

Diocese of Eastern Pennsylvania + Wilkes-Barre Deanery

Elevation of the Holy Cross Orthodox Church Williamsport, PA.



The Samaritan Woman
5th Sunday of Pascha
May 22nd, 2022

Elevation of the Holy Cross Orthodox Church

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Today's Scripture Readings:

Epistle: Acts 11:19-26, 29-30

Gospel: St. John 4:5-42

CHRIST IS RISEN! INDEED HE IS RISEN!
Christos Voskrese! Voistinu Voskrese!
Christos Anesti! Alithos Anesti!

***A festive 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 & Adult Ed – Wednesday May 25th @ 5:30pm***
- + *Great Vespers – Saturday May 28th @ 5pm***
- + *Sunday of the Blind Man – Divine Liturgy – May 29th @ 10am
(Hours @ 9:40) Fellowship following in the Hall***
- + **FROM THE PARISH COUNCIL:** *Love Offerings for the months of
May thru August will be given to Phoebe Davis and her children.***
- + *Congratulations to Adam Armstrong upon graduating from Penn
State University. May God Grant Him Many Blessed Years!***

Our Giving – May 15th, 2022

Tithes/Offerings - \$1,392.00

Online Giving - \$125.00

Candle Offerings – \$63.00 / Love Offerings - \$150.00

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.

St Photini the Samaritan Woman, and those with her (66)

She was the Samaritan Woman who met Christ at Jacob's Well (John ch. 4). She repented and told her townsmen that she had met the Christ, for which she is sometimes called the first to proclaim the Gospel of Christ. She converted her four sisters (Phota, Photis, Parasceva, and Cyriaca), and her sons (Victor and Joses), and all of them became tireless evangelists for Christ. After the martyrdom of the holy Apostles Peter and Paul, she traveled to Carthage to proclaim the Gospel there. She, with her Christian sisters and sons, all met martyrdom under the persecutions of Nero. She is also commemorated on the Sunday of the Samaritan Woman during the Paschal season. (www.abbamoses.com)

Self-loathing

Neither Self-esteem or Self-loathing

Humility does not require we think poorly of ourselves, nor be given over to self-loathing. Just as we must not be over-lauding ourselves, we must not sink to a state of self-loathing, for both states have their basis in the ego. I would be the last person to suggest anyone be trapped in a state of self-hatred, or wallow in the mire of low self-esteem. I am rather concerned for those who are drawn into the sin of pride, which is the result of a false attempt at self-esteem. Feeling good about yourself is not the same as being puffed up with pride.

C.S. Lewis wrote that it is not wrong or sinful for a pretty woman to look in a mirror and notice she possesses beauty, but it is better that she should walk away and forget about it. In the same way, it is not pride that leads us to notice we have a special gift as a musician, a writer, an orator, or are good with children. What is important for the Christian, is to give thanks to God for our gifts, while turning our face towards Christ with gratitude, thankful for the opportunity to use our gifts in service to God, and to our neighbor.

When we possess a healthy humility, we are neither filled with self-loathing, nor over-lauding, but immersing ourselves in service to the God Who created us, as we are. We do not stand like the Pharisee, giving thanks that we are not like other men, but, like the Publican, we stand before God, in all our nakedness, asking to be made whole. We confess before the Lord our unworthiness yet give thanks for the status we have as His children. We are a royal people, delivered from our sin and death by a Saviour Who came down as a servant.

I was a practicing therapist for many years, before becoming a monk. It is sometimes good for people to see a psychologist, and I've recommended such, over the years. However, the problem with psychology is to be found in its often humanistic base. *Orthodox Psychotherapy*, as expounded so beautifully by Metropolitan Hierotheos in his book by the same name, is far superior for bringing about healing.

With love in Christ,

Abbot Tryphon

All Merciful Saviour Monastery, Vashon Island, WA.

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), Archpriest Moses (Berry), Pres. Eva (Koutroulelis), Pres. Rosy (Tanveer), Helen Maybo, Paul Beard, Evelyn Chabal, Phoebe Davis, Michael Kuzmiak, Juliana Matusiak, & those suffering in Ukraine.

Prayers for the Newly Departed: Memory Eternal!

His Beatitude, Metropolitan HILARION (Kapral) +5/16, His Eminence, Archbishop PAUL (Gassios) +4/24, Protodeacon Nicodemus Myers +4/29, Matushka Helen Kuchta +5/6 & those who have lost their lives in Ukraine.

Looking for a unique gift or need to buy groceries (or maybe gas)? See Mat. Mary and pick up some Giant gift cards! Our Parish receives 5% of the sales of these cards, and it's a simple way to generate a little income. Available in denominations of \$25 or \$100.



Weekly Income	Beyond A Tithe		Tithe			Upper Range Giving			Middle Range Giving			Lower Range Giving		
	15%	12%	10%	9%	8%	7%	6%	5%	4%	3%	2%	1%		
\$200	30.00	24.00	20.00	18.00	16.00	14.00	12.00	10.00	8.00	6.00	4.00	2.00		
\$300	45.00	36.00	30.00	27.00	24.00	21.00	18.00	15.00	12.00	9.00	6.00	3.00		
\$400	60.00	48.00	40.00	36.00	32.00	28.00	24.00	20.00	16.00	12.00	8.00	4.00		
\$500	75.00	60.00	50.00	45.00	40.00	35.00	30.00	25.00	20.00	15.00	10.00	5.00		
\$600	90.00	72.00	60.00	54.00	48.00	42.00	36.00	30.00	24.00	18.00	12.00	6.00		
\$700	105.00	84.00	70.00	63.00	56.00	49.00	42.00	35.00	28.00	21.00	14.00	7.00		
\$800	120.00	96.00	80.00	72.00	64.00	56.00	48.00	40.00	32.00	24.00	16.00	8.00		
\$900	135.00	108.00	90.00	81.00	72.00	63.00	54.00	45.00	36.00	27.00	18.00	9.00		
\$1,000	150.00	120.00	100.00	90.00	80.00	70.00	60.00	50.00	40.00	30.00	20.00	10.00		
\$1,100	165.00	132.00	110.00	99.00	88.00	77.00	66.00	55.00	44.00	33.00	22.00	11.00		
\$2,000	300.00	240.00	200.00	180.00	160.00	140.00	120.00	100.00	80.00	60.00	40.00	20.00		
\$3,000	450.00	360.00	300.00	270.00	240.00	210.00	180.00	150.00	120.00	90.00	60.00	30.00		