

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

WEEKLY BULLETIN

Volume XVI

Numbers 46 & 47

20 July / 2 August 2015

THE NINTH SUNDAY AFTER PENTECOST (*Tone 8*)

The Holy Glorious Prophet Elijah

SERVICE SCHEDULE FOR THE NEXT TWO WEEKS

9th SUNDAY after PENTECOST (*Tone 8*)

Holy Prophet Elias

Saturday, 1 August (19 July o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 2 August (20 July, o.s.)

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

10th SUNDAY after PENTECOST (*Tone 1*)

Great-martyr & Healer Panteleimon

Saturday, 25 July (12 July o.s.)

6:00 *No Vigil Service at St Elizabeth's*

Sunday, 26 July (13 July, o.s.)

9:30 AM *No Divine Liturgy at St Elizabeth's*

11th SUNDAY after PENTECOST (*Tone 2*)

Venerable Isaac, Dalmatus, and Faustus

Saturday, 15 August (2 August o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 16 August (3 August, o.s.)

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

SCRIPTURE READINGS FOR THE NEXT TWO WEEKS

Su	9th Sunday after Pentecost	
	<i>9th Resurrectional Matins Gospel: John §65 (20:19-31)</i>	
	1 Cor. §128 (3:9-17)	Matt. §59 (14:22-34)
10TH WEEK after PENTECOST		
<i>M</i>	1 Cor. §159 (15:12-19)	Matt. §84 (21:18-22)
<i>Tu</i>	1 Cor. §161 (15:29-38)	Matt. §85 (21:23-27)
<i>W</i>	1 Cor. §165 (16:4-12)	Matt. §86 (21:28-32)
<i>Th</i>	2 Cor. §167 (1:1-7)	Matt. §88 (21:43-46)
<i>F</i>	2 Cor. §169 (1:12-20)	Matt. §91 (22:23-33)
<i>Sa</i>	Rom. §119 (15:30-33)	Matt. §73 (17:24-18:4)
Su	10th Sunday after Pentecost	
	<i>10th Resurrectional Matins Gospel: John §66 (21:1-14)</i>	
	1 Cor. §131 (4:9-16)	Matt. §72 (17:14-23a)
11TH WEEK after PENTECOST		
<i>M</i>	2 Cor. §171 (2:3b-15a)	Matt. §94 (23:13-22)
<i>Tu</i>	2 Cor. §172 (2:14-3:3)	Matt. §95 (23:23-28)
<i>W</i>	2 Cor. §173 (3:4-11)	Matt. §96 (23:29-39)
<i>Th</i>	2 Cor. §175 (4:1-6)	Matt. §99 (24:13-28)
<i>F</i>	2 Cor. §177 (4:13-18)	Mt §100 (24:27-33, 42-51)
<i>Sa</i>	1 Cor. §123 (1:3-9)	Matt. §78 (19:3-12)
Su	11th Sunday after Pentecost	
	<i>11th Resurrectional Matins Gospel: John §67 (21:15-25)</i>	
	1 Cor. §141 (9:2b-12)	Matt. §77 (18:23-35)

NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

THE LAST TWO WEEK

Namedays – July 24th (St Olga): Olga Welsh; 25th (St Veronica): Veronica Whitacre; 26th (Archangel Gabriel): Gabriel O'Brien; 29th (Martyr Valentina): Valentina Babitsch, Valentina Golikova; 30th (Great-Martyr Marina): Marina Kamensky (Golikova); August 1st (St Seraphim of Sarov): Seraphima Morrow.

Birthdays – July 22nd: Juliana Bibas; 29th: Jennifer Mary Hotz.

Wedding Anniversaries – July 22nd: Cliff & Sarah Brangwynne (2007).

THE NEXT TWO WEEKS

Namedays – 4th (St Mary Magdalene): Maria Vishnyakova.

Birthdays – 3rd: Alexei Darenkov, Andrew Welsh; 13th: Mat. Anna Gail Komleski.

THE REST OF AUGUST

FASTING DAYS FOR THE NEXT TWO WEEKS

Day of Week	Date	Commemoration and Type of Fast
<i>Wednesday</i>	5 August (23 July, o.s.)	Pochaev Icon of the Theotokos Fast: wine, & oil permitted
<i>Friday</i>	7 August (25 July, o.s.)	Dormition of St Anna Fast: wine, & oil permitted
<i>Wednesday</i>	12 August (30 July, o.s.)	Apostles Silas & Silvanus Normal Fast Day (<i>No oil</i>)
<i>Friday</i>	14 August (1 Aug, o.s.)	Procession of the Cross Normal Fast Day (<i>No oil</i>)
<i>Saturday</i>	15 August (2 Aug, o.s.)	Protomartyr Stephen Fast: wine, & oil permitted
<i>Sunday</i>	16 August (3 Aug, o.s.)	St Isaac, Dalmatus, & Faustus Fast: wine, & oil permitted

Birthdays – 19th: John Whitacre; 20th: Vassili Golikov; 27th: Elizabeth Bibas, William Patrick Brien; 28th: Andrew O'Brien; 20th: Elena Golikova.

Wedding Anniversaries – 29th: Daniel & Nadezhda Sexton (2010).

THIS WEEK'S ANNOUNCEMENTS

There will be a brief Parish Council Meeting today at coffee hour to consider a policy proposed by our Treasurer, Subdeacon Daniel Lieuwen. The next full Parish Council Meeting will be on the 2nd Sunday of September.

There will be no services at St Elizabeth's Church next weekend 8-9 August 2015. Many of our parishioners are participating in St Seraphim's Camp and Fr David and Matushka Faith will be taking their vacation this next week.

The Dormition Fast begins on 14 August (n.s.) and continues for fourteen days until the Feast of the Dormition of the Mother of God on 28 August (n.s). We eat no animal products (meat, meat products, eggs, and dairy products) throughout the two weeks. The general rules for this period are as follows: weekdays, Monday through Friday are normal fast days; on Saturdays and Sundays, wine and oil are permitted. The only day on which we may eat fish, wine is the Feast of the Transfiguration, 19 August (n.s.).

Proper Confession

Preparation for Confession - by St John of Kronstadt

Before confession, each person must attempt to recall all of his sins, voluntary and involuntary, must attentively go over his life in order, to the extent possible, to recall all of his sins, not only those committed since his last confession, but also those past sins which through forgetfulness have not been confessed. Then, with compunction and with a contrite heart, approach the Cross and the Gospel, and begin to confess your sins.

1. Confess your sins honestly, remembering that you are disclosing them not to a man but to God Himself, Who already knows your sins, but wishes you to admit to them. There is no reason to feel shame before your spiritual father. He is a person just like you. Because he knows human weakness and man's propensity to sin he cannot be your judge. Are you embarrassed before your spiritual father because you are afraid to lose his good opinion of you? To the contrary, your spiritual father will love you all the more, seeing your sincere confession. Moreover, if you are ashamed to disclose your sins to a single spiritual father, then how will you be able to bear the shame if you have not cleansed yourself of your sins through true confession, and those sins are laid open before God Himself, before the angels and before everyone, acquaintance and stranger alike?

2. Confess all of your sins in full, each sin separately. St. John Chrysostom states, "One must not only say: I have sinned, or I am a sinner, but one must declare each form of sin." I.e., one must list each sin. St. Basil the Great states, "Revelation of sins is subject to the same law as the relating of physical ills..." The sinner is spiritually ill, and the spiritual father is a physician or healer. It follows that you must confess or relate your sins to your spiritual father in the same way that a physically ill person relates his symptoms to a physician, thereby hoping to be healed.

3. Do not mention others during confession. Do not complain about anyone, for what kind of confession would that be? Instead of confession, it would be a condemnation, and thus, yet another sin.

4. In confession, do not attempt to justify yourself in any way, blaming weakness, habit, etc. The more you justify yourself during confession, the less you will be justified by God, while the more you denounce, condemn and accuse yourself, the more you will be justified by God.

5. When questioned by your spiritual father, do not say "I do not remember, perhaps I am not guilty of that." God directed us to always be mindful of our sins. In order not to justify ourselves by forgetfulness, we must confess as often as possible. Those who out of carelessness confess infrequently, and as a result forget some of their sins, are themselves to blame, and therefore cannot hope to be absolved of the sins not confessed. Thus it is imperative that we strive to remember all of our sins. If someone is in our debt, we are sure to keep it in mind. Yet we forget our own debt before God! Does this not betray on our part a lack of concern for our soul?

6. Unless asked by the spiritual father, do not talk about sins you have not committed, or about what you have not done. That is to say, do not emulate the Pharisee in the Gospel, who only praised himself, and did not confess his sins; thereby he only caused his condemnation to be greater.

7. We must confess with sorrow and a contrite heart the sins by which we have grieved our Lord God. It is not good that many relate their sins matter-of-factly, without any remorse. They speak as if engaged in some casual conversation. Even worse, some allow themselves to laugh during confession. These are all signs of a lack of repentance. By confessing in this manner, we are not cleansed of sins, but only increase them.

8. Finally, confess your sins with faith in Jesus Christ and with hope in His mercy. Only with faith and hope in Jesus Christ can we receive forgiveness of sins. Without faith, we can in no wise be forgiven. Note the example of Judas the betrayer.

This, then is how we must confess in order to receive from our Lord God remission of sins. "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us of all unrighteousness...." (1 John 1:9)