

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XVIII

Number 39

29 May / 11 June 2017
FIRST SUNDAY AFTER PENTECOST
Sunday of All Saints (Tone 8)

SERVICES THIS WEEK

1ST SUNDAY AFTER PENTECOST: All Saints

Saturday, 10 June (28 May, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 11 June (29 May, o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy;
Trapeza (coffee hour)

2ND SUNDAY AFTER PENTECOST

All Saints who have shone forth in Russia

Saturday, 17 June (4 June, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 18 June (5 June, o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy;
Trapeza (coffee hour)
12:30 PM Parish Council Meeting

SCRIPTURE READINGS THIS WEEK Week of 11 June

<i>Su</i>	1st Sunday after Pentecost: Sunday of All Saints	
	<i>Vespers Paramia:</i> (1) Isaiah 43:9-14a • (2) Wisdom 3:1-9 • (3) Wisdom 5:15-6:3	
	<i>1st Resurrectional Matins Gospel:</i> Matt. §116 [28:16-20]	
	Heb. §330 (11:33-12:2a)	Matt. §38 (10:32-33, 37-38; 19:27-30)
2ND WEEK after PENTECOST		
<i>M</i>	Rom. §83 (2:28-3:18)	Mt §19 (6:31-34;7:9-11)
<i>Tu</i>	Rom. §86 (4:4-12)	Matt. §22 (7:15-21)
<i>W</i>	Rom. §87 (4:13-25)	Matt. §23 (7:21-23)
<i>Th</i>	Rom. §89 (5:10-16)	Matt. §27 (8:23-27)
<i>F</i>	Rom. §90 (5:17-6:2)	Matt. §31 (9:14-17)
<i>Sa</i>	Rom. §84 (3:19-26)	Matt. §20 (7:1-8)
<i>Su</i>	2nd Sunday after Pentecost: All Saints of Russia	
	<i>Vespers Paramia:</i> (1) Isaiah 43:9-14a • (2) Wisdom 3:1-9 • (3) Wisdom 5:15-6:3	
	<i>2nd Resurrectional Matins Gospel:</i> Mark §70 (16:1-8)	
	Rom. §81a (2:10-16)	Matt. §9 (4:18-23)
	Heb §330 (11:33-12:2a)	Mt §10 (4:25-5:12a)

FASTING DAYS THIS WEEK Week of 11 June

Day of Week	Date	Commemoration and Type of Fast
<i>Monday</i>	12 June (30 May, o.s.)	St Isaac of Constantinople Normal Fast Day (<i>No oil</i>)
<i>Tuesday</i>	13 June (31 May, o.s.)	Apostle Hermas of the Seventy Fast: wine, & oil permitted
<i>Wednesday</i>	14 June (1 June, o.s.)	St Justin the Philosopher Normal Fast Day (<i>No oil</i>)
<i>Thursday</i>	15 June (2 June, o.s.)	St Nicephorus Fast: wine, & oil permitted
<i>Friday</i>	16 June (3 June, o.s.)	Martyr Lucillian & those with him Normal Fast Day (<i>No oil</i>)
<i>Saturday</i>	17 June (4 June, o.s.)	St Metrophanes Fast: fish, wine, & oil permitted
<i>Sunday</i>	18 June (5 June, o.s.)	Hieromartyr Dorotheus of Tyre Fast: fish, wine, & oil permitted

NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

Week of 4 June

Birthdays – 7th: Oleg Kostin; 10th: Gabriel O'Brien; Edmund Titus.

Baptism Anniversaries – 7th: Sbdcn Daniel Lieuwen (1993)

Wedding Anniversaries – 10th: David & Gulya Seneko.

Fallen Asleep in the Lord – 10th: Abraham Zimmerman (+2015).

Week of 11 June

Namedays – 14th: (St Justin Martyr): Justin Neidig, Justin Whitacre.

Birthdays – 13th: Michael Golikov; 17th: Timothy Morrow.

Baptism Anniversaries – 16th: Cliff Paul Brangwynne (2007).

Wedding Anniversaries – 17th: Sbdcn Philip & Jennifer Mary Hotz (1989).

THE REST OF JUNE

Namedays – 18th: (St Igor of Chernigov): Igor Artemov; 25th: (St Anna of Kashin): Anna Morin-Szydowski.

Birthdays – 18th: James Whitacre; 20th: Reader Nicolas Schidlovsky, Katharine Markevich; 22nd: Sergey Efuni, Jr., Evgeny Efuni; 23rd: Joanna Kostin; 24th: Gabrielle Komleski.

THIS WEEK'S ANNOUNCEMENTS

The Parish Council usually meets on the second Sunday of the month during coffee hour. Because a few of our Parish Council members will be attending Timmy Morrow's Senior Piano Recital this afternoon, Father David has tentatively postponed the Meeting until next Sunday. All parish council members are asked to let Father know if they can be available to attend the Meeting next Sunday at coffee hour.

The Apostles' Fast begins tomorrow. This Fast is also called the Fast of Ss Peter and Paul, or sometimes simply St Peter's Fast. It is the only one of the four Fasting periods that is variable in length. It varies in length because, although the Fast always ends with the Feast of the Apostles Peter and Paul on 12 July (29 June, o.s.), it's initial day is the Monday following All Saint's Sunday, a day that varies with the movable date of Pascha. So the Apostles' Fast can vary in length from as little as eight days to as many as forty-two days, depending on whether Pascha falls late or early. The earliest date the Fast can begin is 31 May (18 May, o.s.), when Pascha falls on 4 April (22 March, o.s.). The latest date the Fast can begin is 4 July (21 June, o.s.), when Pascha falls on 8 May (25 April, o.s.).

This year the Apostles' Fast lasts exactly 30 days, one month, from 12 June, n.s., through 11 July, n.s..

Wisdom on Fasting

'Do you fast? Then feed the hungry, give drink to the thirsty, visit the sick, do not forget the imprisoned, have pity on the tortured, comfort those who grieve and who weep, be merciful, humble, kind, calm, patient, sympathetic, forgiving, reverent, truthful and pious, so that God might accept your fasting and might plentifully grant you the fruits of repentance.

'It is necessary most of all for one who is fasting to curb anger, to accustom himself to meekness and condescension, to have a contrite heart, to repulse impure thoughts and desires, to examine his conscience, to put his mind to the test and to verify what good has been done by us in this or any other week, and which deficiency we have corrected in ourselves in the present week. This is true fasting.

'Fasting of the body is food for the soul... As bodily food fattens the body, so fasting strengthens the soul; imparting it an easy flight, it makes it able to ascend on high, to contemplate lofty things and to put the heavenly higher than the pleasant and pleasurable things of life.

'Fasting is wonderful, because it tramples our sins like a dirty weed, while it cultivates and raises truth like a flower.'

~ St John Chrysostom

THE APOSTLES' FAST

The Apostles' Fast begins on the Monday after Sunday of All Saints and lasts until the Feast of the holy Apostles Peter and Paul (29 June / 12 July). The Fast varies in length according to the date of Holy Pascha. By increased prayer, fasting, and almsgiving we prepare ourselves during the Fast to celebrate with joy the Feast of the holy Apostles. This Lent also enables us to restore somewhat the spiritual sobriety that perhaps diminished during the feasting of Paschaltide and Pentecost Week.

Russian and Greek practice differ slightly in the mitigation of fasting on certain days during the Nativity and Apostles' Fasts. We give here the usual Russian Rules of fasting during the Fast of the Holy Apostles:

We fast on *Mondays, Wednesdays, and Fridays* during the Saints Peter and Paul Lent as we should on other Wednesdays and Fridays of the year. We reduce the quantity of food we eat by taking small portions at meals and abstaining from all food between meals. The practice of the early Christians was to eat only one meal on a fast day and we would do well to imitate them. When we do eat, we reduce the quality of the food eaten by abstaining from meat, meat products, eggs, dairy products, fish, wine, and oil.

On the *Tuesdays and Thursdays* during this Lenten period, our fasting is less strenuous. We abstain from meat and other animal products, but wine and oil are permitted.

Because the occurrence of greater Saints' Days frequently brings a further mitigation of the fast from the general rules specified above, it is important to consult an annual Orthodox calendar to find the correct fasting regimen for a particular weekday.

On *Saturdays and Sundays* of the Apostles' Fast, fasting is further relaxed. Orthodox Christians eat no meat or other animal products on these days, but fish, wine, and oil are allowed.

