



ARE YOU WILLING TO TRAVEL LIGHT?

Vacation provides us with time away to relax. Before we go on a trip, we may make a list of things to put in our suitcase. Most times we pack so much that it feels like we are not really "getting away from it all" but rather taking it all with us!

A lesson from the Gospel of Luke talks about travelling light. Jesus appointed 70 of His disciples to spread the Good News of the Kingdom of God. They were instructed to go forth to preach, teach and heal. Do you know what Christ said to take with them? "Carry neither money bag, knapsack, nor sandals . . ." (Luke 10:4) These missionaries were instructed to trust in God to provide for them and their needs. They were not to encumber themselves with possessions and worries.

Human nature tends to saddle us all down with lots of unnecessary burdens. While focusing on our problems, we may not be able to see the blessings that are in front of us. Look to the horizon to see the light and hope that God provides us. Pack your luggage light and make your possessions few, since our Lord is there to provide all that we need. Leave all the unneeded things behind, but be sure to take along your faith and courage. Shake off the dust of rejection and failure, instead of carrying them around as baggage.

As Christians, our path is all the same; we continue towards the Kingdom of Heaven. Heed the call of Jesus to travel light and be less dependent on material things. Simplify your life, become more carefree and rejoice in the journey.

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
Reader Hours: Edward Pierson

Sunday, July 9, 2023
Choir Director: Wash King
Reader Epistle: Michael Ropitsky

5th SUNDAY AFTER PENTECOST

Services:

Sunday, July 9 9:30 AM – Divine Liturgy & Fellowship
 Adult Class: "Living with Grief as Orthodox Christians, pages 152-158
Saturday, July 15 5:00 PM – Great Vespers & Confessions
Sunday, July 16 9:30 AM – Divine Liturgy & Fellowship
 Orthodox Family Picnic at Knoebels Amusement Park after Divine Liturgy
Saturday, July 22 5:00 PM – Great Vespers & Confessions
Sunday, July 23 9:30 AM – Divine Liturgy & Fellowship

The FOCA's Orthodox Family Picnic at Knoebels Amusement Park is on Sunday, July 16th. Please let Fr. James know, if you are planning to attend. Also, if anyone wishes to donate towards the cost to help others attend, please do so at the candle desk.

We welcome all our visitors today! We want to let you know that we are so glad you came to pray with us. Please come again; join us after the Divine Liturgy in the Church Hall for Coffee Hour. If you do not have a home church, we invite you to become a part of our Church Family. Only those Orthodox Christians who have properly prepared themselves may approach the Chalice and receive Holy Communion.

Prayer List*:

Fr. James Weremedic, Matushka Lisa Weremedic
Ashley Buchanan and her newborn child, Kasandra Anne
Theodore Bogosh, Elizabeth Brennan, Stephanie Chmel, Ilene Devine, Julia Forte, Michael & Julia Harahus, Karen & Rose Harkins, Nancy King, Olga Kushnir, Anna Marie Mantey, Dorothy & Joseph Macenka, Helen Sheers, Olga Sidoriak, Sonny Skumorucha, Martha Stafiniak, Michael Teno, Elizabeth Warcholak, Russell Wishousky, Russell Yallas, & Marie Yurchak.

*Names will cycle off approximately every 30 days. You may request to have your name or the name of a loved one placed back on the list at any time by contacting Fr. James directly.

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.

Candles (July 9)

Flowers on Tetrapod...In memory of **Mother, Mary Harahuess** offered by daughter, Sharon Lewis
7-day Vigils-Altar...In memory of **Lillian Yelsh** offered by William Yelsh
Altar Candles... In memory of **Alexis Gancasz** offered by Jeanne & John Cannon
Eternal Lamp... In memory of **Mother, Mary Lutash** offered by Raymond & Mary Jo Danchak
Vigil Crosses...In memory of **Aunt Olga Hebda** offered by Raymond & Mary Jo Danchak
7-day Vigils-Tetrapod... In memory of **Kay & Paul Maliniak** offered by William Yelsh
Decorated Candles/Tetrapod- In memory **Mother, Mary Harahuess** offered by daughter, Sharon Lewis

July Birthdays:

11- Geri Vavra, 20- John Evetushick, Anna Pierson, 22- Michael Ropitsky, 23- William Hudak

July Anniversaries:

9- David & Chris King, 16- Joseph & Dorothy Macenka

Financials 7/2/2023: Operating Acct: Weekly offerings \$884, Non-envelope \$284,
Holy Day \$80, Altar Candles \$100, Sunday Candles \$85, Donations \$190, Bookstore \$25

Fellowship Hour Hosts:

| | | | |
|---------|----------------|---------|----------------|
| July 9 | Lena Berezniak | July 16 | Helen King |
| July 23 | Russell King | July 30 | Lena Berezniak |

There is a sign-up sheet for Coffee Hour in the kitchen in the church hall if you would like to host.

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.

Telephone Parishioner Directory

We are developing a 'Parishioner's Telephone Directory' for the use of our members. We ask you to fill out the form and return the following forms to Father James by the end of July. This directory is for the use of the parishioners. Also, we plan to have a section for "Friends of St. Mary's." Those who are friends of St. Mary's should fill out the form and return them to Fr. James by the end of July. Examples are included on the sheet; one form is generic and the other is specific for Fr. James. Any questions, call Fr. James at (570) 645-2772. Additional forms will be in the vestibule.

5th SUNDAY AFTER PENTECOST Tone 4

Hieromartyr Pancratius, Bishop of Taormina in Sicily (1st c.). Hieromartyr Cyril, Bishop of Gortyna in Crete (3rd-4th c.). Martyrs Paternuthius, Coprius, and Alexander the Soldier, in Egypt (4th c.). St. Theodore, Bishop of Edessa (9th c.). St Dionysios the Rhetorician and his disciple Saint Mētrophánēs (Mt. Athos—1606).

Troparion – Tone 4

When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection,

they cast away the ancestral curse and elatedly told the apostles:

“Death is overthrown! Christ God is risen, // granting the world great mercy!”

Kontakion – Tone 4

My Savior and Redeemer

as God rose from the tomb and delivered the earth-born from their chains.

He has shattered the gates of hell, and as Master, // He has risen on the third day!

Romans 10:1-10 (Epistle)

Brethren, my heart's desire and prayer to God for Israel is that they may be saved. For I bear them witness that they have a zeal for God, but not according to knowledge.

For they being ignorant of God's righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness of God.

For Christ is the end of the law for righteousness to everyone who believes.

For Moses writes about the righteousness which is of the law, “The man who does those things shall live by them.”

But the righteousness of faith speaks in this way, “Do not say in your heart, ‘Who will ascend into heaven?’ (That is, to bring Christ down from above) or, ‘Who will descend into the abyss?’” (That is, to bring Christ up from the dead).

But what does it say? “The word is near you, in your mouth and in your heart” (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

Matthew 8:28-9:1 (Gospel)

When He had come to the other side, to the country of the Gergesenes, there met Him two demon-possessed men, coming out of the tombs, exceedingly fierce, so that no one could pass that way. And suddenly they cried out, saying, “What have we to do with You, Jesus, You Son of God? Have You come here to torment us before the time?” Now a good way off from them there was a herd of many swine feeding.

So, the demons begged Him, saying, “If You cast us out, permit us to go away into the herd of swine.” And He said to them, “Go.” So, when they had come out, they went into the herd of swine. And suddenly the whole herd of swine ran violently down the steep place into the sea, and perished in the water.

Then those who kept them fled; and they went away into the city and told everything, including what had happened to the demon-possessed men.

And behold, the whole city came out to meet Jesus. And when they saw Him, they begged Him to depart from their region.

So, He got into a boat, crossed over, and came to His own city.

Saint Theodore, Bishop of Edessa

Saint Theodore, Bishop of Edessa, was born in the Syrian city of Edessa. All his life the holy saint was a bright witness of the great deeds of God, glorified in His Saints.

At twelve years of age, after he lost his parents and gave away his inheritance to the poor, he went to Jerusalem, where he was tonsured at the Lavra of the Saint Savva the Sanctified. After twelve years of fervent monastic obedience and then another twenty-four years of full seclusion and great abstinence, the Lord called the valiant ascetic to be a bishop, so that he might enlighten the world. After the death of the Bishop of Edessa, no worthier successor was found than Theodore, and with the mutual consent of the Patriarchs of Antioch and Jerusalem, and of the clergy and laity, this fine man was chosen bishop.

It was not easy for Saint Theodore to forsake his solitude, but he submitted himself to the will of God and undertook his pastoral guidance of the Edessa Church. This occurred during the reign of the Byzantine emperor Michael and his mother Theodora (842-855). At the time of Saint Theodore's episcopal consecration, there occurred a great miracle. The people beheld a dove, white as snow, flying about beneath the cupola of the church, which then alit upon the head of the newly-made bishop.

Saint Theodore devoted all his abilities to the governance of his flock. He was a model for the faithful in word, in life, in love. By the good example of his holy ascetic life, he guided the flock entrusted to him by God, onto the path of salvation. Theodore exerted much effort in the struggle with heretics, and with a firm hand he guarded the Church from temptations and false teachings. By his consolation and support for Saint Theodore, the clairvoyant Elder Theodosius the Stylite also served the spiritual community while laboring in asceticism not far from the city, near the monastery of the holy Great Martyr George.

With the blessing of the Elder, Saint Theodore journeyed to Baghdad to the caliph Mavi to complain about unjust measures against the Orthodox. Having come to Mavi, the saint found him seriously ill. Calling on the help of the Lord, the holy bishop threw a bit of earth from the Sepulchre of the Lord into a vessel of water and gave it to the caliph to drink, and the sick one was healed. The grateful Mavi, favorably disposed towards the saint, happily heard his teachings. Finally, together with three close associates, he accepted holy Baptism with the name John.

Shortly afterwards for his open confession of faith in Christ before the Moslems, the caliph John was killed with his three associates. Having appeared in a dream simultaneously to Saint Theodore and to Theodosius the Stylite, he said that he had been granted to suffer for Christ, and was numbered among the ranks of the Martyrs. He promised that soon he would meet them in the Kingdom of Heaven. This was an indication to the saint of God that his own end was approaching. In 848, again in solitude at the Lavra of Saint Savva the Sanctified, he peacefully departed to the Lord. Saint Theodore has left Christians his edifying writings. The Life of Saint Theodore of Edessa was popular reading in Rus during the sixteenth and seventeenth centuries, and was preserved in many manuscripts.

Troparion — Tone 4

You were a follower of the Apostles and a pillar of divine teachings, / therefore you came to Christ, and by your prayers, O blessed Theodore, / you illumined the Caliph Mavi with the light of Baptism. / By professing the Faith, he shed his blood and received that which he asked: a crown from Christ the King. / O Hierarch Theodore, entreat Him to save our souls.

Kontakion — Tone 4

Shining like the sun with radiant life, O Hierarch Theodore, / you appeared before the Babylonian Caliph with miracles, him a servant of Christ. / Now standing with him before the throne of the Trinity, / remember us who celebrate your glorious memory, / O wise one.

St. Mary's Orthodox Church
217 1st Street
Coaldale, PA 18218

July 1, 2023

We are developing a "Telephone Parishioner Directory" for the use of the members of St. Mary's Orthodox Church. The directory will include a statement that states 'The information is only for our parishioner's use and not to be shared outside our parish family.' We will honor any parishioner's wishes to not be listed and/or only share part of their information. Thank you for your consideration.

Fr. James and the Parish Council

Name(s): _____

Address: _____

Email(s): _____

Phone(s): _____

Birthday(s): _____

Anniversary: _____

EXAMPLE

Mr. John & Mrs. Jane Doe
1234 Our Street
Coaldale, PA 18218

John happy@gmail.com
Jane wonderful@hotmail.com

(570) 645-0123
(570) 645-3210 John cell
(570) 645-9876 Jane Cell

John January 1, 1980
Jane January 2, 1980
Charles July 4, 2000
Bob July 4, 2001
Bonnie July 4, 2025

Anniversary July 4, 1999

EXAMPLE

Fr. James & Mat. Lisa Weremedic
217 1st Street
Coaldale, PA 18218

Fr. James frjamesw@hotmail.com

Rectory 570-645-2772

Fr. James October 3, 1960
Mat. Lisa September 14, 1961

Anniversary: June 1, 1985

Starting on July 1st, donations for Candles and/or Flowers will be available to use the three-ring binder labeled "donations" at the candle desk in the back of the church. Each Sunday and Holy Day Services will be listed. The date and suggested donation will be listed on the pages. Please note: Using this 'donation binder' is a first come/first served. If someone wishes to have a specific date and it is filled, please contact the person who is listed on the 'offered by _____' for consideration to change their date.

For friends of the parish or parishioners who are not able or due to their distance, please mail a request and donation to St. Mary's Orthodox Church, att: Financial Secretary, 217 1st Street, Coaldale, PA 18218. Please do not mail money, use a check. In the request, please state either "For the Health of" or "In Memory of" and who is "offered by."

Requested donations already sent to the Parish Financial Secretary will be included in the three-ring binder. John Evetushick will be able to help with any questions.

Additionally, requests for Parastas can be mailed to the St. Mary's Orthodox Church, att: Financial Secretary, 217 1st Street, Coaldale, PA 18218 or handed to the Financial Secretary. The Financial Secretary will coordinate the scheduling of the service with the Rector. Please do not mail money, use a check.

Please circle the appropriate Health or Memory:

For the Health of _____ offered by _____.

In memory of _____ offered by _____.

Candles (DATE)

Donation: \$10.00

7-day Vigils-Altar For the Health/Memory of _____ offered by _____.

Altar Candles For the Health/Memory of _____ offered by _____.

Eternal Lamp For the Health/Memory of _____ offered by _____.

7-day Vigils-Tetrapod For the Health/Memory of _____ offered by _____.

Donation: \$30.00

Decorated Candles/Tetrapod For the Health/Memory of _____ offered by _____.

Donation: \$30.00

Vigil Crosses For the Health/Memory of _____ offered by _____.

Donation: \$40.00

Flowers/Tetrapod: For the Health/Memory of _____ offered by _____.

Donation: \$10.00

Bulletin Sponsor: For the Health/Memory of _____ offered by _____.

Also, we are reformatting the bulletin's "Sick List" at this time.

Names will cycle off approximately every 30 days. You may request to have your name or the name of a loved one placed back on the list at any time **by contacting Fr. James directly.**