



HOLY RESURRECTION ORTHODOX CHURCH

A Parish of the Carpatho-Russian Orthodox Diocese
Ecumenical Patriarchate
10201 Democracy Blvd
Potomac, Maryland 20854
301-299-5120(Office) 301-367-9051(cell)
www.holyresurrection.com
www.facebook.com/groups/hroc25
YouTube: HROC Media
Very Rev. Peter Zarynow, Pastor
Protopresbyter John Fedornock



Subdeacons Anastasios Davis & Michael Vaporis Reader Stephen Sudik

Sunday 18 July 2021

Fourth SUNDAY AFTER PENTECOST

Venerable Athanasios of Athos

Epistle: Romans 6:18-23 Gospel: Matthew 8:5-13

Tone Three

18 July (SUN) 4th Sunday after Pentecost

Chanting of the 3rd Hour 9:15am

Divine Liturgy of St. John Chrysostom 9:30am

Panachida: +Dn. Stephen Hall (40th Day) by MaryAnn

Muchesko Family & Friends

Coffee Social to follow

21 July (Wed) 5th Wednesday after Pentecost

Divine Liturgy of St John Chrysostom 9:30am

25 July (SUN) 5th Sunday after Pentecost

Chanting of the 3rd Hour 9:15am

Divine Liturgy of St. John Chrysostom 9:30am

Coffee Social to follow

Announcements:

Confessions be heard after Divine Services and by appointment. Please contact Fr Peter to schedule. All faithful are encouraged to come to the Sacrament every 8-10 weeks, on average, to help maintain spiritual health.

From time to time the parish prayer list needs updating. If there are any changes that need to be made, additions, deletions or spelling corrections, please let FrPeter.

Please pray for the following: Metropolitan Gregory, Bishop Matthias, Fr. Frank & Pa i Connie Miloro; Pa i Betty Jean Baranik, Fr Michael Rustik, Fr. John Fencik, Fr. Paul Stoll, Fr. Robert & Pa i Peggy Teklinski, Fr. John Gido, Dn. Peter Skoog & family, Pañi Kathy Dutko, Fr. Gregory Allard, Fr. Lawrence & Pa i Linda Barriger, Fr. James Gleason, Fr. Luke Mihaly, Fr. Ted & Pa i Marjorie Mozes, Fr. Thomas Blaschak, Hieromonk Michael, Fr Thomas Kadlec; Pa i Donna Smoley, Fr. Michael & Pa i Annamarie Slovesko, Fr John & Pa i Patricia Duranko, Fr. Christopher Rozdilski, Fr John & Pa i Cindy Zboyovski, Fr. Jonathan & Pa i Marsha Tobias, Fr Robert Lucas, Pa i Delores Zuder; Pa i Amy George, Pa i Dorothy Hutnyan, Fr Michael & Pa i Elenore Polanichka; Presbyteria Tulla Pateras, Pa i Carol Paproski; Fr Vasily & Matushka Olga Andreyuk; PFC Joey Myers; Elisa Castilla, Beth & Ed SkeetsqWilliams, Carol Miller, Cindy Russell, Dorothy Mastronicola, Angie Wali, Nancy Lynn Arthur, Tony Zankey, Justin Popek, Karen Ogden, Joshua, Faye & Tess, Emilie Dixon, Shirley Miree, Michael Rake, Olga Vasconez, Diane Dupere-Lindell, Gerry Sadler, Ann Eckert, Lois Hall, Marshal Smith, Dave Stanton, Florence Gregoric, James & Melody Peyton, Louann Giger, Daniel Ward, Jennifer Brady, Carol Blum, Katie Bleeker, Alexi Williams, Missy Johns, Susan Buckley, Constance Amey, James Lazor, Debbie Dell, Rose & Douglas Eade, Grace Yoon, Michael Dinneen, Kellie Barrett, Joan Detwiler, Joan Kondratick, John Homick, Jim David, Melanie Samson, Mary West, Laura Gary; Richard & Wendy Sulich; James Durachko, Julia Rapach, Randi Caffalle, Hayley Marshall, Jon Green, Aleia Dick, MaryJane, Kyle & Rosie Brant, Mary Agnes, Alicia, Lisa Chernob, Stephen Brancho, Emily, MaryMargaret, Leslie Perez, Thomas & Deborah Delare, Diana Hannan; Ed Murphy; LeLe Luu; Bridget Myers; Devan Merrill; Joann Wiant; Bob Fitzurka; Olga Vovk; infant Emilia Zak; Susan B.; Dorothea Fotis; Lela; Vladimir; Carly; Robert; Charlene Myers; Vic Fitzwater; Taina Ferguson; Olya Romanova; Luke Griffith; Pa i Kathryn Dutko & son Isaiah

May Our Lord Jesus Christ Touch Them with His Healing Hand!

Flowers: Flowers on the Altar & Tetrapod are donated this week by Yuliya Lore in loving memory of Grandma Evgenia & Grandpa Georgy (*Memory Eternal! Vichnaja Pamjat!*)

Sign-ups for flower donations are back on the bulletin board. Especially now that we are in summertime, fresh flowers each week will be a beautiful addition to the church!

Coffee Social hosts are needed for the following Sundays in August: 01, 08, 22. Please use the sign-up list on the bulletin board.

The latest edition of SPF50 (#7) has been distributed via email. If you have not sistributed it, please contact FrPeter.

A virtual Young Womens Encounter (YWE) has been organized for 15-17 August. All of our parsih daughters, ages 12-18, are encouraged to participate as much as possible in this retreat. Details were sent out via email, but if we missed you, please contact FrPeter or email Pañi Eleni Stagon at acrodywe@gmail.com

Congratulations and God's choicest blessings to Private First Class (PFC) Joseph Myers on his graduation from Basic Training for the West Virginia Army National Guard. Graduation took place at Fort Sill, Oklahoma, this past Friday (16 July). He is remining at Fort Sill for Advanced Individual Training (AIT). He should be back home sometime at the end of August. *Many Years! Mnohaja L'ita!*



CANDLE OFFERINGS

Eternal Light: Happy Birthday Bob-Lois (*Many Years!*)

Vigil Candles Offered For the Living (*Many Years! Mnohaja L'ita!*)

2-for health-love Mom & Dad
Jonathan & Lara; Stephanie

2-for health-John & Sheila
HROC parishioners; Family members

3-special intention-John & Sheila
Fr. Peter & family; Diocesan Priests & their families; OCMC Missionaries

1-health of Chris Fallon-Michael, Kathleen, John & Anna

2-special intention-brother George
Archbishop Michael; Barbara Knighton

2-special intention-George Dahulich
Metropolitan Gregory; Bishop Matthias

6-for health-George Dahulich
Fr Tom Kadlec; Fr Jim Dutko; Chris Fallon; Charlie Myers; Barbara Knighton; Pañi Kathy Dutko

4-happy birthday-George Dahulich
Melanie Samson; Caryl Strauss; Andrew Swindell; Nora Strauss

1-health of Savannah, Chloe, Caroline, Christopher, Natalie, Cole-love Grandparents

22-health & healing-John & Marie Smith
Irene Dzubak; Melanie Samson; Fr Tom Kadlec; John & Barbara Homick; Chris Hudack; Ray & Georgene Ammon; Marge Tomasevich; Carol Miller; Marie Skasko; Pañi Eleanor Pribish; Lois Erhard; Chris Fallon; Emilia Zak; Stephen Brancho; Charlie Myers; Debbie & Tom Delare; Rose Marie Jung; Pañi Jean Hutnyan; Tim Dzubak; Jessica Kadlec-Krchmar; Fr & Pañi Miloro; Met. Gregory

6-special intentions-the Breno Family
Breno Family; Fedornock Families; Peart Family; Nakonecznyj Family; Zankej Family; Fabian Family

1-safe travels-the Breno Family

1-special intention-the Breno Family

1-in thanksgiving-the Breno Family

1-health of all who are ill-the Breno Family

2-specail intention-Mom & Dad
Angela & Brian; Stephen

1-special intention Mark-love Marie

1-special intention Marie-love Mark

7-for health-Mark & Marie
Mom/Baba; Verna Czap; Nancy Shields; Mike & Josie Czap; Skeets; Williams Family; Charlene Myers

12-health & special intention- Mark & Marie
Chris Hudack; Ray & Georgene Ammon; Marge Tomasevich; Irene Dzubak; Carol Miller; Alex & Eleanor Breno; Fr John & Pañi Marge; James Battaglini; Charlie Myers; Pañi Bernadette; Fr Peter

1-health of Charlie-love Debi

2-for health-Charlie, Debi, Jacob & Joey
Grammy; Skeets

2-specail intention-love Mom & Dad
Jacob; Joey

1-health & healing Hayley, Bob, Chris Hudack, John Homick, Peggy and Bruce, Andrea, Katie, Miki, and Carol Miller-Lois

1-for health Savannah, Caroline, Natalie, Karen K, Elizabeth Michel, Marge Tomasevich, Aunt Ann, Alex Zarynow- Lois

3-for health-Pa i Jean Hutnyan
Muhlenberg Family; Hutnyan Family; Pañi Dorothy Hutnyan

1-special prayer-Pa i Marge Fedornock

3-for health-Pa i Marge Fedornock
all my children; those who are ill; Pañi Dorothy

1-happy birthday Mickey & Hilary-Pa i Marge Fedornock

1-for health of Tom Knipple-Rose Plowchin

2-birthday blessings-Rose Plowchin
Carole Plowchin; Don Koval

1-safety & health Alex & firefighting crew-Joanie

Vigil Candles In Loving Memory: (*Memory Eternal! Vicnaja Pamjat!*)

1+in loving memory of Les-love Carol

1+in memory Mother & Father. Carol Miller

1+in loving memory of our father & mother-Taina and Craig

2+loving memory-the Fallons
Pañi Jeannette; Anna & John Luchok

1+in memory of Marion Fallon-Diane

1+in loving memory of Helen Rowland-Diane

1+in loving memory Parents & Grandparents-Diane & Brian

1+Memory Eternal Parents/Grandparents-Koval Family

2+Memory Eternal-Koval Family
Uncle George & Uncle Tony

4+Memory Eternal . love Alex, Melanie
mother Katherine; father John; mother Elaine; father Michael

5+in memory-John & Sheila
Dad Kraynok; Mom Kraynok; Charles Hrapchak; Anna Hrapchak; Evelyn Hrapchak

1+In loving memory of Metro-Love, Joan and Family

1+in loving memory of parents Peter & Ann Dahulich-love son George

1+in memory of Dn. Steve Hall-George Dahulich

3+in memory-Pa i Jean Hutnyan
Fr Andrew; Mom & Dad; Joseph Derevjanik

2+in memory-Pa i Marge Fedornock
Parents; brother & sister

+++++

Prayer For Vocations

Master of all, You promised us, "I will be with you always, even until the very end of the world," and You have taught, "I will build My Church and the gates of hell shall not prevail against it." Mindful of this pledge, we beseech Your great goodness to inspire men to the Holy Priesthood, the service of Your Holy Orthodox Church, so that she may properly be able to fulfill Your will for Your people in this age. There are children to baptize, the sick to heal, and the dying to care for. There is the Bread of Life to distribute, and the Word of God to teach. There are sins to forgive, and charity to be done in Your Name. Send Your Church in this hour and in every age "vessels of clay" to be instruments of Your presence. Hear us, O Lord, and have mercy.

Prayer For The Priesthood

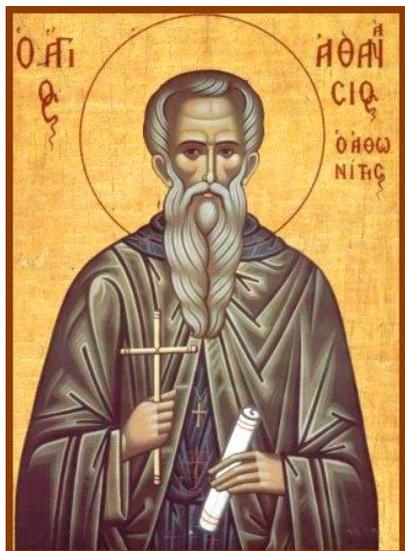
O Lord Jesus Christ, Good Shepherd of Your sheep, light the fire of ardent love in the hearts of all Your priests, that they may ever and in all things seek only Your glory. Remember especially, Lord, our Metropolitan Gregory, and our spiritual fathers who are laboring in Your vineyard for the salvation of all those whom You have entrusted to them. Remember also, O Lord, our priests Proto. William Conjelko, Proto. Myron Zuder, and Protodeacon Theodore Worobey, and Seminarians Dylan Kelemecz, Thomas Kovalak, Nicholas Worobey, and Aydin Zill. Make their lives as holy as the word they preach. Keep them from being discouraged. Hear their prayers for our salvation. Give them wisdom and courage to proclaim Your truth. Make them priests after Your own heart. For You are a merciful God who loves us, and to You we give glory, together with Your eternal Father and Your all-holy, good and life-giving Spirit, now and ever and forever. Amen.



Venerable Athanasius of Mt. Athos

Commemorated 05/18 July

Saint Athanasius of Athos, in holy Baptism named Abraham, was born in the city of Trebezond. He was orphaned at an early age, and being raised by a certain good and pious nun, he imitated his adoptive mother in the habits of monastic life, in fasting and in prayer. Doing his lessons came easily and he soon outpaced his peers in study.



After the death of his adoptive mother, Abraham was taken to Constantinople, to the court of the Byzantine emperor Romanus the Elder, and was enrolled as a student under the renowned rhetorician Athanasius. In a short while the student attained the mastery of skill of his teacher and he himself became an instructor of youths. Reckoning as the true life that of fasting and vigilance, Abraham led a strict and abstinent life, he slept little and then only sitting upon a stool, and barley bread and water were his nourishment. When his teacher Athanasius through human weakness became jealous of his student, blessed Abraham gave up his teaching position and went away.

During these days there had arrived at Constantinople Saint Michael Maleinos, igumen of the Kyminas monastery. Abraham told the igumen about his life, and revealed to him his secret desire to become a monk. The holy Elder, discerning in Abraham a chosen vessel of the Holy Spirit, became fond of him and taught him much in questions of salvation. One time during their spiritual talks Saint Michael was visited by his nephew, Nik phóros Phocas, a military officer and future emperor. Abraham's lofty spirit and profound mind impressed Nik phóros, and all his life he regarded the saint with reverent respect and with love. Abraham was consumed by his zeal for the monastic life. Having forsaken everything, he went to the Kyminas monastery and, falling down at the feet of the holy igumen, he begged to be received into the monastic life. The igumen fulfilled his request with joy and tonsured him with the name Athanasius.

With long fasts, vigils, bending of the knees, with works night and day Athanasius soon attained such perfection, that the holy igumen blessed him for the exploit of silence in a solitary place not far from the monastery. Later on, having left Kyminas, he made the rounds of many desolate and solitary places, and guided by God, he came to a place called Melanos, at the very extremity of Athos, settling far off from the other monastic dwellings. Here the monk made himself a cell and began to live an ascetical life in works and in prayer, proceeding from exploit to exploit towards higher monastic attainment.

The enemy of mankind tried to arouse in Saint Athanasius hatred for the place chosen by him, and assaulted him with constant suggestions in thought. The ascetic decided to suffer it out for a year, and then wherever the Lord should direct him, he would go. On the last day of this year's length of time, when Saint Athanasius set about to prayer, a heavenly light suddenly shone upon him, filling him with an indescribable joy, all the thoughts dissipated, and from his eyes welled up graced tears. From that moment Saint Athanasius received the gift of tenderness, and he became as strongly fond of the place of his solitude as he had formerly loathed it.

During this time Nik phóros Phocas, having had enough of military exploits, remembered his vow to become a monk and from his means he besought Saint Athanasius to build a monastery, i.e., to build cells for him and the brethren, and a church where the brethren could commune of the Divine Mysteries of Christ on Sundays.

Tending to shun cares and worries, Saint Athanasius at first would not agree to accept the hateful gold, but seeing the fervent desire and good intent of Nik phóros, and discerning in this the will of God, he set about the building of the monastery. He built a large church in honor of the holy Prophet and Forerunner of Christ, John the Baptist, and another church at the foot of a hill, in the name of the Most Holy Theotokos. Around the church were the cells, and a wondrous monastery arose on the Holy Mountain. In it were a trapeza (dining area), a hospice for the sick and for taking in wanderers, and other necessary structures.

Brethren flocked to the monastery from everywhere, not only from Greece, but also from other lands, simple people and illustrious dignitaries, desert-dwellers having labored in asceticism for long years in the wilderness, igumens from many monasteries and hierarchs wanting to become simple monks in the Athos Lavra of Saint Athanasius. The saint established at the monastery a cenobitic monastic Rule on the model of the old Palestinian monasteries. Divine services were served with all strictness, and no one was so bold as to talk during the services, nor to come late or leave the church without necessity.

The Heavenly Patroness of Athos, the All-Pure Mother of God Herself, was graciously disposed towards the saint. Many times, he was privileged to see Her with his own eyes. By God's dispensation, there once occurred such a hunger, that the monks one after the other quit the Lavra. The saint remained all alone and, in a moment of weakness, he also considered leaving. Suddenly he beheld a Woman beneath an ethereal veil, coming to meet him. "Who are you and where are you going?" She asked quietly. Saint Athanasius from an innate deference halted. "I am a monk from here," Saint Athanasius replied, and spoke about himself and his worries.

"Would you forsake the monastery which was intended for glory from generation unto generation, just for a morsel of dry bread? Where is your faith? Turn around, and I shall help you." "Who are you?" asked Athanasius. "I am the Mother of the Lord," She answered, and bid Athanasius to strike his staff upon a stone. From the fissure there gushed forth a spring of water, which exists even now, in remembrance of this miraculous visitation.

The brethren grew in number, and the construction work at the Lavra continued. Saint Athanasius, foreseeing the time of his departure to the Lord, prophesied about his impending end and besought the brethren not to be troubled over what he foresaw. "For Wisdom disposes otherwise than as people judge." The brethren were perplexed and pondered the words of the saint. After giving the brethren his final guidance and comforting all, Saint Athanasius entered his cell, put on his mantiya and holy kukolion (head covering), which he wore only on great feasts, and emerged after prolonged prayer. Alert and joyful, the holy igumen went up with six of the brethren to the top of the church to inspect the construction. Suddenly, through the imperceptible will of God, the top of the church collapsed. Five of the brethren immediately gave up their souls to God. Saint Athanasius and the architect Daniel, thrown upon the stones, remained alive. All heard the saint call out to the Lord, "Glory to Thee, O God! Lord, Jesus Christ, help me!" The brethren with great weeping began to dig out their father from the rubble, but they found him already dead.

GREAT-MARTYR PROCOPIUS OF CAESAREA

Commemorated 08/21 July

The Holy Great Martyr Procopius, in the world Neanius, a native of Jerusalem, lived and suffered during the reign of the emperor Diocletian (284-305). His father, an eminent Roman by the name of Christopher, was a Christian, but the mother of the saint, Theodosia, remained a pagan. He was early deprived of his father, and the young child was raised by his mother. Having received an excellent secular education, he was introduced to Diocletian in the very first year of the emperor's accession to the throne, and he quickly advanced in government service. Towards the year 303, when open persecution against Christians began, Neanius was sent as a proconsul to Alexandria with orders to mercilessly persecute the Church of God.



On the way to Egypt, near the Syrian city of Apamea, Neanius had a vision of the Lord Jesus, similar to the vision of Saul on the road to Damascus. A divine voice exclaimed, "Neanius, why do you persecute Me?"+

Neanius asked, "Who are you, Lord?"+

"I am the crucified Jesus, the Son of God."+

At that moment a radiant Cross appeared in the air. Neanius felt an inexpressible joy and spiritual happiness in his heart and he was transformed from being a persecutor into a zealous follower of Christ. From this point in time Neanius became favorably disposed towards Christians and fought victoriously against the barbarians.

The words of the Savior came true for the saint, "A man's foes shall be those of his own household"+ (Mt. 10:36). His mother, a pagan

herself, went to the emperor to complain that her son did not worship the ancestral gods. Neanius was summoned to the procurator Judaeus Justus, where he was solemnly handed the decree of Diocletian. Having read through the blasphemous directive, Neanius quietly tore it up before the eyes of everyone. This was a crime, which the Romans regarded as an "insult to authority."+ Neanius was held under guard and in chains sent to Caesarea of Palestine, where the Apostle Paul once languished. After terrible torments, they threw the saint into a dark prison. That night, a light shone in the prison, and the Lord Jesus Christ Himself baptized the suffering confessor, and gave him the name Procopius.

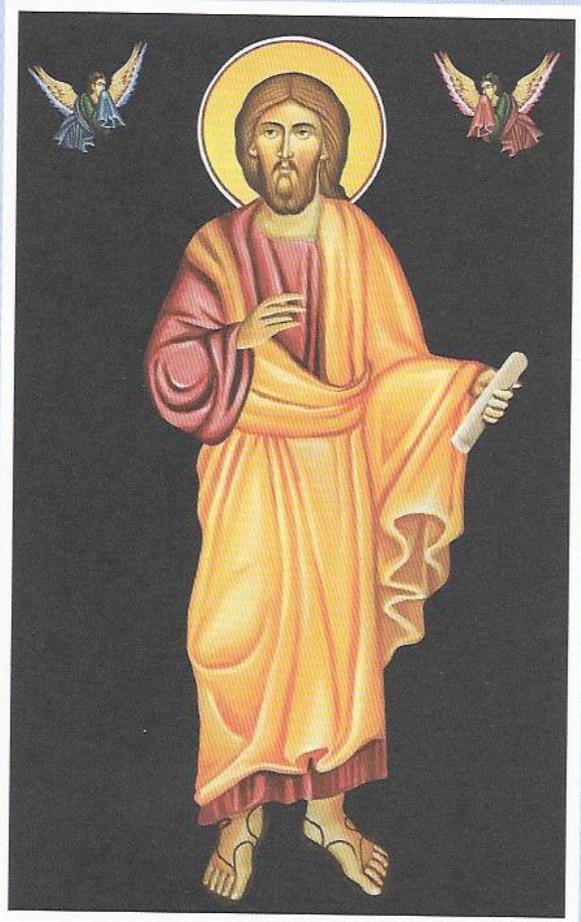
Repeatedly they led Saint Procopius to the courtroom, demanding that he renounce Christ, and they subjected him to more tortures. The stolidity of the martyr and his fiery faith brought down God's abundant grace on those who witnessed the execution.

Inspired by the example of Procopius, many of the holy martyr's former guards and Roman soldiers went beneath the executioner's sword together with their tribunes Nikostrates and Antiochus. Twelve Christian women received martyr's crowns, after they came to the gates of the Caesarea Praetorium.

Struck by the great faith and courage of the Christians, and seeing the firmness of her son in bearing terrible sufferings, Theodosia became repentant and stood in the line of confessors and was executed. Finally, the new procurator, Flavian, convinced of the futility of the tortures, sentenced the holy Great Martyr Procopius to beheading by the sword. By night Christians took up his much-tortured body, and with tears and prayers, they committed it to the earth. This was the first martyrdom at Caesarea (303).



HE IS A COUNSELOR



Prophets throughout the ages have foreseen many things. The ancient Prophet Isaiah announced the birth of Jesus centuries before the actual event. As written in Isaiah 9:6, he also revealed the many NAMES our Lord would be referred to as: The Prince of Peace, Everlasting Father, The Mighty God and also as Counselor. Today, we explore the many ways Christ qualifies as our BEST COUNSELOR.

To begin, Christ became AVAILABLE. This speaks to His wisdom. We all find it worthless when knowledge is either not available or not applicable to real life. Our Lord came down from Heaven in the shape of a man. Jesus walked amongst us,



experiencing exactly what you and I go through on a daily basis. He was accessible to all: rich and poor, children and adults, and especially to sinners in need of His help.

Christ came to us with ANSWERS. During his childhood, He sat in the temple in the midst of Church teachers. As stated in Luke 2:46, Jesus both listened and answered questions. After cleansing the temple of money-changers (John 2:18-19), He was asked by His critics, "What sign do you show us . . ." He answered "Destroy this temple and in 3 days I will raise it up", foreshadowing His death and resurrection. Christ answered questions on the promise of Heaven (John 14:1-6) and the perils of Hell (Luke 16:19-31).

Our Counselor came with ASSURANCES, especially for the hopeless sinner. Jesus brought a message of love, as witnessed by many; among them the Samaritan woman, the tax-collector Zacchaeus and finally the dying thief on the cross. He brought a message of hope to those who had no hope.

How refreshing it is to celebrate our Saviour today. His answers are relevant to every need of every age. Bring your burdens to Him. Christ, the Counselor, will guide you through them all.

