

**St. Mary's Orthodox Church**  
**217 First Street – Coaldale Pa 18218-1602**  
**Phone.....570-645-2772**  
**OUR WEBSITE...www.stmarysnativity.org**

Rector: V. Rev. James Weremedic  
Retired Attached: V. Rev Paul Ropitsky  
Choir Director: Wash King

**Sunday, July 11, 2021**  
3<sup>rd</sup> Sunday after Pentecost  
Tone 2

***Glory Be to Jesus Christ!***

***Glory Be Forever!***

All Saints of Britain and Ireland. Finding of the Relics of Saint Hilarion, Archbishop of Verey. Greatmartyr Euphemia the All-praised. Bl. Olga, Princess of Russia). Hieromartyr Cindeus, Presbyter, of Pamphylia.

Tone 2 Troparion

When Thou didst descend to death, O Life immortal,  
Thou didst slay hell with the splendor of Thy Godhead.  
And when from the depths Thou didst raise the dead,  
all the powers of heaven cried out://  
"O Giver of life, Christ our God, glory to Thee!"

Tone 2 Kontakion

Hell became afraid, O almighty Savior,  
seeing the miracle of Thy Resurrection from the tomb!  
The dead arose! Creation, with Adam, beheld this and rejoiced with Thee, //  
and the world, my Savior, praises Thee forever.

Sunday, July 11            9:30 AM – Divine Liturgy  
Sunday, July 18            9:30 AM – Divine Liturgy  
Sunday, July 25            9:30 AM – Divine Liturgy

Candles (July 11)

Flowers/Tetrapod... In memory of Mary Harahuess offered by Sharon Lewis  
7-Day Vigils/Altar... In memory of Marie Weremedic offered by Vera Timko  
Altar Candles... In memory of Alexis Gancasz offered by Jeanne & John Cannon  
Eternal Lamp... In memory of Paul Sheers offered by Ted Bogosh  
Vigil Crosses ... In memory of Mary Harahuess offered by Gary Harahuess  
7-Day Vigils/Tetrapod... For the Health of Matesy Herbert offered by Millie O'Shura  
Decorated Candles/Tetrapod... In memory of Anna & Andrew Harahuess offered by Gary  
Harahuess

If anyone is in need of a priest, please call Father James Weremedic at 570-645-2772.  
Visitation of the Sick and Infirm: If you are going into the hospital for any reason, please inform Fr. James at the Rectory. Emergency Calls: Please call the Rectory (570-645-2772) anytime (day or night) in an emergency.

#### CONFESSION

Confessions have resumed with minor modifications.

Please call the rectory at 570-645-2772 and talk to Father James for a reservation. Call between 9:30 AM and 4:00 PM, Monday through Friday. Individual schedule times will be spread out during the week. Husband and wife can be scheduled together. Anyone wanting to have a confession, but has concerns of COVID-19, should contact Father James to make the appropriate accommodations.

#### Prayer List:

Matushka Lovey Ropitsky, Matushka Lisa Weremedic,  
Andrew Balliet, Michael Birocik, Clark Bogosh, Theodore Bogosh, Emmalyn Naomi Buchanan, Evanna Jane Buchanan, Stephanie Chmel, Raymond Danchak, Ilene Devine, Julia Forte, John King, Michael Kulick, John Kushnir, Olga Kushnir, Nancy Lorchak, MaryAnn Macenka, Mary Maholick, Mildred O'Shura, Anna Pisko, Olga Sidoriak, Martha Stafiniak, Martha Teno, Michael Teno, Elizabeth Warcholak, Russell Wishousky, Russell Yallas, Marie Yurchak.

July Birthdays: 2- Mary Taylor, 11- Geri Vavra, 15- Sami Vavra, 17- Althea Shellock, 20- John Evetushick, 22- Michael Ropitsky

July Wedding Anniversaries: 9- David & Chris King, 16- Dorothy & Joseph Macenka, 18- John & Dorothy King

#### Financials 7/1-4/21:

*Operating Acct:* Candles 36, Altar Candles 60, Offerings 422, Non-Envelope 380, Holy Days 10, Donations 100 = Total \$1,008.00. Cemetery 45, Building Fund 30, Charity Fund 10.

Please continue to keep filling your church envelopes. Thank you!

Please use Amazon Smile when ordering from Amazon. When you shop for gifts or merchandise at [smile.amazon.com](https://smile.amazon.com), Amazon Smile will donate a portion of your eligible purchases to St. Mary's Orthodox Church at no cost to you!

If you have any Redner receipts, please call or get them to Helen King. Please use your Boyer's card when shopping at Boyers; if you need one call Helen King.

---

## REFLECTING, WITH GLORY, THE IMAGE OF GOD

**W**hether we like it or not (and most of us do not!), a mirror does not lie. It always shows us exactly as we are, flaws and all. No matter what our own pre-conceived notions or perceptions of what our appearance may be, a mirror merely reflects our true self.

The Book of Genesis tells us that we have been made “in the image and likeness of God.” In like manner, those who profess to be Christians are said to be “mirror images” of our Lord. In other words, those around us should be able to look at us and see the reflection of Christ. All of our thoughts, words, deeds and feelings should be consistent with His actions. To put it simply, Christ must be constantly visible in us.

It is important to note that this does not happen without effort on our part. To reach the point where we can confidently say that we are “Christ’s reflection” requires a great deal of attention. Only through prayer, fasting, reading the Scriptures and living the Gospel can this be accomplished. We cannot be Christ-like if He does not dwell in our heart!

We must all allow God to mold and shape us into what He wants us to be. We are the masterpiece of His creation - “diamonds in the rough” - waiting to be refined and polished by our Creator. May we all strive to become Christians who truly reflect with glory the image of God that lies deep within us.

*Icon by Fr. Paul Drozdowski – [www.pd-icons.com](http://www.pd-icons.com)*

Silent Prayer before reading the Holy Scripture:

Illumine our hearts, O Master Who lovest mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, Who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen

Romans 5:1-10 (*Epistle*) {July 11, 2021}

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

For when we were still without strength, in due time Christ died for the ungodly. For scarcely for a righteous man will one die; yet perhaps for a good man someone would even dare to die. But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

Matthew 6:22-33 (*Gospel*) {July 11, 2021}

The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.

But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness! No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.

Therefore, I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?

So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore, do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. **But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**

Time Management: an Orthodox Perspective, By Albert Rossi, PhD and Julia Wickes, MA

Parish Ministry Resources - Time Management: an Orthodox Perspective - Orthodox Church in America ([oca.org](http://oca.org))

(continued from last week's insert)

### **Sacrament of the present moment**

Simple awareness of the presence of God is the power within the present moment. The present moment—now—is the only place where God is. He discloses Himself through the reality of the present moment. Nowhere else. This is a mystery we can participate in by simply trying to be aware of His presence.

Awareness, conscious contact with God, is the key.

### **The Prayer of Metropolitan Philaret**

An Orthodox morning prayer by Metropolitan Philaret says: "In unforeseen events let us not forget that *all* are sent by Thee." Here it is helpful to refine exactly what is meant by the idea that God *sends all moments*. God did not send terrorists to fly planes into the World Trade Center in New York City. Rather, God allowed terrorists to fly those planes. What, then, is implied by the *all* in Metropolitan Philaret's prayer? An Orthodox perspective would say that events outside ourselves are subject to God's *allowing* will, and moreover are beyond our understanding. However, by faith we believe and confess that

God sends *all* of the events that pertain to us. All events in our day, even those that we anticipate in a human way, can legitimately be described as “unforeseen,” because they bear a divine potential which is not revealed to us in advance. But even “unforeseen events,” in the most mundane sense of the term—the unforeseen phone call or the inconvenient request—can take on a new meaning, simply because our time is not our own.

Our freedom consists in embracing all that happens to us, exhaustion and all, as a blessing in divine disguise.

### **Making the most of time**

There is a paradox inherent in the Orthodox approach to time. We do not “manage” our time yet we must be prudent and skillful in the way we use our time. We must plan without being a slave of our plans. So, we are back to basics. We need to allow the Lord to flow through us all the time, as best we can. Sometimes we must use the present moment to plan for tomorrow and the long-term future. But, again, it is the Lord doing the planning through us. When we finish the planning we can’t obsess about it or allow the plans to become larger than life. We must be stable in the present moment and flexible enough to change plans as the Lord directs, at a moment’s notice. One saint said she wanted to be a ball on a table top in the hands of the Lord, allowing Him to move her anyway He chose, for His pleasure.

The truth is that we have all the time we need, and abundantly more, to do all that the Lord has us on the planet to do. He gives us our tasks and ministry, and resources with sufficient time. “And my God will supply your every need according to His riches in glory in Christ Jesus.” (Phil 4:19)

We, however, often have other ideas. Enter stress and dissatisfaction. We make our own stress, in large part.

### **Ready for virtually anything**

We can only be ready for virtually anything if we know what else we have to do and choose to not do. Then we can do or not do what appears in the moment, based on a deep intuition of what the Lord is calling for now. All too often we walk through life responding to the “latest and loudest” voice clamoring for our attention.

David Allen in his interesting book, *Ready for Anything*, emphasizes a few key points. We need to have some system where we have written down everything we need to do. These are called projects, anything that requires more than one step to accomplish. We also need a list of next action steps, those things that can be accomplished in one action. These next actions can be grouped into categories that make life better organized. We might group together all the next actions which require a computer, or the phone, or when talking with my boss. Then, when we are at the phone or have a slice of free time, we will know what calls we might or might not make on the spot. All this helps us think less about what we need to do.

The brain is a fine instrument for creative thought but a poor container to remember all the outstanding commitments and projects that are ours. When projects and next actions are written down, and backed up, in some trusted system, we can allow the system to remember for us. For computer users, an external hard drive can serve as a trusted backup system. For those who prefer pen and paper (and this number is growing), a copy should be made of all that is written down. A backup is necessary because we must feel free from the possibility that we wrote down everything we need to do and that list got misplaced, or thrown out with the trash, or mauled by a well-meaning pet.

The idea is to free our mind from worry about commitments we have made with ourselves and others. Then we can use our brain for other things. If we try to keep our commitments in our head, like a computer with too much in the memory, the entire system slows down.

We need to take copious notes and be willing to process and organize these notes at least weekly so we have more freedom in the way we use our time.

To be free in the Lord requires that we are as free as we can be from internal baggage and preoccupation.

David Allen calls this “Mind like water,” that is, a mind ready to receive the next pebble thrown in and naturally allow the ripples to move out.

(Final section to be continued in next week’s insert)