

St. Nicholas Cathedral  
*Founded in 1930 as the Russian Orthodox Church of St. Nicholas*  
 Orthodox Church in America  
*www.oca.org*  
*dcnyoca.org*

July 12, 2009  
**Martyrs Proclus and Hilary of Ancyra**  
*Divine Liturgy of St. John Chrysostom*

**METROPOLITAN JONAH**  
 ARCHBISHOP OF WASHINGTON  
*V. Rev. Constantine White, Dean*  
*Rev. Valery Shemchuk, Associate Pastor*

**Schedule of Services**

Friday	July	17	9:00am	Liturgy (R) Holy Royal Martyrs (Old Calendar)
Saturday	July	18	9:00am 5:00 pm	Liturgy (R, G) St. Sergius of Radonezh (Old Calendar) Vigil (E,S)
Sunday	July	19	9:00 am 10:45 am 1:00 pm	Liturgy (E) Liturgy (S) Prayer Service (G)

E=English, S=Slavonic, G=Georgian

**\*\*\* VISITORS \*\*\***

**A warm welcome to St. Nicholas Cathedral!**  
**We are glad to have you worship with us today.**

...those who have given their lives for their homeland..."  
**Memory Eternal.**  
 St. Nicholas Cathedral – the National War Memorial Shrine  
 3500 Massachusetts Avenue NW, Washington, DC 20007  
 Phone: 202-333-5060      FAX: 202-965-3788  
**www.stnicholasdc.org**

**St Nicholas Coffee Hour**

Date	Restrictions	Host
12 July 2009	None	Gillian Butler
19 July 2009	None	Robert Holman
26 July 2009	None	Sharon Osmolovsky
9 Aug. 2009	None	Catherine Vangellow
16 Aug. 2009	None	Nina Shafran & Robert Tyszcenko

**CHILDRENS ORTHODOX SUMMER CAMP** — Several children are going for a week to Orthodox overnight camps this summer. If you are interested in attending, please contact George Evanisko (george.evanisk@uspto.gov) as soon as possible. In addition, there is money available from the Parishioner/Teachers Association (PTA) to assist financially needy families to pay to attend the Camp(s)—Please see a priest to discuss arrangements.

We have now successfully raised \$41,850 in cash and pledges towards the cost of the capital repair for the interior of St. Nicholas. The HVAC system on the roof has been patched for the summer so that we will have some air conditioning and the new HVAC system will be installed later in the year. The cost for the new system and for the repair of the damage in the interior of St. Nicholas is approximately \$250,000 so we have a long way to go to raise the money needed. Please send your gifts or pledges in as soon as possible. Look in the coffee room for extra pledge cards if you need one.

Dormition Guild would like to thank everyone who participated in the 4th of July picnic last Sunday. The cooks, grillers, servers, decorators and the clean-up crew all did a wonderful job. It was encouraging to see so many people from both services enjoying themselves at America's birthday party. Hope we can all do it again together in the same community spirit in the future.

**Orthodox Christian Mission Center (OCMC) Agape Canister:** The OCMC Agape Canister this week brought in \$48.07! Thank you for donating through the OCMC to share Christ with the world; your donations are a living witness to the fullness of the Gospel. Continuing the work of the Apostles themselves, may we all be given the strength to answer the call issued by Christ on that day to "...go and make disciples of all nations." (Matt 28) Please pray for the 1.8 billion people around the world who have yet to hear the Gospel and for mission workers who will serve as witnesses for the Orthodox faith to the ends of the earth. For more information on the Agape Canister Program, please contact Betty Slanta at [slanta@verizon.net](mailto:slanta@verizon.net) or visit <http://www.ocmc.org>.

The collection proceeds for the week beginning June 29 and continuing through July 5 amount to \$6957.00, which amount does not include building maintenance donations, building expansion donations, special collections, sacraments, private service and development director contributions.

St. Nicholas Cathedral Community Outreach: The servers at the Christ House Shelter for Homeless Men this week are Monica Pelt, her son Chidiki and Amal Marcos. May the Lord bless their good will and good work.

**Troparia (Tone 4):** When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection; they cast away the ancestral curse and elatedly told the apostles: Death is overthrown! Christ our God is risen, granting the world great mercy.

**Troparia (Tone 4):** Thy just works have shown Thee to thy flock as an example of faith, an image of meekness and a teacher of abstinence. By humility Thou didst achieve exaltation, and by meekness, riches. O Father Bishop Nicholas, intercede with Christ our God to save our souls..

**Kontakia (Tone 4):** My Savior and Redeemer as God rose from the tomb and delivered the earthborn from their chains. He has shattered the gates of hell, and as Master, He has risen on the third day!

**Glory to the Father, and to the Son, and to the Holy Spirit,**

**Kontakion St. Nicholas (Tone 3):** You revealed yourself in Myra as a priest, O Holy One, for you fulfilled the gospel of Christ by giving up your life for your people and saving the innocent from death. Therefore you are blessed as one well instructed in the grace of God.

**Now & ever & unto ages of ages. Amen.**

**Steadfast Protectress (Tone 6):** Steadfast Protectress of Christians, constant advocate before the Creator, despise not the cry of us sinners, but in your goodness come speedily to help us who call on you in faith, hasten to hear our petition and to intercede for us, O Theotokos, for you always protect those who honor you.

**Prokeimenon (Tone 4):** O Lord, how manifold are Thy works/ In wisdom hast Thou made them all. Vs. Bless the Lord, O my soul! O Lord my God, Thou art very great.

**Epistle: Rom. 10:1-10:** Brethren, my heart's desire and prayer to God for Israel is that they may be saved. For I bear them witness that they have a zeal for God, but not according to knowledge. For they being ignorant of God's righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness of God. For Christ is the end of the law for righteousness to everyone who believes. For Moses writes about the righteousness which is of the law, "The man who does those things shall live by them." But the righteousness of faith speaks in this way, "Do not say in your heart, 'Who will ascend into heaven?'" (that is, to bring Christ down from above) or, "'Who will descend into the abyss?'" (that is, to bring Christ up from the dead). But what does it say? "The word is near you, in your mouth and in your heart"(that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation

**Prayer Before Gospel Reading:** O Master Who love mankind, make the spotless light of Your revelation of God shine in our hearts, and open the eyes of our mind that we may grasp the message of Your Good News. Instill in us respect for Your blessed commandments, so that overcoming (or trampling down) all self-indulgent passions, we may pursue a way of life the Spirit brings, and please You in all we think and do. For You are the enlightenment of our souls and bodies, O Christ our God, and we render glory to You together with Your Father without beginning and Your all-holy and good and life-creating Spirit: now and ever, and unto ages of ages. Amen.

**Alleluia (Tone 4):** Go forth, prosper & reign, for the sake of meekness, righteousness & truth. Vs. For Thou lovest righteousness & dost hate iniquity.

**Gospel: Matt. 8:38-9:1:** At that time when Jesus came to the other side, to the country of the Gadarenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have You come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

**Communion Verse:** Praise the Lord from the heavens, praise Him in the highest. Alleluia, Alleluia, Alleluia.

**Thanksgiving Prayer After Communion:** We give thank, Lord our God, for letting us share in the holy Mysteries You have given us for the benefit, sanctification, and healing of our souls and bodies. O Master of all things! Let them provide us with faith that cannot be shaken, with love that does not pretend, with wisdom that is complete, with healing for our souls and bodies, with a sure defense against adversary, with a willingness to observe all You have given us, and, finally, with the right answer at the judgment seat of your Christ. For You make us holy, and we render glory to You – to the Father and to the Son and to the Holy Spirit: now and ever and unto ages of ages.

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**Prayerfulness:** being in the present with your eyes wide open to experiencing God and life in dynamic new ways. (Synonym: spiritual mindfulness/awareness)

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*St Maximos the Confessor (580-662)*

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'The Holy Spirit is present unconditionally in all things, in that He embraces all things, provides for all, and vivifies the natural seeds within them. He is present in a specific way in all who are under the Law, in that He shows them where they have broken the commandments and enlightens them about the promise given concerning Christ. In all who are Christians He is present also in yet another way in that He makes them sons of God. But in none is He fully present as the author of wisdom except in those who have understanding, and who by their holy way of life have made themselves fit to receive His indwelling and deifying presence. For everyone who does not carry out the divine will, even though he is a believer, has a heart which, being a workshop of evil thoughts, lacks understanding, and a body which, being always entangled in the defilements of the passions, is mortgaged to sin.'