



St. Herman of Alaska Eastern Orthodox Church

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"An Orthodox Presence in Northeastern Summit County"

www.sainthermanchurch.org



Important This Week

Saturday, 01Aug, 6PM Vespers

Sunday, 02Aug, 930AM Divine Liturgy

26Jul26

8th Sunday After Pentecost

More on Prayer

In the process of serving as a spiritual father to a flock, every priest encounters prayer on a continual basis. We pray the 'prescribed' prayers of the day, at the appointed times, for this is right and proper for us to establish a 'rule' of prayer. It is not only clergy who should do this, but laity as well. All of us should share in this 'rule' of praying on a schedule, since the 'habit' of praying is a good thing to have!

But beyond those prayers which are part of our 'rule', there are other types of prayers which occur. For example, driving to work once, I passed a car that had rolled onto its roof. When one sees such a thing, it should provide a kind of 'knee jerk reaction', that is, spontaneous and instantaneous, to pray for the well-being of those involved in the accident, and for those who are responding to the accident. Thus, a prayer of need is outside the bounds of the 'rule.' It is a rule unto itself.

In addition, there are those prayers which are similar to those above, in that they are spontaneous and in response to an observation, but which are offered in joy for an unexpected gift, as opposed to some particular need. As an example, if I hear a baby laughing anywhere in public, I immediately find myself making the sign of the cross, and saying a quick, "Thank you, Lord, for this gift of joy!"

But there are also prayers that are called for "off the calendar and clock" which are for the needs that we together have as a people. We all offered such prayers on 9/11. We offered such prayers when the earth shook and a tsunami flooded, and the nuclear plants years ago in Japan.

Today we can offer such prayers for relief from tropical storms and for inclement weather, heat and tornados. It's good to take such need for prayer before the Lord as one of those "outside the clock" events.

There is no problem offering prayers from the heart to God to bring any evil in the world to an end. One excellent place to offer such prayer is for those who consider themselves to be our enemies. The following was composed by St. Nicolai bishop of Zica as he was imprisoned and tortured by Nazis in a prison camp.

Bless my enemies, O Lord. Even I bless them and do not curse them. Enemies have driven me into Thy embrace more than friends have. Friends have bound me to earth, enemies have loosed me from earth and have demolished all my aspirations in the world. Enemies have made me a stranger in worldly realms and an extraneous inhabitant of the world. Just as a hunted animal finds safer shelter than an unhunted animal does, so have I, persecuted by enemies, found the safest sanctuary, having ensconced myself beneath Thy tabernacle, where neither friends nor enemies can slay my soul. Bless my enemies, O Lord. Even I bless them and do not curse them. They, rather than I, have confessed my sins before the world. They have punished me, whenever I have hesitated to punish myself. They have tormented me, whenever I have tried to flee torments. They have scolded me, whenever I have flattered myself. They have spat upon me, whenever I have filled myself with arrogance. Bless my enemies, O Lord. Even I bless them and do not curse them. Whenever I have made myself wise, they have called me foolish. Whenever I have made

myself mighty, they have mocked me as though I were a dwarf. Whenever I have wanted to lead people, they have shoved me into the background. Whenever I have rushed to enrich myself, they have prevented me with an iron hand. Whenever I thought that I would sleep peacefully, they have wakened me from sleep. Whenever I have tried to build a home for a long and tranquil life, they have demolished it and driven me out. Truly, enemies have cut me loose from the world and have stretched out my hands to the hem of Thy garment. Bless my enemies, O Lord. Even I bless them and do not curse them. Bless them and multiply them; multiply them and make them even more bitterly against me: so that my fleeing to Thee may have no return; so that all hope in men may be scattered like cobwebs; so that absolute serenity may begin to reign in my soul; so that my heart may become the grave of my two evil twins: arrogance and anger; so that I might amass all my treasure in heaven; ah, so that I may for once be freed from self deception, which has entangled me in the dreadful web of illusory life. Enemies have taught me to know what hardly anyone knows, that a person has no enemies in the world except himself. One hates his enemies only when he fails to realize that they are not enemies, but cruel friends. It is truly difficult for me to say who has done me more good and who has done me more evil in the world: friends or enemies. Therefore bless, O Lord, both my friends and my enemies. A slave curses enemies, for he does not understand. But a son blesses them, for he understands. For a son knows that his enemies cannot touch his life. Therefore he freely steps among them and prays to God for them. Bless my enemies, O Lord. Even I bless them and do not curse them. Amen

Prayer Requests

Health: Met Joseph, Pat, Richard, Judy, Sue, Fr. Jerome, Nora

Departed: Matushka Elizabeth

Weekly Statistics

Saturday	Vespers	18Jul	06 faithful	15 views
Sunday	Liturgy	19Jul	36 faithful	16 views

In the News

Videos of services can be found at:

[https://www.youtube.com/channel/UCfAOK1CLMmH -FIDe8SoWOW](https://www.youtube.com/channel/UCfAOK1CLMmH-FIDe8SoWOW)

It's now the first of August. We have about 5 weeks before we'll need to re-start our church school program. This year we'll need more help than in previous years, in that we're blessed to have a grouping in the pre-K years. We'll need a volunteer for each of the three classes to be conducted. Please prayerfully consider helping out. Our young people need us!!!!

Knitting Driver

A highway patrolman pulled alongside a speeding car on the highway. Looking at the car, he was astounded to see that the elderly woman behind the wheel was knitting.

The trooper cranked down his window and yelled to the driver, "Pull over!" "No!" the woman yelled back, "Cardigan!"



Seas dry up,
mountains
collapse, but the
glory of Christ
remains forever.

*(St. Gabriel
Urgebade of
Georgia)*

The Demon of Depression [Abbot Tryphon]

Depression is one of the plagues of the modern age, overtaking many with its insidious poison, and ravaging many a life. The pain and suffering that comes with deep depression can infect those who surround the sufferer, for the depression of one person can spread like mold on stale bread. Psychiatrists are kept busy writing prescriptions, and drug companies rake in the money manufacturing the "cure". Families are destroyed, marriages come apart, and young people drop out of school, all because of depression. Although there are certainly cases where depression can be caused by imbalances in the chemical makeup of the body, it is far more common for depression to be the result of the sickness of the soul. The cure, in this case, is to be found in the life of the Church. Giving oneself over to the pursuit of God, and increasing the time we spend in prayer and worship, can gradually transform depression and turn it into joy.

Saint John Cassian wrote: "But first we must struggle with the demon of dejection who casts the soul into despair. We must drive him from our heart. It was this demon that did not allow Cain to repent after he had killed his brother, or Judas after he had betrayed his Master".

The upcoming Great Lenten Fast is the perfect time to confront the spirit of depression, for the increased attendance in the Church's divine services, and the time spent in private prayer, contribute to the healing of the soul. Taking our minds off our problems, and turning our hearts towards the things of God, quicken the healing so desired by those struggling with depression. Our spiritual reading, frequent confession, and the reception of the Holy Mysteries, all come together to bring about the healing our soul longs for.

Psalm 39/40: "I waited patiently for the Lord, and He heeded me; And He heard my supplication. And brought me up out of a miserable pit, And from north clay; And He established my feet on a rock, And kept straight my steps. He put a new song in my mouth, A hymn to our God; Many will see and be afraid, And shall hope in the Lord. Blessed is the man whose hope is in the name of the Lord, And did not look into vanities and false frenzies. Many, Lord my God, are the wonders you performed, And in your thoughts there is no one who shall be likened to you..."

Today's Gospel from St Matthew relates to us the feeding of the five thousand and the miraculous multiplication of loaves and fishes. The account of this event is to be found in all Four Gospels. From the details that are added in the other Gospels we know that this event took place in the third year of the Saviour's public preaching, after the beheading of St John the Baptist. From it we can learn several things.

First of all, we should note that this was an enormous crowd, almost unimaginable in size, of five thousand men plus women and children. We notice how they followed Christ on foot in the heat of the day into the wilderness and without food. What faith and devotion we see here, when there are Orthodox who claim to be unable to come to church on Sundays in their cars, because the church is too far from their beds!

Secondly, we can see that this miracle took place not for the personal vanity or glory of the Saviour, but out of compassion for the people. We can see this in many miracles of Christ and it is mentioned again in today's Gospel how the Lord healed because He 'took pity' on the sick. Each miracle of Christ is an act of love performed out of compassion.

Thirdly, we see also how before He performed the miracle, Our Lord took up the five loaves and fishes, and then looked up to Heaven and thanked the Father and blessed the food. Here He sets us Orthodox the example of praying before eating. How many Orthodox often forget even to make the sign of the cross before eating! And yet the Saviour Himself, 'by Whom all things were made', asks for the blessing of the Father before eating.

Fourthly, we can compare the humble conditions in which this miracle happened, in the wilderness, sitting on the grass, with the conditions in which just previously St John the Baptist's death had been ordered, at Herod's luxurious birthday banquet.

Fifthly, we can see how this miracle is also a revelation of the Saviour's divinity, of the power of Christ.

The miracle takes place when the day is already far spent, but Christ is not limited by time; He is the Lord of Time.

The miracle takes place in a desert place, in the wilderness; Christ is also the Lord of Space.

He blesses and multiplies bread and fish; He is also the Lord of Land and Sea.

Finally, in this miracle we see how Christ not only feeds us with material food, but also with spiritual food, for, as it is written in the Holy Scriptures, man shall not live by bread alone. We see this in the numbers mentioned in this Gospel.

Why five loaves? The number five, as we read in the Psalms and in the prayers of thanksgiving after communion, represent our five senses, being, which is fed by Christ, the Bread of Life.

We welcome you to our humble church, and we pray that your experience here will be spiritually rewarding, calling you back to pray with us at our next scheduled service.

St. Herman of Alaska Eastern Orthodox Church is established with the blessing of His Eminence, Metropolitan JOSEPH of New York, and is one of approximately 30 parishes or missions that are all part of the Bulgarian Eastern Orthodox Diocese of the USA, Canada and Australia, Bulgarian Patriarchate.

Our worship is exclusively in English, and we use “contemporary” English translations of liturgical texts wherever possible. Singing is congregational. The Divine Liturgy is literally “the work of the people”, and as such your presence and participation in the service are essential parts of our worship. The worship of others here present is diminished when you are absent or unable to participate.

Participation in the Eucharist is important to us, and as such we ask you to recognize that it is limited to Orthodox Christians who have prepared for receiving the very Body and Blood of our Lord. Preparation includes fasting from the previous evening and recent confession. If you are not known to our priest, please let him know as you approach that you are Orthodox and prepared to receive! Please do not be offended if the priest so questions your approach—this is important, truly “our Life”!

Troparion for the Day: (Tone 7) *By Your Cross, You destroyed death. To the thief You opened Paradise. For the Myrrhbearers You changed weeping into joy, and You commanded Your disciples, O Christ God, to proclaim that You are risen, granting the world great mercy.*

Troparion to Saint Herman: *O blessed Father Herman of Alaska,/ north-star of Christ's holy Church,/ the light of your holy life and great deeds/ guides those who follow the Orthodox way./ Together we lift high the Holy Cross/ you planted firmly in America./ Let all behold and glorify Jesus Christ,/ singing His holy Resurrection.*

Troparion to Saint Sophia : *You blossomed in the courts of the Lord as a fruitful olive tree, holy martyr Sophia. In your contest, you offered to Christ the sweet fruit of your womb, your daughters Faith, Hope and Love. Together with them intercede for us all.*

Glory to the Father....

Kontakion of the Day: (Tone 7) *The dominion of death can no longer hold men captive, for Christ descended, shattering and destroying its power. Hell is bound, while the Prophets rejoice and cry: “The Savior has come to those in faith; enter you faithful into the Resurrection.”*

Now and ever....

Kontakion to the Theotokos: *Steadfast Protectress of Christians, constant advocate before the Creator, despise not the entreating cries of us sinners, but in your goodness speedily come 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.*

Epistle: 1Cor 1:10-18

Gospel: Mat 14:14-22

Monthly Financial Tracker

June Total Income	\$ 5,730
June Total Expenses	\$ 3,989
June Net Income (Loss)	\$ 1,741

Web Tracker

Web Searches	570	interacts/28 days
Blog Site Views	163,940	Total Views
Web Site Views	20,928	Total Views
Facebook Views	2,868	views/28 days

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July 2026											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
4th Sunday Divine Liturgy Rom 6:18-23 Mat 8:5-13	28 T3 Sts Peter and Paul 2Cor 11:21-12:9 Mat 16:13-19	29 Rom 14:9-18 Mat 12:14-16,22-30	30 Rom 15:17-16 Mat 12:38-45	1 Rom 15:17-29 Mat 12:46-13:3	2 Rom 16:1-16 Mat 13:4-9	3 Vespers/Conf Rom 8:14-21 Mat 9:9-19	4 NONE				
5th Sunday After Pentecost Divine Liturgy Rom 10:1-10 Mat 8:28-9:1	5 T4 Rom 16:17-24 Mat 13:10-23	6 1Cor 1:1-9 Mat 13:24-30	7 1Cor 2:9-3:8 Mat 13:31-36	8 1Cor 3:18-23 Mat 13:36-43	9 1Cor 4:5-8 Mat 13:44-54	10 Vespers/Conf Rom 9:1-5 Mat 9:18-26	11 6PM				
6th Sunday After Pentecost Divine Liturgy Rom 12:6-14 Mat 9:1-8	12 T5 1Cor 5:9-6:11 Mat 13:54-58	13 1Cor 6:20-7:12 Mat 14:1-13	14 St. Vladimir Gal 1:11-19 John 10:1-9	15 1Cor 7:24-35 Mat 15:12-21	16 1Cor 7:35-8:7 Mat 15:29-31	17 Vespers/Conf Rom 12:1-3 Mat 10:37-11:1	18 6PM				
7th Sunday After Pentecost Divine Liturgy Rom 15:1-7	19 T6 Prophet Elias James 5:10-20	20 1Cor 10:5-12	21 1Cor 10:12-22	22 1Cor 10:28-11:7	23 1Cor 11:8-22	24 Vespers/Conf Rom 13:1-10	25 6PM				
8th Sunday After Pentecost Divine Liturgy 1Cor 1:10-18 Mat 14:14-22	26 T7 Grt Martyr Panteleimon 2Tim 2:1-10 John 15:17-16:2	27 1Cor 12:12-26; Mat 18:18-22; 19:1-2,13-15	28 1Cor 13:4-14:5 Mat 20:1-16	29 1Cor 14:6-19 Mat 20:17-28	30 1Cor 14:26-40 Mat 21:12-14,17-20	31 Dormition Fast Begins Vespers/Conf Rom 14:6-9 Mat 15:32-39	1 6PM				