

St. Maximus the Confessor Orthodox Mission, Denton

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Priest Justin Frederick

Bulletin for Sunday, July 19, 2009

Schedule of Services

July 19th Sunday St. Seraphim of Sarov

8:45 a.m. Hours

9:00 a.m. Divine Liturgy

7:00 p.m. Monastery Dinner w/ Met. Jonah (Dallas)

July 22nd Wednesday

7:00 p.m. Vespers

July 24th Friday

7:00 p.m. Vespers

July 25th Saturday

5:00 p.m. Vigil, Confession

July 26th Sunday

8:45 a.m. Hours

9:00 a.m. Divine Liturgy

To prevent this [sinning in heart by looking on anything with lust], then, we want to apply to our own lives that rule of all temperance, never to let the mind dwell on anything wherein pleasure's bait is hid; but above all to be specially watchful against the pleasure of taste. For that seems in a way the most deeply rooted, and to be the mother as it were of all forbidden enjoyment. The pleasures of eating and drinking, leading to boundless excess, inflict upon the body a doom of the most dreadful sufferings; for over-indulgence is the parent of most of the painful diseases. To secure for the body a continuous tranquility, unstirred by the pains of surfeit, we must make up our minds to a more sparing regimen, and constitute the need of it on each occasion, not the pleasure of it, as the measure and limit of our indulgence. If the sweetness will nevertheless mingle itself with the satisfaction of the need...we must not because of the resulting enjoyment reject the satisfaction, nor yet make this latter our leading aim. In everything, we must select the expedient quantity, and leave untouched what merely feasts the senses.

St. Gregory of Nyssa, On Virginitly 21

Announcements for July 19th

To Our Visitors: Welcome! Please join us after the service for coffee and conversation and church school for the children. If you would, fill out a visitor's card for us and leave it in the basket on the table by the door. Be aware that shortly after the sermon, the catechumens, i.e., those preparing for Baptism & Chrismation, will be dismissed, but you are invited to stay for the rest of the service.

To All: Please be aware that Holy Communion is open only to Orthodox Christians who have prepared themselves for worthy participation in the Mystery through prayer, fasting, and a recent confession to a priest (within the last month or so). We should be modestly dressed and present to hear "Blessed is the Kingdom" (in *unusual* circumstances no later than the Gospel reading).

Please Move Forward during the Liturgy! **Please be quiet** in the Narthex afterwards while the Prayers of Thanksgiving after Communion are being read in the church, or better yet, stay for the prayers so you don't have to read them later at home.

The Special Freewill Offering today will be for the building fund, next week for the library.

A Financial Management Class is being considered for this fall. The class would last ten weeks, would cost \$55 for a couple, \$45 for a single (for materials), and would be limited to five couples (or ten persons). The materials look excellent. The class is highly recommended for young couples and singles. It will give them Christian principles to guide their finances and many practical worksheets to help them carry them out. Please see Fr. Justin if you are interested.

No Classes this Week

Fr. Justin will be at the annual assembly of the Diocese of the South this week in Atlanta. He will leave Monday and return Friday. Please pray for our Diocese as we begin the process of searching for a candidate to be our new bishop.

The Dormition Fast is coming up! It begins August 1 and runs through August 14. It is not too early to prepare ourselves to keep the Fast well by setting our hearts on seeking the Lord.

Please Pray for our Catechumen: Thom Anderson, for **our inquirers** John Parsons, Adam & Melanie Betz, and Robert & Elisabeth Terry. Please pray for our **shut-in** Nina Johnston, for Nick Gluschenko, and Nancy Rachel Saito visiting in California. Please remember Met. Jonah in your prayers, our Alaskan Seminarian Methodius Nicori, and the nun Barbara as she labors to found a new monastery in our area.

Tithes, Offerings & Attendance: Bringing our tithes and offerings to the temple of God is part of our worship of God, which also supports our efforts to proclaim the fullness of the Gospel of Christ in Denton through the establishment of a permanent Orthodox parish and new missions throughout Denton County and north Texas. Checks should be made out to St. Maximus Orthodox Church and placed in the basket on the candle table, where there is also a box for alms (those in need) and a box for the building fund.

Last week, we gave \$365 in tithes and offerings; on July 5 we gave \$1084; this month we have given \$1449; our monthly budget is \$6218 (\$1554 per week). Candles \$39; Bookstore \$33; Debt Reduction \$21; Building fund \$20; Special Gifts \$150. May God bless your faithful giving! Attendance: July 5 Vigil 9; Liturgy 29; July 12 Vigil 10, Liturgy 39. Mortgage balance as of June 30: \$103,910.

From Saint Maximus

"Learn of Me," He says, "because I am meek and humble of heart." meekness keeps the tempter steady, and humility frees the mind from conceit and vainglory.

The fear of the Lord is twofold. The first type is produced in us from threats of punishment, and from it arise in proper order self-control, patience, hope in God, and detachment, from which comes love. The second is coupled with love itself and constantly produces reverence in the soul, lest through familiarity of love it become presumptuous of God.

Perfect love casts out the first fear from the soul by which possessing it no longer fears punishment. The second fear it has always joined to it, as was said. The following passages apply to the first fear: "By the fear of the Lord everyone turns away from evil."; and, "The beginning of wisdom is the fear of the Lord." And to the second fear: "The fear of the Lord is pure and remains forever and ever," and, "There is no want in those who fear Him."

400 Chapters on Love, 1.80-82

July Namedays

- 5 Anastasia Elizabeth Sancer (New-Martyr Elizabeth)
- 5 Hannah Elizabeth Stokes
- 6 Lucia (Lydia) Sancer (Martyr Lucy)
- 16 Julia Chernaya (Martyr Julia the Virgin of Carthage)
- 16 Thea Frederick (Martyr Thea)
- 20 Maria (Raina) Joines (St. Maria Skobtsova)
- 22 Magdalena (Lisa) Robertson

Troparia and Kontakia for July 19th



Resurrectional Troparion, tone 5

Let us the faithful hymn and worship the Word / who with the Father and the Spirit hath no beginning, / and was born for our salvation of the Virgin; / for He was pleased to ascend the Cross in the flesh, / and to endure death / and to raise the dead / by His glorious Resurrection.

St. Maximus, Troparion, tone 3

By an outpouring of the Holy Spirit / thou didst pour forth Christ's sacred teachings, / thou didst expound with Divine authority / the self-emptying of God the Word / and wast radiant in thy confession of the True Faith: / O, Glorious Father Maximus / pray to Christ our God / to grant us His great mercy.

St. Seraphim, Troparion, tone 4

From thy youth thou hast loved Christ, O Blessed One, / and, with burning zeal to work for Him alone, / Thou hast contended in unceasing prayer and labor in the wilderness; / and gaining by compunction of heart the love of Christ, / thou hast appeared as chosen and beloved of the Theotokos. / Therefore we cry out to thee: // "Save us by thy prayers, O our Venerable Father Seraphim."

Resurrectional Kontakion, tone 5

Thou didst descend to Hades, O my Savior; / and, having shattered its gates as all-powerful; / Thou as Creator didst raise the dead with Thee; / and Thou didst destroy the sting of death, / and Adam hath been delivered from the curse, O Lover of Man. / Wherefore, we all cry: Save us, O Lord!

St. Maximus, Kontakion tone 8

Let us the faithful praise with fitting hymns / that lover of the Holy Trinity, great Maximus, / who clearly taught the divinely-given Faith: / that we should give glory unto Christ our God, / Who, but one person, hath in very truth two natures, wills, and energies. / Let us cry to him: Rejoice, divine herald of the Faith.

St. Seraphim, Kontakion, tone 2

Forsaking the beauty of the world and the corruption therein, / thou didst make thine in abode in the Monastery of Sarov. / And having lived there as an angel, / thou didst become for many a path to salvation. / For this cause, Christ hath glorified thee, O father Seraphim, / and enriched thee with the gift of healings and miracles. // Wherefore, we cry out to thee: Rejoice, O our venerable father Seraphim!