

Elevation of the Holy Cross Orthodox Church

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Today's Scripture Readings:

Epistle: 1 Corinthians 4:9-16; Acts 13:25-33
Gospel: St. Matthew 17:14-23; St. Mark 6:14-30

A very warm welcome to everyone, and especially to our visitors this morning! Please join us for some fellowship after in the Parish Hall!

WELCOME ARCHBISHOP MARK! ***Eis Polla, Eti Despota!***

Services, Events & Announcements

+ **CHURCH NEW YEAR - *Compline/Bible Study*** – Wednesday
September 1st @ 5:30pm Please consider meeting with us! It is very
informal, and we have lots of excellent sharing, and even some
snacks & drinks. 😊

+ *Great Vespers* – Saturday September 4th @ 5pm

+ *Divine Liturgy* - Sunday September 5th @ 10am (Hours @ 9:40),
Fellowship following in the Hall.

Our Giving – August 22nd, 2021

Tithes/Offerings - \$593.00

Tithes/Offerings (online) - \$125.00

Candle Offerings – \$94.00

Regarding Holy Communion: Only those faithful who are Orthodox Christians and have **properly prepared themselves** by **fasting, prayer [i.e., Prayers Before Communion], recent confession,** and who were *at least present for the reading of the Epistle and Gospel* should approach to receive the Holy Eucharist. *We should all be at peace with each other too.* If you have any questions about Communion, please see Fr. Seraphim. 😊

Inspiration from the Louhs – Friday August 27th, 2021

“And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.” Mark 6:31

What happens when we choose to rest, from all the doing that occupies us? Could it be that important parts of God’s plan begin to materialize in our lives as we begin taking care of ourselves well enough to fulfill those plans? You see, if we aren’t careful, we can let the world beat us down, depleting us of our reserves. We can lose our vision and our purpose, leaving us with nothing left to devote toward greater things. In addition, when we are depleted, our connections with others suffer because we just can’t seem to dial down our own intensity and most people have an intuitive sense of the need to keep their distance.

Without renewing our bodies to counter the effects of stress, we are left relying on willpower to keep loving others with patience, kindness, goodness, gentleness, and self-control. So, rest is about giving our bodies and minds the energy they need to transport God’s goodness to others and to this world. “Teach us to number our days and recognize how few they are. Help us to spend them as we should.” Psalm 90:12

So, go out today and choose not to overschedule yourself. Just because something can fit into our day, doesn't mean it should. Remember, "it's better to have one handful with quietness than two handfuls with hard work and chasing the wind." Ecclesiastes 4:6. So choose today to simplify your life in some way, let go of things that overwhelm you, put boundaries up where it makes sense for your soul to have peace. And lastly, if you are always the helper, choose today to enter the role of asking for help yourself.

Rev Fr Nicholas & Dr Roxanne Louh
St. John the Divine Orthodox Church, Jacksonville, FL.

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"All my happiness and unhappiness are contained in the thoughts and inclinations of my heart. If the thoughts and inclinations of my heart are in accord with God's truth or with the will of my God, then I am at rest, filled with divine light, joy, and blessedness; if not, I am uneasy, filled with spiritual, soul-corrupting darkness, heaviness, and despondency." St. John of Kronstadt My Life in Christ p.118

Prayers For the Health and Salvation of those in need: Many Years!

Priestmonk Ambrose (Young), Abbot Tryphon, Mitred-Archpriest Nicholas (Harris), Mitred-Archpriest Daniel & Mat. Myra (Kovalak), Pres. Eva (Koutroulelis), Mat. Seraphima (Hunter) and the child to be born of her, Helen Maybo, Paul Beard, Evelyn Chabal, Phoebe Davis, Michael Kuzmiak & Juliana Matusiak,

Prayers for the Newly Departed: Memory Eternal!

Mitred Archpriest Michael Klobosh +8/18, Archpriest Stephen Janos +8/7, Protopresbyter Leonid Kishkovsky +8/3, Mat. Bonnie Jean [Ioanna] Robinson +8/19, Mat. Tresja Denysenko +8/19, Preotessa Maria Parau +7/25 & Aaron Gingo +7/28