

Saints of the Day

The Holy Apostles Prochorus, Nicanor, Timon and Parmenas: All four were numbered among the Seven Deacons and the Seventy Apostles. The remaining deacons were Stephen, Philip and Nicholas. Stephen, the first martyr, is commemorated separately on December 27, and Philip on October 11. Because of his heresy, Nicholas did not enter into the ranks of the saints. The first four do not have separate days of commemoration, but are all commemorated on this day, July 28. Saint Prochorus was consecrated by the Apostle Peter as bishop of Nicomedia. For a time he was in the service of St. John the Evangelist and, on the island of Patmos, wrote down the Book of Revelation, which he heard from the mouth of St. John. After that, he returned to Nicomedia, where he exerted much effort and labor to convert the people to the Faith. He died a martyr's death in Antioch, where he was slain by unbelievers. Saint Nicanor suffered in Jerusalem the same day as St. Stephen the Archdeacon and, soon after him, two thousand other Christians were slain by the wicked Jews. Saint Timon was a bishop in Arabia, and suffered on the cross for Christ. Saint Parmenas died before the eyes of the apostles, and was mourned and buried by them.

The Venerable Paul of the Monastery of Xeropotamou: Paul was the son of Emperor Michael Kuropalates. Having an excellent education, rare wisdom and meekness, Procopius (as he was first called) was in his youthful years a subject of astonishment to all of Constantinople. In one of his charters, Emperor Romanus the Elder, called him "the greatest of all the philosophers." Being afraid that his soul would become proud, and desiring that it not perish because of human glory, this brilliant youth dressed in the rags of a beggar and went to Holy Mount Athos, where he received the monastic tonsure from the illustrious Saint Cosmas. After a long period of solitary monastic labor he restored the Monastery Xeropotamou, and shortly after that built the new Monastery of Saint Paul, where he died in old age. When this monastery was consecrated, Emperor Romanus sent a large portion of the Holy and Venerable Cross as a gift, which is preserved there even to this day. It is said that he preached the Holy Gospel in Macedonia and in Serbia. He endured much torment from the wicked iconoclastic Emperor Leo the Armenian, and reposed in the year 820 A.D. At the time of his death, St. Paul said to the brethren: "Behold, the hour comes that my soul has always desired, and which my body has always feared."

Archangel Michael Greek Orthodox Church Bulletin

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July 28, 2024

Sunday Holy Scripture Reading

Apostolic Reading: Romans 6:18 – 23

Gospel: St. Matthew 8:5 – 13

Services: *Sunday*-8 a.m. Orthros and 9 a.m. Divine Liturgy, *Weekdays* 8 a.m. Orthros and 9 a.m. Divine Liturgy when scheduled.

Saints of the Day: 5th Sunday After Pentecost. Prochoros, Nikanor, Timon and Parmenas, deacons and Apostles of the Seventy; Venerable Paul, founder of Xeropotamou and St. Paul monasteries on Athos; Venerable Irene Chrysovalantou; Pitirim, bishop of Tambov.

Order of Service

Apolytikion of the Resurrection Tone 4

When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, "Death has been despoiled! Christ God has risen, granting the great mercy to the world!"

Apolytikion of the Archangels Tone 4

Supreme Commanders of the Hosts of the Heavens, we, the unworthy, implore and beseech You that by Your supplications You encircle us in the shelter of the wings of Your immaterial glory, guarding us who now fall down and cry to You with fervor: Deliver us from dangers of all kinds, as the great marshals of the heavenly hosts on high.

Kontakion for the Transfiguration Tone 7

Upon the mountain were You transfigured, and Your disciples beheld Your glory as far as they were able, O Christ our God; so that when they would see You crucified they might understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance.

Divine Services

Wed. July 31: Paraklesis 5pm

Thurs. and Fri. Aug. 1-2: Paraklesis to the Theotokos 5pm

Sat. Aug 3: Great Vespers 5pm.

Holy Communion in the Orthodox Church

Holy Communion of the Orthodox Church is the Holy Body and Blood of our Lord Jesus Christ. It is *"With the fear of God, faith and love"* that we approach the Divine Mysteries. Therefore, Holy Communion is reserved only for those baptized and chrismated Orthodox Christians who have prepared themselves by prayer and fasting, as prescribed by the teachings of the Holy Orthodox Church. We ask that women, before approaching to receive from the Holy Cup, in respect of our Lord, to please remove lipstick.

Bookstore and Library

Come downstairs and browse our wonderful selection of new books, Icons, and Orthodox gift items in our well-stocked bookstore. There is something for everyone! *Read often and insatiably the books of the teachers of the Church... ~St. Isaac the Syrian*

Stewardship 2024

Remember to be current with your stewardship. If you did not receive a 2024 packet, please see Ruxandra Georgescu.

Coffee Hour Signup

Please consider sponsoring a coffee hour. Donations are welcome!

July 28: Abdallah and Serna Families **August 4:** Sponsor Needed

August 11: Sponsor Needed **August 18:** Festival

Greek Dance Group

We welcome children and adults to join our parish Greek dance group. Practice will be for a half hour to prepare for our Annual Greek Festival. Any interested children and adults are welcome to join, as well as help teach. Contact Constadina Vasiliades at: 808-373-0312 or constadina@shaw.ca if interested or for questions. For the month of **July** TBA and meet at Archangel Michael Greek Orthodox Church.

Scam Alert and Cyber Security

We received from our Chancellor, Fr. Lou, there are active and aggressive cyber-actors targeting our Metropolis of Denver and Greek Orthodox Churches across the country. The cyber-criminals are impersonating our Metropolitan, Chancellor and even me, your parish priest. The scammer posing as one of the above named, may ask for money or gift cards. A few of our parishioners over the years have been contacted by a scammer posing as me. **Please know I would not do this or solicit gift cards.** If this happens let me know with a phone call and do not reply to any of these inquiries.

Capital Campaign

King Soopers Cards has a Loyalty Card Program that offers 5% of your purchase sent to a designated charity which Archangel Michael is an eligible

recipient. You may sign up online or go to the customer service desk.

Orthodox Catechism Class

Class will meet today, July 28, following coffee hour. *All are welcomed to attend!*

The Dormition Fast

The Dormition (Falling Asleep) of the Theotokos is celebrated on August 15. A two-week fast beginning on August 1 precedes this feast. During this period we abstain from meat, dairy products, fish, oil (olive) and wine. On the Feast of the Transfiguration (August 6) fish, wine and oil are permitted. Saturdays and Sundays only wine and oil are permitted. The Small Paraklesis will be offered week days at 5pm.

AMGOC 26th Annual Greek Festival

Please remember our 26th Annual Festival will be held on Aug. 16, 17, and 18. Volunteers are needed and signup sheets are in the hall with a QR code. We will set up the canopies on Saturday, **August 10**. See Stephanie Winther for more details. OPA!



<https://www.signupgenius.com/go/60B0A4AACAE23A4F94-amgoc#/>

Orthodox Christian Prison Ministry Awareness Sunday

WHO WE ARE OUR MISSION Orthodox Christian Prison Ministry is the national prison ministry of the Orthodox Church in the US and an agency of the Assembly of Canonical Orthodox Bishops. Orthodox Christian Prison Ministry serves those who are incarcerated and their families, and provides resources, training, and support to our ministry partners so that lives are transformed and God is glorified.

WHAT WE DO RELATIONSHIP MANAGEMENT - Through our Correspondence Ministry, OCPM case managers maintain relationships with Orthodox and non-Orthodox prisoners over years and decades at a time.

CATECHISM & EDUCATION - We provide personalized spiritual care, Bibles, books, icons, and catechism study courses in the Orthodox faith. OCPM publishes our own books and icons, which have been designed for use in prison and are printed to meet the stringent rules of prison mailing rooms.

COACHING & COUNSELING - OCPM trains Orthodox priests and laypersons to visit and counsel those in prison, and we counsel families with loved ones in prison. We advocate for correctional facilities around the country to recognize the Orthodox faith so that priests can enter prisons and administer the Sacraments and services.

RE-ENTRY SUPPORT - OCPM counsels those recently released from prison and trains local churches in how to fully welcome and support someone through his or her re-entry. For more information www.theopcm.org