

**ST. MARK'S ORTHODOX CHURCH**  
**ORTHODOX CHURCH IN AMERICA (OCA.ORG)**  
**DIocese of EASTERN PENNSYLVANIA (DOEPA.ORG)**

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**Archpriest Raymond Martin Browne, Rector**

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**Choir Directors: Sergei Arhipov, Martha Moser, Daria Cortese,**  
**Church School Director: Jennifer Sremenak**



**SUNDAY JULY 31ST, 2016**

**6th SUNDAY AFTER PENTECOST — Tone 5.**

Forefeast of the Procession of the Honorable and Lifegiving Cross of the Lord. Righteous Eudocimus of Cappadocia (9th c.). Martyr Julitta at Cæsarea (304-305). St. Germanus, Bishop of Auxerre (448).

Hieromartyr Benjamin, Metropolitan of Petrograd and Gdovsk (1922), and those with him: Archimandrite Sergius and the Laymen, Yuri and John.

**Epistle:** Romans 12:6-14

**Gospel:** Matthew 9: 1-8

**SCHEDULE OF SERVICES**

**Confessions:** Saturdays Following Vespers  
*Also by appointment*

**Vespers:** Saturdays at 6pm

**Vigil:** Eve of Feasts at 7pm

**Divine Liturgy:** Sundays at 9:30am  
Feast Days at 9:15

**UPCOMING SERVICES AND EVENTS:**

**Sun, July 31:**

Hours and Divine Liturgy – 9:10; Coffee Hour

**Mon, Aug 1:**

Mirrors of Truth – 7pm.

**Wed, Aug 3:**

Akathist – 9:15am; Prison Ministry – 7pm.

**Fri, Aug 5:**

Vigil for Transfiguration – 7pm.

**Sat, Aug 6:**

Hours and Divine Liturgy with Blessing of Fruit for Transfiguration – 9:10am; Church School Feast Day Camp; Vespers and Confessions – 6pm.

**Sun, Aug 7:**

Hours and Divine Liturgy – 9:10am. Litya for Jack Malriat. Coffee Hour.

**Baptism:** St. Mark's welcomes the newest member of our parish, Katerina Rosalie Sremenak, who was illumined in the Sacred Mysteries of Baptism, Chrismation and Holy Communion. Congratulations and Many Years to Katerina, her parents Chris and Jen and her sisters Emily and Julia.

**Church School:** We will hold a Preschool Church School Day on Saturday, August 6. Children and parents are invited to join us for the Divine Liturgy with Blessing of Fruit, followed by music and craft for the Feast of the Transfiguration, as well as lunch. If you would like to attend, please inform Martha Moser or Jennifer Sremenak. All ages are welcome!

**Dormition Fast:** The Dormition Fast commences on Monday and lasts until the Feast of the Dormition on August 15. As we did last year, the Greater Philadelphia Orthodox Clergy Brotherhood will host the Service of Supplication to the Theotokos on four consecutive Sundays during August. Services begin at 4pm. All are invited.

August 7th- Saint Stephen's Cathedral (OCA)

August 14th- Saint Peter and Paul (Albanian-OCA) – We will have Vigil for the Feast of the Dormition here that evening.

August 21st- Saint Nicholas (Serbian) in Elkins Park

August 28th- Saint Peter and Paul (Ukrainian) – We will have Great Vespers for the Beheading of the Forerunner that evening here.

Please make every effort to keep this time as one of fasting and prayer. I strongly encourage our parishioners to attend the services on the 7<sup>th</sup> and 21<sup>st</sup> listed above.

**Parish Photograph:** If you would like an 8X10 copy, they are available for a \$5 donation. Speak with Jeanette.



**Script:** Thank you to all who participated last week. Profit was \$169.75, YTD \$795.20.

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**Wrightstown Food Cupboard:** Needs include pasta, tea, coffee.

## VIGIL LIGHTS

From the Moser Family

*For the health of:* Stephanie, Peter, Fr. John, Fr. John

*In memory of:* Dn. John, Veronica, Rebecca

From the Ristveys

*For the health of:* George and Margaret.

From Alan Lee Litvin

*For the health of:* Phyllis Ann Fitzgerald.

*In memory of:* Amelia Litvin, Shane Litvin

From John Wanko

*In memory of:* Peter Wanko, Wanda Wanko, Peter Wanko Jr.

### Names Day

Linette Anna Sedor

Ann Kasmer

### Wedding Anniversary

Tony and Ann Kasmer



## **Fasting**

Seeing that bodily disposition is important in worship and spiritual life, in general, great emphasis is placed in the Orthodox Church on fasting; if one should add up all of the fasting seasons and days of the Church calendar, he would find that more than half of the year is devoted to this ascetic labor. The question might rightfully be asked, then, as to why this is so.

According to St. Basil the Great, Adam, the first-created man, loving God of his own free will, dwelt in the heavenly blessedness of communion with God, in the angelic state of prayer and fasting. The cause of this first man's fall was his free will; by an act of disobedience he violated the vow of abstinence and broke the living union of love with God. That is, he held in scorn the heavenly obligations of prayer and fasting by eating of the Tree of Knowledge of Good and Evil. Lack of abstinence, then, was the cause of the Fall and, as a result, because of this original greed, the soul becomes dimmed, and is deprived of the illumination of the Holy Spirit.

Our Lord Jesus Christ calls all of us to salvation through self-denial (Luke 14:26) and this is addressed to the free will of fallen man: If any man would come after Me, let him deny himself and take up his cross and follow Me (Matt. 16:24). Thus, the Savior calls man to the voluntary fulfillment of those heavenly obligations, which he freely forsook, of observing prayer and fasting.

Repentance without fasting is made ineffectual since fasting is the beginning of repentance. The aim of bodily fasting is the enslavement of the flesh, for fasting bridles the lust of the stomach and of that below the stomach, meaning the removal of the passions, the mortification of the body and the destruction of the sting of lust. Thus it is necessary to overcome the stomach for the healing of the passions.

The personal example of the Lord Himself bears witness to the absolute necessity of bodily fasting. Did not the Savior fast for forty days and nights after His baptism to prepare for His earthly ministry (Matt. 4:2)? So too, many of the Saints of the Church were especially noted for

their ascetic labors, which saw fasting as being of especially great importance.

In fasting the flesh and the spirit struggle one against the other. Therefore bodily fasting leads to the triumph of the spirit over the body, and gives a man power over the stomach, subdues the flesh and permits it not to commit fornication and uncleanness. Abstinence is the mother of cleanliness, the giver of health and is good for rich and poor, sick and healthy, alike. It strengthens the seeker after godliness in spiritual battles and proves to be a formidable weapon against evil spirits. As the Lord Himself said, concerning the casting-out of certain demons: This kind never comes out except by prayer and fasting (Matt. 17:21).

This fasting, however, is not to be done out of pride or self-will; It must be observed in the praise of God and must be in accordance with the canons of the Church, since it consists in the complete renunciation of self-will and of the desires. At the same time, we must realize that for fallen man to attain perfection, even intensive fasting is insufficient, if in his soul he does not abstain from those things which further sin. Fasting is not only the abstinence from food, but also from evil thoughts and all passion, for, as the Savior says: Do you not see that whatever goes into the mouth passes into the stomach, and so passes on? But what comes out of the mouth proceeds from the heart, and this defiles a man. For out of the heart come evil thoughts, murder, adultery, fornication, theft, false witness, slander. These are what defile a man... (Matt. 15:17-20). Thus exterior fasting, without the corresponding interior fasting is in vain.

From *These Truths We Hold*. St. Tikhon's Monastery Press, 1986