

Diocese of Eastern Pennsylvania + Wilkes-Barre Deanery

Elevation of the Holy Cross
Orthodox Church
Williamsport, PA.



Martyrs Proclus and Hilary
of Ancyra
5th Sunday After Pentecost

July 12th, 2020

Elevation of the Holy Cross Orthodox Church

1725 Holy Cross Ln
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Rev. Fr. Seraphim Reynolds, Pastor
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Mr. Michael (Cory) Chelko, Parish Warden
Mr. Herman (Ed) Almasy, Vice Warden

Today's Scripture Readings:

Epistle: Romans 10:1-10

Gospel: St. Matthew 8:28-9:1

*Welcome to ALL our visitors and guests this morning! Please
join us for some fellowship after!*

Services, Events & Announcements

****Services are being streamed live on our website
homepage & Facebook page****

***Compline w/Adult Ed following (Discussion on Morning
Prayers) – Wednesday July 15th, @ 6pm**

***Great Vespers – Saturday July 18th, @ 5pm (Confessions before
or after, or by appointment.)**

***Divine Liturgy – Sunday July 19th, @ 10am (Hours @ 9:40)
w/the Blessing of Vehicles and Fellowship after Liturgy**

Our Giving – July 5th, 2020

Tithes/Offerings - \$2,789.00

Candle Offerings – \$35.00

Love Offerings – \$25.00

From Your Pastor . . .

Amid all that is around us today, do we have something to be truly thankful for? I believe that we do, but if not? Let us ask the Lord to fill our hearts with thanksgiving, and He will! Even things that seem awful can in the end, be a source of thanksgiving.

If you have not been able to return to Services these past few months, please consider mailing in your tithes and offerings. Although we have some restrictions due to the virus, the Parish still carries on with her day to day work. ☺

With Gratitude, Love and God's Blessing,

+ Fr. Seraphim

A Healthy Soul

Each day brings on new challenges regarding the health of your soul. Those moments when a family member or coworker makes a remark that are meant to anger you, are those times you need to guard your heart. When those around you are gossiping about someone, that is an opportunity for you to keep silent. The driver who's just cut you off on the freeway; the woman who pushes her way in front of you in the checkout line; the rude neighbor; all are moments in time when you can take control and grow stronger spiritually.

Trials and temptations, when confronted with a peaceful heart, bring forth healing and make the soul that much stronger and healthier. Reacting does nothing but bring forth paralysis of the soul, binding us to our fallen nature. Receiving all these temptations with a peaceful heart and not reacting to outside negative stimulus, helps strengthen you for the next round of trial and temptation. Little by little, you will find that the Peace of Christ

fills your every waking moment, bringing on a joyful spirit and a peaceful heart.

Acquiring a Grateful Heart

Whatever circumstances in which we find ourselves, God is giving us the opportunity to gain a freedom that comes only when we acquire humility. Whatever our job, whichever task we are asked to perform, whatever life places before us, all is an opportunity to give thanks to God. Even when we experience difficulties or hardships, if we embrace them with a trusting heart and a willingness to please God with our response, a humble heart will be ours.

It is the acquisition of a humble heart that opens the doors to the peace that passes all understanding. As well, it is the acquisition of a humble heart that opens wide the Gates of Paradise and floods our heart with the joy of the indwelling Holy Spirit. The acquisition of humility will fill us with a joy and peace that will make all the suffering and hardship we feel, something we can embrace with the knowledge that God is with us, and we will fear nothing.

Love in Christ,

Abbot Tryphon

All Merciful Saviour Monastery, Vashon Island, WA

“...yet let us remember: a single tear, shed in the true repentance that comes from the Spirit, brings more nourishment to the parched earth of the heart than a thousand streams of words and thoughts...”

Bishop Irenei Steenberg

The Beginnings of a Life of Prayer p.86