

# Saint George Antiochian Orthodox Christian Church

## 1250 Oakdale Avenue, West Saint Paul, Minnesota 55118

Parish Website: <http://www.saintgeorge-church.org>

Church Phone: 651-457-0854

The Most Reverend Metropolitan JOSEPH, *Archbishop of New York,  
Metropolitan of all North America*

Right Reverend Bishop ANTHONY, *Auxiliary Bishop,  
Diocese of Toledo and the Midwest*

Right Reverend Archimandrite John Mangels, *Pastor*

Reverend Father John Chagnon, *attached*

Very Reverend Archpriest Paul Hodge, *attached*

Reverend Deacon John Mikhail, *attached*

Very Reverend Archpriest Thomas Begley, *retired* Rt. Reverend Archimandrite Duane Pederson, *retired*

Reverend Father Daniel Simon, *retired*

Pastor's email: [ajammn@aol.com](mailto:ajammn@aol.com)

Pastor's Cell: 303-520-0981

Sunday, July 19, 2020

## Sunday of the Holy Fathers of the Fourth Ecumenical council

Tone 5

Eothinon 6

*Commemorations: Venerable Macrina, sister of Basil the Great; Venerable Dios of Antioch; Theodore, archbishop of Edessa; uncovering of the relics of Venerable Seraphim of Sarov; Holy Stephen Lazarevic, Serbian Prince and Holy Militsa his mother*

### THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

#### RESURRECTIONAL APOLYTIKION IN TONE FIVE

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

*Now sing the apolytikion of the patron saint.*

#### APOLYTIKION OF THE HOLY FATHERS IN TONE EIGHT

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

#### KONTAKION IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

#### EPISTLE:

Blessed are You, O Lord, the God of our Fathers.

For You are just in all that You have done.

#### The Reading from the Epistle of St. Paul to Titus. (3:8-15)

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greetings to you. Greet those who love us in the faith.

Grace be with you all. Amen.

#### GOSPEL:

#### The Reading from the Holy Gospel according to St. Matthew. (5:14-19)

The Lord said to His Disciples: "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven.

Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

#### HOLY BREAD

**Holy Bread** is offered for the health and welfare of Rudquist & Kanavati families, Father John Mangels, Bishop Anthony, Families of the victims of COVID-19, All members of St. George parish.

**In loving memory of** All those fallen asleep in the Lord and are forgotten in prayer. All the victims of the COVID-19 virus who have fallen asleep in the Lord. All priests, deacons, and members of St. George who have fallen asleep in the Lord.

**W**ELCOME to all our guests and visitors. We are delighted to have you visiting and worshipping with us this morning and hope that you return soon. We invite you to participate in the Divine Liturgy, but, sadly, due to the divisions in Christianity, **only baptized/chrisdated members of the Orthodox Church who have made their Confession before an Orthodox priest and prepared themselves by fasting may receive Holy Communion.** Please come forward after Liturgy to venerate the Cross and partake of the *Antidoron*-Holy Bread. Please **turn off your cell phones and all electronic devices.**

### ANNOUNCEMENTS

PRAY FOR THE SICK

Please pray for Tyler Anderson, Anna Simon, Raed Kakish, Ranya Phelps, Mary Rudquist, Sarah Vanlerberghe, Laretta Villareal, Genevieve Lehnen, Jim Etoll, Mike Etoll, Deanna Scharf, Dwight Johnson, George & Ellie Saba, Anna Windsor, Peter Hafiz, Nicholas Peter Andrews, Fr. Duane, John and John Etoll, Wally & Maria, Allen, Nick, Jackson & Hunter Golden, Yasmin Kakish, Carol Haddad, Camille Goll, Kh. Vergin Khoury, Margaret Boalbey, Norm Holmes, Phyllis Hodge, Joe Etoll, Lamese McDowell, Edgard Siouffy, Berhane Haliemichael, Fr. Dan & Eileen Simon, Joseph Kammeyer, Deb Korluka, Alexander Emmanoulakis, Marilyn Perry, Nancy Maker, Mike & Sandy Brown, Natalie Mozey, Sarah Vanlerberghe, Alan, Mary Poulsen, Mervat and Abigail Lotfalla & Samira Shehata.

If you are ill or having surgery and wish to be remembered in the Liturgy and daily prayers of the priest, please contact Fr. Mangels.

## BULLETIN & NEWSLETTER ANNOUNCEMENT PROCEDURE

ANY announcement in the weekly bulletin and Newsletter is subject to approval by Fr. Mangels/and the Council. **It is important to notify Brigitte by e-mail ([bgkstgeorge@gmail.com](mailto:bgkstgeorge@gmail.com)) or phone with all your bulletin information by NOON Wednesday of the week before your coffee hour, in order to print the bulletin in a timely manner.**

HOLY BREAD LIST	COFFEE HOUR LIST
July 19, Mary Rudquist	
July 26, Jim Zaine Family	
Aug 02, Assaad & Norma Haddad	
Aug 05, Alice Woog	Transfiguration
Aug 09, Joe & Bev Zaine	

To schedule Holy Bread and/or a memorial, contact Joannie Alevizos. It is completely proper to observe more than one memorial or Holy Bread on the same Sunday. *When signing up for Holy Bread, please indicate "yes" or "no" if you will also be providing coffee hour.*

**Coffee hour does not need to be an elaborate meal.** If you have any questions, call Sanaa Jubran.

## HOLY BREAD

As you know, the offering of the Holy Bread is a beautiful way to participate even more fully in the Divine Liturgy. This is especially true when it is the work of your own hands. Even though we are not fully present in the Church yet, we are still in need of the Bread which becomes the Body of Christ in the Liturgy. Think about taking a Sunday or weekday and making the Holy Bread. **UNTIL THE KITCHEN IS REOPENED, PLEASE MAKE THE BREAD AT HOME.** Joannie Alevizos is the coordinator for this ministry, **please contact her (651-453-1894)** if you would like to offer the bread for your intentions.

## THIS WEEK AT ST. GEORGE

### UPCOMING SERVICES

- Saturday, July 25, Great Vespers at 5:00pm

### **UPDATED ANNOUNCEMENT CONCERNING CHURCH SERVICES, ETC.**

With the new directives from Metropolitan Joseph and the Emergency Executive Order 20-62 of Governor Waltz, we have been allowed to increase the number of people attending Divine Services to 25% of capacity with people **practicing social distancing!** Please go online to <https://www.signupgenius.com/go/30E0444A8AC23ABF85-stgeorge> to sign up for the Services. We have 50 slots available for each Service. **PLEASE DO NOT SIGN UP FOR TWO SUNDAYS IN A ROW.** We must let people come back to the Church. Look on the signup sheet **early on Sunday morning** and

if there is room, then you can sign up again. The Services continue to be available via **Livestreaming** on YouTube thanks to the efforts of Heath Nelson, Mike Varian and James Baker!

We have been given the permission to distribute Holy Communion and hear Confessions by appointment. Those who might be afraid to come back to Church in a larger setting can sign up to receive Holy Communion after all Services. We hope soon to be able to start doing more things at Church but until we hear differently **we are still not having meetings or using the facilities for any reason.** Try to do everything from home, by phone or email. If you have any questions, concerns, or needs, please contact Father John Mangels at 303-520-0981 or [ajammn@aol.com](mailto:ajammn@aol.com).

**THE CHURCH FATHERS SPEAK:** These two passions of overbearingness and cowardice, though they appear to be opposites, are both caused by weakness. Overbearingness pulls one upwards and is outwardly something startling and frightening, like some powerless bear, while cowardice flees like a chased dog. No one who suffers from either of these two passions puts his trust in the Lord, and therefore he cannot stand firm in battle, whether he is overbearing or cowardly. **St. Peter Damaskos**

## MANY THANKS!

I want to take this opportunity to thank all of you for the kind attention during my recent illness. SO many of you contacted me by email, text and phone. While the coughing has been the hardest thing to endure, I believe I got back to everyone by text or email. The many meals and other kindnesses you have shown me have moved me greatly. Know that you are all in my thoughts and prayers! Blessings! Fr. John Mangels

## GREETINGS

We hope this bulletin finds you all safe and well during these "Twilight Zone" times. Who would have ever thought that church services would be restricted and cancelled.

A word of thanks to all those that make it possible for us to watch the Liturgy on line. It is uplifting to hear the Word of God and to be connected with fellow parishioners while under quarantine.

Hopefully this pandemic will run its course soon so that we can all be back together again!

Please stay safe and healthy! Brigitte Khoury, *bulletin editor*

## VIRTUAL CAMP

It is our great pleasure to start the rollout of the St. Mary's Camp Program for 2020. As we will be unable to attend in person this year, we are putting together a virtual program that will run from **June 28- August 8th**. Camp this year will include a variety of events handled through a few different platforms. We will have activities that can be done at home on your own, events such as sermons that can be livestreamed or watched at your convenience either on your own or with your whole family and interactive opportunities with your cabin-mates playing games, having discussions and just getting to bond together.

**It is FREE** - there are no charges to participate. This makes it a great opportunity to not only get as much participation as possible from our wonderful returning campers but also a chance to pull in others within our church communities and introduce them to Summer Camp.

Interactive events with specific age groups/ cabins will be done through ZOOM. In order to help us plan for camper numbers, we are **asking you to REGISTER**. This process will take approximately 30 seconds. Registration can be done at any time however, to get the Zoom links, updates, reminders etc. you will need to be registered. Please do not wait until the last minute to register to give us time to send the link(s) out to you.

All activities as well as the link for registration will be found at <https://stmaryscamp.com/summer-camp/virtual-camp-2020/> We are still scheduling our specific events with our staff and clergy so the dates have not been set quite yet but all information will be rolled out on our website.

We look forward to another fun camp year with you!  
St. Mary's Camp Task Force

## CHURCH SUPPORT DURING THIS TIME

Thank you so much for your continued support of your parish during this time! We are very much aware of what a hardship this crisis is putting on people throughout the country. If you are able, please continue to financially support your Church during this time. Your weekly/monthly contribution can be mailed to the Church so that we can keep up with our commitments. Many, many thanks!

The Parish Council has approved numerous ways to donate to St. George.

1. Venmo is a free secure app that can be downloaded and installed on a mobile phone. Donors that install the Venmo app can directly transfer money from their bank account to St. George's Old National Bank account with no fees incurred. However, if a credit card transaction is used by the donor, the donor will incur a 3% fee. **Venmo** your donation to **@stgeorgeaoc**. The church is automatically emailed a notification of your donation.
2. From your online bank account, do an External Transfer directly to the church's Old National Bank account. Info you will need: Routing Number **086300012** Account Number **322042** **Please send an email to [stewardshipstgeorge@gmail.com](mailto:stewardshipstgeorge@gmail.com) so that our Financial Secretary can properly record your donation.**
3. From your online bank account, schedule Bill Pay and a paper check will be written to the church.
4. A paper check can be written and mailed to the church.
5. When you come to Church, the collection tray will not be passed. Please leave your offering in the plate on the Candle Table before or after Services.

**Think About It:** What is tolerance? Tolerance is an attitude of reasoned patience toward evil and a forbearance that restrains us from showing anger or inflicting punishment. But what is more important than the definition is the field of its application. The important point here is this: Tolerance applies only to persons, but never to truth. Intolerance applies only to truth, but never to persons. Tolerance applies to the erring; intolerance to the error. *Fulton J. Sheen*

## FOCUS MN

Check out the FOCUS website [focusmn.weebly.com](http://focusmn.weebly.com) or contact either Vera (651-324-2705) or Judy (612-490-8611) to see what their needs are.

Stay tuned for updates. A million thanks to each of you for your prayers and help in getting the word out about FOCUS. You are essential to our work to help the poor.

## NEIGHBORS, INC

**“For I was hungry and you gave me something to eat, I was thirsty and you gave me to drink, I was a stranger and you invited me in” Matthew 25:35** Due to the Coronavirus only MONEY donations are accepted. Please give your donation to George Droubie or Michelle Apman for Neighbors. **The smallest thing you do can make the biggest difference!**

**PATRISTIC INSIGHTS:** Whatever helps us to achieve purity of heart, we must follow with all our might; whatever hinders us from it, we must shun as a dangerous and hurtful thing. *St. Moses the Ethiopian*

## HELP FOR THOSE IN NEED

If anyone, particularly our older or shut-in parishioners needs help with anything, please call either Fr. John or George/Brigitte Khoury. We have a number of parishioners who are willing to help

with bringing food or supplies to you. It is important that we follow the guidelines that have been given us but in an emergency or time of need, don't hesitate to call!

**PATRISTIC INSIGHTS:** If fear grips you, quickly enter into your heart with your mind and pronounce these words a few times: 'Jesus Christ is Victor.' For the Lord is victorious over every evil power. Remember what you have read in the Gospel—how the Lord expelled and drove out evil spirits from people, and how He said, 'I have seen Satan falling from heaven like lightning.' And how, after His glorious resurrection, He gave power over demons to His apostles and to all of us who believe in Him, when He said that this sign will belong to all those who believe: 'You will cast out demons in My Name' (Mark 16:17). *St. Nikolai Velimerovich*

## PRAYER IN TIME OF PANDEMIC

Lord, our God, Who are rich in mercy, and with your wise providence govern our life, hear our prayer, receive our repentance for our sins, stop the new epidemic, as You once ceased the punishment of Your people in the time of King David.

You, Who are the Physician of our souls and bodies, grant recovery to the sick, raising them hastily from the bed of suffering so that they may glorify You, our Merciful Saviour, and protect the healthy ones from any disease.

Bless, O Lord, strengthen and protect with Your grace all those who with philanthropy and sacrifice take care of the sick at their homes or in hospitals.

Remove all disease and suffering from among the people and teach us to value life and health as Your gifts.

Give us, o God, Your peace and fill our hearts with steadfast faith in Your protection, with hope in Your support and with love for You and our neighbour.

For it is Yours to have mercy on us and save us, our God, and to You we give glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto the ages of ages. Amen.

**Think about it:** Freedom (in the modern sense) became synonymous with doing whatever you pleased, whether it was good or evil, or believing whatever you pleased whether it was true or false. The result was that freedom degenerated into a form of "selfishness," expressed itself in such slogans as "be yourself," frowned upon all forms of restraint and sacrifice as contrary to the individual libido, and ended in what might be called the exaltation and glorification of the ego. *Fulton J. Sheen*

**WISDOM OF THE CHURCH FATHERS**—Some people by the word freedom understand the ability to do whatever one wants ... People who have the more allowed themselves to come into slavery to sins, passions, and defilements more often than others appear as zealots of external freedom, wanting to broaden the laws as much as possible. But such a man uses external freedom only to more severely burden himself with inner slavery. True freedom is the active ability of a man who is not enslaved to sin, who is not pricked by a condemning conscience, to choose the better in the light of God's truth, and to bring it into actuality with the help of the gracious power of God. This is the freedom of which neither heaven nor earth are restrict. *St. Philaret of Moscow*

