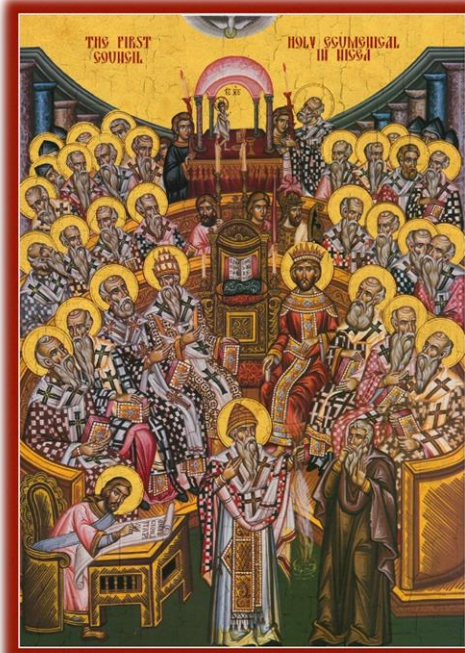


Orthodox Church in America + Diocese of Eastern Pennsylvania

Elevation of the Holy Cross Orthodox Church Williamsport, PA.



Holy Fathers of the First
Six Ecumenical Councils

July 16th, 2023

Elevation of the Holy Cross Orthodox Church

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Today's Scripture Readings:

Epistle: Hebrews 13:7-16; Romans 12:6-14
Gospel: St. John 17:1-13; St. Matthew 9:1-8

***A warm welcome to everyone, and especially to all our visitors
this morning!***

Please join us for some fellowship after in the Parish Hall!

Services, Events & Announcements

- + The Church will be open for prayer this Tuesday morning July 18th from 7:30 – 9:30
- + *Compline / Bible Study* - Wednesday July 19th at 5:30
- + *Parish Council Meeting* – Thursday July 20th at 5:30
- + *Great Vespers* – Saturday July 22nd at 5
- + *Hours, Divine Liturgy* – Sunday July 23rd, at 9:40 – Fellowship following in the Hall.
- + If you would like to make a donation toward our *Iconography* or *Church Floor* projects, please use the “Designated” envelopes at the Candle Counter. If you have any questions about these projects, please see Fr Seraphim or members of the Parish Council.
- + Projects happening here at Holy Cross: *Church Iconography*, *Church Flooring Project*, and the possibility of an Orthodox burial section at Wildwood Cemetery here in Williamsport.
- + Benevolence collections for July & August will go to the purchase of a traditional Orthodox coffin for the Parish to have on hand.

Our Giving – July 9th, 2023

Tithes/Offerings - \$375.00 / Online Giving - \$200.00

Candle Offerings – \$43.00 / Benevolence - \$200.00

Thank you all for your generosity!

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 everyone too.* If you have any questions about Communion, please see Fr. Seraphim. 😊

Proskomedía

Before every Divine Liturgy, the priest prepares gifts of bread and wine to be used during the Eucharist. The preparation ritual is called the Liturgy of Preparation, or proskomedía. The meaning in Greek is “offering”, indicating that it is our offering to God. God has blessed us with wheat and grapes, and we transform it into bread and wine, offering it back to God in thanksgiving. God then consecrates the bread and wine during the Divine Liturgy, returning it to us transformed.

The bread that is offered in the Eucharist is called *prospora*, a special loaf whose preparation itself is filled with meaning. It is created using only wheat, yeast, water, and salt and is composed of two layers, representing the two natures of Christ, divine and human. It has a square seal on the top with the Greek letters IC XC (an abbreviation in Greek for Jesus Christ) and NIKΑ (meaning “conquers”). During the proskomedía, a portion of the loaf is cut out into a cube, and it is this inner part of the loaf, called the *lamb*, that is consecrated during the Divine Liturgy, and together with the red wine, will become the Body and Blood of Christ. The Liturgy of Preparation includes blessing the

prosporon, cutting it on four sides to form a cube, piercing it with a spear, and reciting two verses from St. John's Gospel (John 19:34-35).

The wine is mixed with water in a chalice and blessed by the priest. The priest then cuts triangular particles from a second prosphoron in commemoration of the Theotokos, from a third prosphoron to commemorate the ranks of saints, from a fourth prosphoron for the living, and from a fifth prosphoron for the departed. Finally, the censer is blessed, the cover for the gifts is blessed, and then the gifts are covered.

(Essential Orthodox Christian Beliefs, 1)

"But I say to you," the Lord says, "love your enemies, do good to those who hate you, pray for those who persecute you." Why did he command these things? So that he might free you from hatred, sadness, anger and grudges, and might grant you the greatest possession of all, perfect love, which is impossible to possess except by the one who loves all equally in imitation of God."

St. Maximus the Confessor

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), Priest James (Chuta), Pres. Eva (Koutroulelis), Pres. Rosy (Tanveer), Mat. Mary Lynn (Henry), Mat. Deborah (Belonick), Mat. Barbara (Matusiak), Mat. Seraphima (Hunter) & Xenia Crews & the children to be born of them, Paul Beard, Evelyn Chabal, Phoebe Davis, Michael Kuzmiak, Juliana Matusiak, Elias Ciaccio, Elizabeth Wadsworth, Sebastian Fillar, Infant John, Isaac Bannister, Vera Christopher, Paisios Sundin, Christine Perrin, Agnes Andreanoff, Michael Lazorchak, Edward Hojnicky, & those suffering from the war in Ukraine.

Prayers for the Newly Departed: Memory Eternal!

Protopresbyter Alexander Veronis +6/26, Archpriest John Sidor +7/3, & Those who have lost their life in the war in Ukraine.