

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

July 19, 2009

**Fathers of the 1<sup>st</sup> six Ecumenical Councils, Relics Ven. Seraphim of Sarov**  
*Divine Liturgy of St. John Chrysostom*

**METROPOLITAN JONAH**

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

Schedule of Services

Tuesday	July	21	9:00am	Liturgy (R) Kazan Icon (Old Calendar)
Friday	July	24	9:00am	Liturgy (R) St Olga (Old Calendar)
Saturday	July	25	10:00am 5:00 pm	Liturgy (G) Vigil (E,S)
Sunday	July	26	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](http://www.stnicholasdc.org)

**The bulletin this week is sponsored in honor of Marie and Nicholas Yanowsky in celebration of their 57th wedding anniversary on July 20th (Holy Prophet Elias )by the Betty and John Slanta, and the Yanowsky, Bosworth and Hawkins families.**  
**Many years!**

**St Nicholas Coffee Hour**

Restrictions	Host	
19 July	None	Robert Holman
26 July	None	Sharon Osmolovsky
2 August	Fast	Steve & Jo Lu Terrell
9 August	Fast	Catherine Vangellow
16 August	None	Nina Shafran & Robert Tyszcenko

We have now successfully raised \$57,421 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.

Monday, September 28<sup>th</sup> at 12pm in Woodrow Wilson Center discussion on the subject of “Transnational Religious Education and the Changing Face of Central Asian Islam” by David Abramsov, Foreign Affairs Research Analyst, Bureau of Intelligence and Research, US Department of State, and Public Policy Scholar. Please see [www.wilsoncenter.org](http://www.wilsoncenter.org) for details.

For the week beginning 7/6 and ending on 7/12, the collection proceeds were \$9387.40, which does not include building maintenance donations, special collections, sacraments, private services and development director contributions.

Orthodox Christian Mission Center (OCMC) Agape Canister: The OCMC Agape Canister this week brought in \$26.15; 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) To be a canister volunteer or to volunteer for a mission trip, please contact Betty Slanta at [slanta@verizon.net](mailto:slanta@verizon.net) or visit <http://www.ocmc.org> .

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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)

**St. Innocent of Alaska:** Faith and love which are gifts of the Holy Spirit are such great and powerful means that a person who has them can easily, and with joy and consolation, go the way Jesus Christ went. Besides this, the Holy Spirit gives man the power to resist the delusions of the world so that although he makes use of earthly good, yet he uses them as a temporary visitor, without attaching his heart to them. But a man who has not got the Holy Spirit, despite all his learning and prudence, is always more or less a slave and worshipper of the world.

**Troparia (Tone 5):** Let us, the faithful, praise and worship the Word, coeternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.

**Holy Fathers (Tone 8):** Most glorious art Thou, O Christ our God! Thou hast established the Holy Fathers as lights on the earth! Through them Thou hast guided us to the true faith! O greatly Compassionate One, glory to Thee!

**Kontakion (Tone 5):** Thou didst descend into hell, O my Savior, shattering its gates as Almighty; resurrecting the dead as Creator, and destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of Man, and we all cry to Thee: O Lord, save us!

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

**Kontakion: (Holy Fathers, Tone 8):** The apostles' preaching and the fathers' doctrines have established one faith for the Church. Adorned with the robe of truth, woven from heavenly theology; great is the mystery of piety which it defines and glorifies.

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

(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 5):** Thou, O Lord, shalt protect us and preserve us from this generation forever.

Verse: Save me, O Lord, for there is no longer any that is godly. **(For the Fathers):** Blessed art Thou, O Lord God of our Fathers & praised & glorified is Thy Name forever!

**Epistle: Rom. 12:6-14:** Brethren: Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; <sup>7</sup> or ministry, let us use it in our ministering; he who teaches, in teaching; <sup>8</sup> he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.

**Alleluia (Tone 5):** I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. Verse: Thou hast said: Mercy will be established forever. Thy truth will be prepared in the heavens. **(For the Fathers):** The Lord, the God of gods, speaks & summons the earth from the rising of the sun to its setting.

**Gospel: Matt. 9:1-8:** At that time, getting into a boat Jesus crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins" -- He then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

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

The Parish Council  
St Nicholas Cathedral  
Washington, DC

St Vladimir  
July 15, 2009

Beloved in Christ,

I am eagerly awaiting the day when I will be able to move to Washington and participate frequently in the life of the Cathedral.

As you know, a committee has been appointed to begin planning for the transition, which will occur over at least a year's time, but some elements much sooner. This will be a complex process, and I am most grateful to those who are putting time and effort into this transition, which I believe is very important for the life of our Church. My hope is that the OCA will participate significantly in the financing of the new planned Annex, which it would also use part of as its national Chancery. This kind of partnership, of the central administration with the Cathedral, will allow both to have significantly better space, for mutual use.

This financing depends on the decision of the Metropolitan Council to sell the current Chancery in Syosset. However, the Chancery will be moved in any event, sooner or later.

I encourage you to do everything possible to procure the full plans for the building, and not jeopardize the huge investment you have already made. You have put your hand to the plow. Do not turn back!

May the Lord strengthen you! You have begun a good work. May it be brought to completion for the glory of God.

With love in Christ,

+ Jonah  
Archbishop of Washington  
Metropolitan of All America and Canada