



THE PROTOMARTYR



*A Weekly Bulletin of St. Stephen Cathedral,
Orthodox Church in America*

8598 Verree Rd, Philadelphia, PA 19111

Dean Father Victor Gorodenchuk

Rectory: (215) 745-3232 Cell: (215) 756-2289

Church: (215) 342-0866

Web Site: www.ststephenscathedral.org

Email: dean@ststephenscathedral.org

JULY 3, 2011

**GLORY TO JESUS CHRIST!
3RD SUNDAY AFTER PENTECOST**

**GLORY FOREVER!
TONE 2**

3rd SUNDAY AFTER PENTECOST — Tone 2. All Saints of Britain and Ireland. Martyr Hyacinth of Cæsarea in Cappadocia (108). Translation of the Relics of Hieromartyr Philip, Metropolitan of Moscow (1652). Ven. Anatoly (Anatolius) of the Kiev Caves (Near Caves—12th c.), and Ven. Anatoly (another), Recluse, of the Kiev Caves (Far Caves—13th c.). St. Vasily, Bishop of Riazan' (1295). Rt. Blv. Princes Vasily and Constantine of Yaroslavl' (13th c.). Ven. John and Longinus, Wonderworkers of Yarensk (Solovétsky Monastery—1544-45). Bl. John of Moscow, Fool-for-Christ (1589). Ven. Nicodim (Nikodemus), Abbot of Kozhenezérsk (1640). Martyrs Diomedes, Eulampius, Asclepiodotus and Golinduc, who suffered with Hyacinth (2nd c.). Martyrs Mocius (Mucian) and Mark (4th c.). St. Alexander, Founder of the "Unsleeping Ones" (ca. 430). St. Anatolius, Patriarch of Constantinople (458). Monk Martyr Gerasimus (1812). Icon of the Most-holy Theotokos, the "MILK-GIVER" of Chilandari Monastery on Mt. Athos.

EPISTLE: Romans 5:1-10

GOSPEL: Matthew 6:22-33

Schedule of services and events of the upcoming week:

Saturday, July 9

Great Vespers 5:00 PM
Confessions

Sunday, July 10

Divine Liturgy (Slavonic) 8:30 AM
Divine Liturgy (Eng) 10 AM

Pastor's Vacation: Fr. Victor will be away with his family from Tuesday, July 5 coming back on Friday, July 8. If there is a pastoral emergency, please contact Fr. Theodore Heckman at (215) 860-9640.

Vacation Church School: Attention to all the parents: our annual Vacation Church School will take place on July 13-15 this summer. We hope that many children of our parish will be able to participate. There is a flyer on the candle desk with registration form that we ask the parents of our Sunday School children to fill out and give to Fr. Victor. We are also in need of counselors to help with younger children. If you will be available on those days and would like to participate, please talk to Fr. Victor or Diane Bender.

Church Picnic: Our annual Church Picnic will take place on Sun. July 17. The tickets are already on sale and we hope that you purchase them ahead of time. Our church picnic was always a successful and memorable event with good food, fellowship and games for children. If anyone would like to help with this event, please talk to Fr. Victor or to the ladies of the Sisterhood. Also we appreciate any monetary donation to be used for purchase of food for this event.

Recent Bequests to Our Cathedral: This past year our parish became a recipient of two bequests from our long time dedicated parishioners that fell asleep in the Lord. Catherine Paulusack, who we remember today on her 1st anniversary of repose, left \$25,000 to our Cathedral to be used for charitable purposes. Also Paul Cholakis, who passed away in August of 2010, left 10% of his estate to St. Stephen's. To date we've received over \$9,000 of that amount and we will dedicate part of this donation to the beautification of the grounds of our Cathedral. We ask you to pray for the repose of Paul and Catherine and all the departed parishioners of St. Stephen who were examples of dedication and love to their parish. May their Memory be Eternal.

Pierogie Making: As we look forward to our Fall Food Festival (tentatively scheduled for Oct. 22), we need to start our preparations for this event. Please join us this coming week on Fri. July 8 and Sat. July 9 for pierogie making. This time we will be doing most of the work on July 9 and are scheduling this date on a Saturday, rather than in the middle of the week in hope that many of our parishioners who regularly cannot attend pierogie making on the weekday will join us on a day when they are off work. Please consider participating in this pierogie making, especially if you didn't get a chance to do it before. Your help will be greatly appreciated.

St. Stephen's OCF Meeting: All members of St. Stephen's Senior OCF are asked to attend a chapter meeting next Saturday, July 9, following Vespers. With the Novogodny Ball only six months away, the planning needs to kick into a higher gear to make the 75th annual Ball a success. Please attend. Anyone interested in the OCF is also invited to come and see.

Video Documentaries on Church Life: On certain Sundays in July and August, following the Divine Liturgy and Coffee Hour, we will watch a documentary related to various aspect of Church life and teaching and will have a discussion. Hope you will be able to join us. Here is a tentative schedule of other seminars that we will hold in the upcoming months:

July 24 & 31: *Mysteries of the Jesus Prayer*

Aug 21: *The Little Mountain*

A Guide for Proper Church Etiquette

Standing in Church

It is the custom of some Orthodox Christians to stand throughout the Divine Liturgy, as well as during other services. Normally we should not be sitting down during the Liturgy except during the sermon or announcements. Even though our church has pews, we should remember that they should not be used whenever we want to relax. Proper posture in the presence of God is to be standing while we pray. Part of our prayer life in the Orthodox Church is overcoming the desires of our body. If properly approached, standing actually is a great help for us in concentrating on prayer, rather than a distraction. Often people find it hard to be standing for a long time if they are new to Orthodox worship, but with time as we get used to this new way of praying, we will realize that it is not as difficult as it seemed at first. Also, if we are truly participating in the prayers of the Liturgy, we will not even notice that we've been standing for a couple of hours. It is always a good idea to pick up a book with the text of the Divine Liturgy that we have in the pew racks to help us follow the prayers of the Church.

There are, of course, exceptions in those cases when someone is infirm and cannot remain standing for a long time. In this case it will not be improper to remain sitting during the services. If you need to sit during the Divine Liturgy, remember to stand at these times: when the Liturgy begins and the priest gives the blessing; during the Little and Great Entrances; when the priest is censing the icons and congregation; during the Gospel reading; at the Anaphora; for Holy Communion; and at the final Blessing.

Special Considerations During Liturgy

o **Refrain from socializing during the Liturgy.** Save your greetings and conversations for the fellowship hall. We are in the Liturgy to greet God with our prayers and worship, not to distract others.

o **Cell phones and texting are never allowed in the church.** If you have a professional reason to carry a phone for emergencies, **keep it on vibrate** and sit near the exit so that leaving for an emergency will not be a distraction to others. **Otherwise, turn off your phone before entering the sanctuary.**

o **Refrain from reserving seats.** Allow others to sit as they come into the church, and especially make room for visitors so they will feel welcome.

o **Lipstick—Do not** wear lipstick while taking Holy Communion, or when kissing the cross, an icon, the priest's or bishop's hand, or any sacred object. It is best not to wear it at all in the church, because of the damage it causes.

o **Leg crossing—**One should not be too casual in the Divine Liturgy. People from some

cultures are offended by the crossing of legs or by arms thrown back over the pew. Keeping your feet on the ground also enables you to remain attentive and to stand when necessary.