious of his inner state and, however unsightly it is, he does not lose his personality. He knows he is sinful and is grieved by the fact, but he does not despair and does not annihilate himself. The person who possesses holy humility does not speak at all, that is, he doesn't react. He accepts to be criticized and rebuked by others, without getting angry and defending himself. He does not lose his equilibrium. The opposite happens with the egotist, the person who has a sense of inferiority. To begin with he seems to be humble, but if he is goaded a little, he immediately loses his calm and is irritated and upset.

The humble person believes that all things depend on Christ and that Christ gives His grace, and in that way he makes progress. The person who possesses holy humility lives even now in the earthly uncreated Church. He always has the joy of Christ, even in most displeasing circumstances. We see this in the lives of the saints.

Excerpt from Wounded by Love, The Life & Wisdom of St. Porphyrios



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

♦ Saints that we celebrate today:

- Finding of the Relics of Cyrus and John the Unmercenarys
- Pappias the Martyr
- Righteous Fathers Sergius and Herman, Founders of Valaam Monastery
- Synaxis of the Icon of our Most Holy Lady the Theotokos
- Paul the Physician of Corinth
- Sergios the Magister

Liturgy Epistle & Gospel Readings in Greek & English

St. Paul's Letter to the Romans 5:1-10

Brethren, glory and honor and peace for every one who does good, the Jew first and also the Greek. For God shows no partiality. All who have sinned without the law will also perish without the law, and all who have sinned under the law will be judged by the law. For it is not the hearers of the law who are righteous before God, but the doers of the law who will be justified. When Gentiles who have not the law do by nature what the law requires, they are a law to themselves, even though they do not have the law. They show that what the law requires is written on their hearts, while their conscience also bears witness and their conflicting thoughts accuse or perhaps excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus.

The Gospel According to Matthew 6:22-33

At that time, as Jesus walked by the Sea of Galilee, he saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And he said to them, "Follow me, and I will make you fishers of men." Immediately they left their nets and followed him. And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. Immediately they left their boat and their father, and followed him. And he went about all Galilee, teaching in their synagogues and preaching the gospel of the kingdom and healing every disease and every infirmity among the people.

Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου τὸ Ἀνάγνωσμα 5:1-10

Ἀδελφοί, δικαιοθέντες ἐκ πίστεως εἰρήνην ἔχομεν πρὸς τὸν Θεὸν διὰ τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὗ καὶ τὴν προσαγωγὴν ἐσχήκαμεν τῇ πίστει εἰς τὴν χάριν ταύτην ἐν ἣ ἐστήκαμεν, καὶ καυχώμεθα ἐπ' ἐλπίδι τῆς δόξης τοῦ Θεοῦ. Οὐ μόνον δέ, ἀλλὰ καὶ καυχώμεθα ἐν ταῖς θλίψεσιν, εἰδότες ὅτι ἡ θλίψις ὑπομονὴν κατεργάζεται, ἡ δὲ ὑπομονὴ δοκιμὴν, ἡ δὲ δοκιμὴ ἐλπίδα· ἡ δὲ ἐλπίς οὐ κατασχύνει, ὅτι ἡ ἀγάπη τοῦ Θεοῦ ἐκκέχυται ἐν ταῖς καρδίαις ἡμῶν διὰ Πνεύματος ἁγίου τοῦ δοθέντος ἡμῖν· ἔτι γὰρ Χριστὸς ὄντων ἡμῶν ἀσθενῶν ἔτι κατὰ καιρὸν ὑπὲρ ἀσεβῶν ἀπέθανεν. Μόλις γὰρ ὑπὲρ δικαίου τις ἀποθανεῖται· ὑπὲρ γὰρ τοῦ ἀγαθοῦ τάχα τις καὶ τολμᾷ ἀποθανεῖν· συνίστησιν δὲ τὴν ἑαυτοῦ ἀγάπην εἰς ἡμᾶς ὁ Θεὸς ὅτι ἔτι ἁμαρτωλῶν ὄντων ἡμῶν Χριστὸς ὑπὲρ ἡμῶν ἀπέθανεν. Πολλῶ οὖν μᾶλλον δικαιοθέντες νῦν ἐν τῷ αἵματι αὐτοῦ σωθησόμεθα δι' αὐτοῦ ἀπὸ τῆς ὀργῆς. Εἰ γὰρ ἐχθροὶ ὄντες καταλλάγημεν τῷ Θεῷ διὰ τοῦ θανάτου τοῦ υἱοῦ αὐτοῦ, πολλῶ μᾶλλον καταλλαγέντες σωθησόμεθα ἐν τῇ ζωῇ αὐτοῦ.

Ἐκ τοῦ Κατὰ Ματθαῖον 6:22-33 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ὁ λύχνος τοῦ σώματός ἐστιν ὁ ὀφθαλμός· ἐὰν οὖν ὁ ὀφθαλμός σου ἀπλοῦς ᾖ, ὅλον τὸ σῶμά σου φωτεινὸν ἔσται· ἐὰν δὲ ὁ ὀφθαλμός σου πονηρὸς ᾖ, ὅλον τὸ σῶμά σου σκοτεινὸν ἔσται. εἰ οὖν τὸ φῶς τὸ ἐν σοὶ σκότος ἐστί, τὸ σκότος πόσον; Οὐδεὶς δύναται δυσὶ κυρίοις δουλεύειν· ἢ γὰρ τὸν ἓνα μισήσει καὶ τὸν ἕτερον ἀγαπήσει, ἢ ἐνὸς ἀνθέξεται καὶ τοῦ ἑτέρου καταφρονήσει· οὐ δύνασθε Θεῷ δουλεύειν καὶ μαμωνᾷ. Διὰ τοῦτο λέγω ὑμῖν, μὴ μεριμνᾶτε τῇ ψυχῇ ὑμῶν τί φάγητε καὶ τί πίνητε, μηδὲ τῷ σώματι ὑμῶν τί ἐνδύσησθε· οὐχὶ ἡ ψυχὴ πλεῖόν ἐστιν τῆς τροφῆς καὶ τὸ σῶμα τοῦ ἐνδύματος; ἐμβλέψατε εἰς τὰ πετεινὰ τοῦ οὐρανοῦ, ὅτι οὐ σπεύρουσιν οὐδὲ θερίζουσιν οὐδὲ συνάγουσιν εἰς ἀποθήκας, καὶ ὁ πατὴρ ὑμῶν ὁ οὐράνιος τρέφει αὐτά· οὐχ ὑμεῖς μᾶλλον διαφέρετε αὐτῶν; τίς δὲ ἐξ ὑμῶν μεριμνῶν δύναται προσθεῖναι ἐπὶ τὴν ἡλικίαν αὐτοῦ πῆχυν ἓνα; καὶ περὶ ἐνδύματος τί μεριμνᾶτε; καταμάθετε τὰ κρίνα τοῦ ἀγροῦ πῶς αὐξάνει· οὐ κοπιᾷ οὐδὲ νήθει· λέγω δὲ ὑμῖν ὅτι οὐδὲ Σολομῶν ἐν πάσῃ τῇ δόξῃ αὐτοῦ περιεβάλετο ὡς ἐν τούτων. Εἰ δὲ τὸν χόρτον τοῦ ἀγροῦ, σήμερον ὄντα καὶ αὔριον εἰς κλίβανον βαλλόμενον, ὁ Θεὸς οὕτως ἀμφιένυσσιν, οὐ πολλῶ μᾶλλον ὑμᾶς, ὀλιγόπιστοι; μὴ οὖν μεριμνήσητε λέγοντες, τί φάγωμεν ἢ τί πίωμεν ἢ τί περιβαλώμεθα; πάντα γὰρ ταῦτα τὰ ἔθνη ἐπιζητεῖ· οἶδεν γὰρ ὁ πατὴρ ὑμῶν ὁ οὐράνιος ὅτι χρήζετε τούτων ἀπάντων. ζητεῖτε δὲ πρῶτον τὴν βασιλείαν τοῦ Θεοῦ καὶ τὴν δικαιοσύνην αὐτοῦ, καὶ ταῦτα πάντα προστεθήσεται ὑμῖν.

Apolitikia Hymns of the Day in English & Greek

1. RESURRECTION APOLYTIKION (2nd Mode)

When You descended unto death, O Life Immortal, then You slayed Hades with the lighting of Your Divinity. And when You also raised the dead out of the nether world, all the powers of the heavens were crying out: O Giver of life, Christ our God, glory be to You."

2. 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."

3. 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. ΑΝΑΣΤΑΣΙΜΟΝ ΑΠΟΛΥΤΙΚΙΟΝ (Ἦχ. Β)

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλόανθρωπε.

2. ΑΠΟΛΥΤΙΚΙΟΝ ΤΟΥ ΝΑΟΥ (Ἦχ. 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.

3. ΚΟΝΤΑΚΙΟΝ (Ἦχ. Β)

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