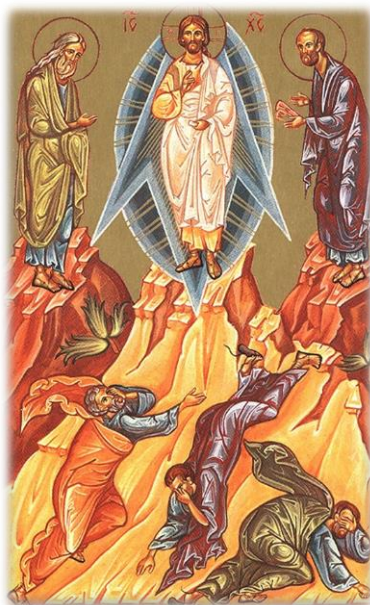


Diocese of Eastern Pennsylvania + Wilkes-Barre Deanery

Elevation of the Holy Cross Orthodox Church Williamsport, PA.



Afterfeast of the
Transfiguration of Our Lord

7th Sunday After Pentecost

August 8th, 2021

Elevation of the Holy Cross Orthodox Church

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Today's Scripture Readings:

Epistle: Romans 15:1-7
Gospel: St. Matthew 9:27-35

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

Services, Events & Announcements

- + *Compline/Bible Study – Wednesday August 11th @ 5:30pm*
- + *Great Vespers w/Litya – Saturday August 14th @ 5pm*
- + **FEAST OF THE DORMITION OF THE MOST HOLY THEOTOKOS – DIVINE LITURGY W/THE BLESSING OF THE FLOWERS - SUNDAY AUGUST 15TH @ 10AM (HOURS @ 9:40), FELLOWSHIP FOLLOWING IN THE HALL.**
- + Many Blessed Years this morning to Max Oeler becoming our newest Catechumen. Remember him and all of our Catechumens in your prayers!

Our Giving – August 1st, 2021

Tithes/Offerings - \$3,745.25
Candle Offerings – \$38.00 / Love Offerings - \$20.00
Memorial Gifts - \$100.00

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

“For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.” Galatians 5:1

Anger is a natural human emotion and God created us to have emotions. And while anger is a part of that experience, we also have the capacity to be imprisoned by it.

When anger hits, we must strive to remain in charge by responding to it in a way that aligns with our values in Christ. To do this, we first have to recognize that all emotions (anger included) are just information, a “cause for pause,” meant to grab our attention and help us better understand ourselves and the things that matter to us. They are NOT directives on how to treat people. They are also not facts. When we are angry, we have to stop and not allow the anger to direct our ways because it’s easy to forget that although there is some truth to what we experience, there are also exaggerations on those truths that cause us to blow out of proportion a small grievance and let it morph into a complete and total character assassination.

So our awareness and discernment, in angry moments is key. It paves the way for either healing and problem solving or division, resentment and bitterness (from angry thoughts we allowed to simmer without boundaries of discernment). It is the latter that can create a spiritual sickness that can consume our soul.

Remember, “a person’s wisdom yields patience; it is to one’s glory to overlook an offense.” Proverbs 19:11. So the next time you get angry, stand before the Lord and ask yourself: “What am I angry about?” “Why does this situation make me so angry?” “Is there really something I can do with it that will be productive?” And “Is what I am allowing myself to be angry about really intentional wrong doing? Or could it be taken some other way?” “How could I show grace right now?”

These answers help us figure out where to go when we are angry. Keep in mind, sometimes that answer might mean focusing on our own growth, rather than someone else’s. Sometimes the situation that angered us is really just an opportunity to practice grace, mercy, humility, patience or forgiveness. In our anger, we must be discerning as we take these questions to God in prayer asking Him to cleanse our heart and direct our path. Seek today to let His spirit of compassion lead your thoughts, your growth and your healing when strong feelings hit. In this way, allow yourself to become an agent of forgiveness in a world that can be quite unforgiving.

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

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, Michael Juran & Innocent Sam

Prayers for the Newly Departed: Memory Eternal!

Proto Leonid Kishkovsky +8/3, Preo. Maria Parau +7/25, Peter Mamonov +7/15, Mary Rines +7/16 & Aaron Gingo +7/28