

Orthodox Church in America + Diocese of Eastern Pennsylvania

# Elevation of the Holy Cross

## Orthodox Church

### Williamsport, PA.



Afterfeast of the Nativity of  
the Mother of God

Sunday Before the Cross

September 10<sup>th</sup>, 2023

# Elevation of the Holy Cross Orthodox Church

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## ***Today's Scripture Readings:***

*Epistle:* Galatians 6:11-18; 2 Corinthians 1:21-2:4

*Gospel:* St. John 3:13-17; St. Matthew 22:1-14

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

## **Services & Announcements**

+ Church open for private prayer Tuesday September 12<sup>th</sup> from 7:30-9:30am

+ *Parish Council Meeting* – Tuesday September 12<sup>th</sup> at 5:30

### ***+ Feast of the Elevation of the Cross +***

Great Vespers w/Litya – Wednesday September 13<sup>th</sup> at 5:30

Hours & Divine Liturgy – Thursday September 14<sup>th</sup> at 9:30  
(procession weather permitting)

+ *Great Vespers* – Saturday September 16<sup>th</sup> at 5

+ *Hours, Divine Liturgy* – Sunday September 17<sup>th</sup>, at 9:40 – Fellowship following in the Hall.

+ If you would like to donate toward our *Iconography* project, please use the “Designated” envelopes at the Candle Counter.

+ If you have interest in being buried at Wildwood Cemetery (Orthodox section) in Williamsport, please let Fr Seraphim know.

+ *Benevolence* collections through September will be sent to OCPM Orthodox Christian Prison Ministry

✝ *Volunteers needed at St Ann's Food Pantry, every 3<sup>rd</sup> Friday and Saturday of the month. See the bulletin board for details.*

### **Our Giving – September 3<sup>rd</sup>, 2023**

Tithes/Offerings - \$1,209.00 / Online Giving - \$200.50

Candle Offerings – \$43.00

*Thank you all for your support of our Parish!*

***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. 😊

### ***Hopelessness***

#### ***How to Overcome Hopelessness***

Hopelessness in painful situations is what pulls most of us out of our rut. My own recent bout with my heart, and subsequent healing through the intercession of the Holy Virgin, has given me pause as to how I'd been living my life. Like many of you I'd been running at top speed. Acting like a man half his age I'd been burning candles at both ends for a very long time. The combination of a lack of sleep and taking on too many responsibilities brought me to the brink. My heart problems woke me up from my state of denial and forced me to look at what was of real importance. I'm now committed to making some major changes in my life, cutting back on many things that don't really require my attention, getting more sleep and making sure I take time to get in a good walk every day.

It is easy to resist taking care of yourself if you run at full speed as though you are the only one who can get things done. We all need to

set priorities, making sure we focus on Christ and not let that which is transitory rule our lives. If you pay attention to your health, family and spiritual life, everything else will take care of itself. Don't let your life be so full of work that you don't have time to focus on the things that bring you joy. Pay attention when the Lord is calling you to slow down and place your rest in Him.

If you focus only on the things that haven't been done and ignore the little things that bring joy to your life, you'll find yourself in a rut. If you are constantly thinking of where you'd rather be living, or the job you'd rather have, or the work that still needs to be completed, you'll wake up one day and realize all you've needed for happiness has been right in front of you. Don't wait to enjoy what you already have.

*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), Priest James (Chuta), Mat. Mary (Reynolds), Pres. Eva (Koutroulelis), Pres. Rosy (Tanveer), Mat. Mary Lynn (Henry), Mat. Deborah (Belonick), Mat. Barbara (Matusiak), Mat. Seraphima (Hunter), Xenia Crews, Alexa Yonkin, Anastasia Linnehan & the children to be born of them, Paul & Judy 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, Basil Evick, Jennifer Updegrove, those suffering from the war in Ukraine, & **the Newly Illumined** Alexis, Vladimir, Raphael, Elizabeth, James, Columba & their Godparents.

### **Prayers for the Newly Departed: Memory Eternal!**

His Beatitude Met. Daniel +8/10, Protodeacon Alexis Bona +8/26, Andrew Stickman +9/6 & Those who have lost their lives in the war in Ukraine & Russia, & the Fire in Hawaii