



## **Holy Apostles Greek Orthodox Church**

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**July 29, 2018: 9<sup>th</sup> Sunday of Matthew**

### **The Holy Fathers on Prayer (Part II)**

**But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door; pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. (Matt. 6:6)**

The room of the soul is the body; its doors are the five bodily senses. The soul enters its room when the mind does not wander here and there, roaming among the things and affairs of the world, but stays within, in our hearts. Our senses become closed and remain closed when we do not let them be passionately attached to external sensory things and in this way our mind remains free from every worldly attachment, and by secret mental prayer unites with God our Father.

*(St. Gregory Palamos) Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord. (Eph. 5:19)*

What is meant by those who sing with their “heart to the Lord?” It means: undertake this work with attention, for those who are inattentive sing in vain, pronouncing only words, while their heart wanders elsewhere. *(St. John Chrysostom)*

When you pray, try to let the prayer reach your heart; in other words, it is necessary that your heart should feel what you are talking about in your prayer, that it should wish for the blessing for which you are asking.... Observe, during prayer, whether your heart is in accord with that which you are saying. *(St. John of Kronstadt)*

Our prayer reflects our attitude towards God. He who is careless of salvation has a different attitude toward God from him who has abandoned sin and ... **(Continued on the back)**



### **EPISTLE READING:**

#### **St. Paul's First Letter to the Corinthians 3:9-17**

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is

building upon it. Let each man take care how he builds upon it. For no other foundation can any one lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw - each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If any one destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.

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### **GOSPEL READING:**

#### **The Gospel According to Matthew 14:22-34**

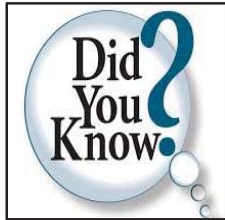
At that time, Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the

crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you,... **(Continued on the back)**

# ANNOUNCEMENTS

HELP SUPPORT  
OUR WORK &  
OUTREACH

How? Turn in your 2018 Stewardship Pledge Card which can found in the church hall and on our website. Parishioners with a pledge and current payment also enjoy being members in good standing with voting rights at events such as General Assemblies and Parish Council elections. If you're unsure if we have your pledge card, please contact Ron Baldinger: [ron.baldinger@gmail.com](mailto:ron.baldinger@gmail.com).



Did you know, the land we are pursuing faces nearly 100,000 vehicles per day in the heavily traveled Route 7 corridor! This high visibility makes it a perfect location not only for a permanent church campus but also for festivals.

You can help by donating to our Capital Campaign and sharing our [GoFundMe](#) page or newest video with your networks! Help us reach our goal and be a part of our growing campaign for our permanent church campus in Ashburn.

## **HOUSEKEEPER AND BABYSITTER NEEDED!**

Home near One Loudoun. Weekly or bi-weekly housekeeper (\$12/hour), occasional babysitter (\$12/hour daytime, \$15/hour nighttime). Text 202-709-2334.

**FT and PT Greek Linguist needed ASAP!** To read the full job description and to submit applications go to: <https://aecom.jobs/chantilly-va/greek-linguist/77AE7B1271A040D4A55C6FD257894ACA/job/>.

The process which takes approximately 4 weeks includes a phone screening, translation test, interview and background check investigation. Location is Chantilly. Salary: For FT, starting range is in the low \$60s plus benefits. For PT, \$25-30 per hour with some benefits. Work schedule is 9am - 5pm for the employee's first week, and after that we have flexible schedules coordinated by the team leads. After 2-3 months of training the linguist will also have the option to work from home anywhere within the US.

# UPCOMING EVENTS



## **Annual Parish Picnic**

**Sat. August 26, 1-4pm**

## **Ashburn Farm Windmill Pavilion**

The Stewardship Committee invites all parishioners to our annual picnic. Look for the online RSVP and sign-up.

## **Pan-Icarian Brotherhood LEFKAS CHAPTER 16**

**115th SUPREME CONVENTION, Grand Hyatt, D.C.**

**August 31 - September 2, 2018**

Go to [pan-icariandc2018.com](http://pan-icariandc2018.com), email [info@pan-icariandc2018.com](mailto:info@pan-icariandc2018.com) or call George Moratis (703) 774-6180.



## **PAREA (Our Company of Friends)**

**Lunch on September 4**

**11:30 am at Mimi's Cafe**

We will be on hiatus during the months of **July and August**. PAREA would like to wish all our parishioners a safe and blessed summer! Marina (703-349-1842)



## **BECAUSE "EYE" CARE FOR YOU campaign**

A heartfelt thank you to all our parishioners who responded so warmly to our "Because Eye Care for For You" campaign. We have collected over 180 pairs of used eyeglasses since PAREA launched this campaign. Thank you! Questions? Marina (703-349-1842)

## **August Weekday Liturgical Schedule**

**Aug. 1, 3, 8, 10 and 13:** Paraklesis to the Theotokos, 7 PM

**Aug. 5:** Vespers for the Transfiguration, 7 PM

**Aug. 6:** Transfiguration, Orthros, 8:15 AM; Liturgy, 9:30 AM

**Aug. 14:** Great Vespers for the Dormition, 7 PM

**Aug. 15:** Koimissis (Dormition) of the Theotokos, Orthros, 8:15 AM; Liturgy, 9:30 AM

**Aug. 29:** Beheading of St. John the Baptist (strict fast); Orthros, 8:15 AM; Liturgy, 9:30 AM

## **Weekly Feature: The 40 day Memorial Service**

What is the significance of the 40 day memorial service, or Mnimosino, after someone's death? In the Scriptures, 40 is used as a symbolic number. It is the number which represents a long period of time during which something of great significance is accomplished. In the time of Noah, God caused a great flood by making it to rain for 40 days and 40 nights. After leaving Egypt, the children of Israel wandered in the wilderness for 40 years. After being Baptized, Christ fasted for 40 days. According to Orthodox custom, a woman is excused from attending public worship for 40 days after giving birth. Jesus ascended to heaven 40 days after resurrection. Thus the 40 day memorial service is celebrated in the memory of the Savior's Ascension 40 days after His Resurrection and that the reposed one, when he is resurrected, may be taken up in the clouds to meet the Judge, our Savior and Master, and thus be with Him forever (1Thes. 4:17). It also signals the end of a period of mourning for the deceased. The prayers during the memorial service are said to help the deceased in their own union towards their Creator. Even if the deceased has not lived a righteous life of faith and love in Christ Jesus, we still pray for hope. We know that God's unfathomable mercy and love is immeasurably greater than any sin or shortcoming of a person, no matter how evil. Therefore, by turning to this ocean of love in prayer, we believe as Orthodox Christians that our prayers through the mystery of God will bring comfort and benefit to the person we pray for. A 40 day memorial is offered with boiled wheat called koliva provided by the family of the deceased in his/her memory. The wheat is a symbol of the Resurrection. When speaking of the Resurrection, our Lord said: "Unless the grain of wheat falls into the earth and dies, it remains alone, but if it dies it bears much fruit." (John 12:24) Death is not the end, and our Memorial Service concretely proclaims this fact. Each year thereafter the relatives observe the memorial of the departed to demonstrate that he lives and is immortal of soul and he shall be restored when the Creator raises up his body for the final judgement.



**(Cover Message Cont.)** is zealous for virtue but has not yet entered within himself and works for the Lord only outwardly. Finally, he who has entered within and carries the Lord within himself, standing before Him, has yet another attitude. The first man is negligent in prayer, just as he is negligent in life, and he prays in church and at home merely according to the established custom, without attention or feeling. The second man reads many prayers and goes often to church, trying at the same time to keep his attention from wandering and to experience feelings in accordance with the prayers which are read, although he is seldom successful. The third man, wholly concentrated within, stands with his mind before God, and prays to Him in his heart without distraction, without long verbal prayers, even when standing for a long time at prayer in his home or in church.... Every prayer must come from the heart and any other prayer is no prayer at all. Prayer-book prayers, your own prayers and very short prayers, all must issue forth from the heart to God, seen before you. (*Bp. Theophun the Recluse*)

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**(Gospel Reading Cont.)** bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.



During the months of July and August, coffee and lemonade will be provided during coffee hour. If you would like to sponsor food for coffee hour, please contact Lia at [liaecon@comcast.net](mailto:liaecon@comcast.net).