



Holy Cross-Saints Constantine & Helen Greek Orthodox Archdiocese

Address: 3021 University Drive, Huntsville, AL 35816

Phone: (256) 534-4221

Web: www.orthodoxyhsv.org

Email: officehcch@gmail.com

Fr. Elias Stevens • 251-281-7691 •

Email: freliasstevens@me.com

Bulletin for Sunday, July 28, 2024

Gospel and Epistle Readings

Epistle Reading

Prokeimenon. Fourth Mode. Psalm 103.24,1.

O Lord, how manifold are your works. You have made all things in wisdom.

Verse: Bless the Lord, O my soul.

The reading is from St. Paul's Letter to the Romans 10:1-10.

Brethren, my heart's desire and prayer to God for Israel is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) 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, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

Gospel Reading

5th Sunday of Matthew

The Reading is from Matthew 8:28-34; 9:1

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would 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.

Hymns of the Day

Resurrectional Apolytikion in the Fourth Mode

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

Apolytikia for the Church in the First Mode

Save O Lord, Your people, and bless Your inheritance, granting victory to the faithful over the enemy, and by your cross protecting your common wealth.

Seasonal Kontakion in the Seventh Mode

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.

Services and Events

Parish Calendar

July 28 to August 11, 2024

Sunday, July 28

Prison Awareness Sunday
9:00AM Orthros
10:00AM Divine Liturgy

Wednesday, July 31

6:00PM Small Paraklesis
7:00PM Book Study

Thursday, August 1

7:00AM Mens Fellowship
10:15AM Bible Study
6:30PM Catechism Class

Friday, August 2

6:30PM Paraklesis

Saturday, August 3

3:00PM Confession
4:30PM Inquirers Hour
5:30PM Vespers

Sunday, August 4

9:00AM Orthros
10:00AM Divine Liturgy

Monday, August 5

6:00PM Great Vespers for the Transfiguration of Christ

Tuesday, August 6

9:00AM Orthros
10:00AM Divine Liturgy for the Feast of the Transfiguration

Wednesday, August 7

6:00PM Small Paraklesis
7:00PM Book Study

Thursday, August 8

7:00AM Mens Fellowship
10:15AM Bible Study
7:00PM Catechism Class

Friday, August 9

6:30PM Paraklesis

Saturday, August 10

3:00PM Confession
4:30PM Inquirers Hour
5:30PM Vespers

Sunday, August 11

9:00AM Orthros
10:00AM Divine Liturgy

News and Announcements

Parish News:

The **Churchwide Cleaning** is this Saturday, July 27th from 9:30-11:30 and 3:30-5:30. Please come participate in the church-wide cleaning organized by YAL in preparation for the Dormition Feast, focusing on a cleaning of the Parish Hall and church. The morning clean-up will focus on the church grounds and Rectory. We need all parishioners, young and old, to come out and help! Contact Rachel Gaddis with questions.

Our Treasurer recently issued **Mid-Year Contribution Statements**, covering contributions made in 2024 between January 1st and June 30th. The statements were sent by email to the email address we have on file for each family or individual giver. If you have not yet received your emailed statement, please contact our office. If you do not use or do not have an email address, or for any other reason prefer a paper copy of your statement, please contact our Treasurer, Marshall Standifer at kmsbc@knology.net, or 256-337-9298.

An Initiate is under way to improve the WiFi in our buildings and security through cameras on our grounds. If anyone is interested in making a donation to this project please contact Bill Koshak.

The **Orthodox Christian Prison Ministry** will be collecting donations through July 28th, 2024 in support of Prison Awareness Sunday. Please donate toiletries, stamps and envelopes. Monetary donations are also encouraged and can be given directly to OCPM via the website at <https://theocpm.org> -All contributions will go to support the vital work of OCPM and items will be donated to Limestone County Correctional Facility to aid the inmates. Please contact Leonard Adams at (256)289-0963/leonard_adams@bellsouth.net for any questions.

Prosforo Schedule: July 28th - Ellen, Aug. 4th - Helena, Aug. 11th - Nok, Aug. 18th Ellen

Mark Your Calendars!

July 28th - Prison Awareness Sunday

Aug 6th - Feast of the Transfiguration-Divine Liturgy

August 21st - Feast Potluck after Paraklesis

September 29th - Liturgy at Monte Sano Mountain

October 3-5 - Greek Festival at Holy Trinity Holy Cross Birmingham

Prayer List:

If you know anyone who is sick, in the hospital, nursing home, rehab center, or shut in, and needs a visit from Father Elias, please let him know.

In our prayers: David Shular, Jason Bardis, David Hicks, Teresa Monastero, Anne Pappas Eadon (sister of Rick Pappas), Rick Pappas, James Likis (father of Angela Leak), Matthew (nephew of Staci Jones), Jackie Burbules, Doug "Rosey" Rosenberg, Eugene and Joan (parents of Laura Samaras), Nathan Sterrett, Ray Hale, Constance Kersch, George Gray, Maria Diminova, Pavlos Honderich.

Father Elias is available to meet with you at the Church office, discussing any questions or just for fellowship. You can contact him by text (251) 281-7691 or by email at freliasstevens@me.com

Saints and Feasts

July 28



Prochoros, Nicanor, Timon, & Parmenas the Apostles of the 70

These Apostles of the Seventy are mentioned in Acts 6:5. Saint Prochoros became Bishop of Nicomedia and reposed in peace. Saint Nicanor was stoned to death in Jerusalem. Saint

Timon became Bishop of Bostra in Arabia and ended his life in martyrdom by fire at the hands of the pagans. Saint Parmenas died in peace in Jerusalem.

August 01



The Holy Seven Maccabees, Eleazar the Martyr

The names of the Holy Maccabees are Abim, Anthony, Guria, Eleazar, Eusebona, Achim, and Marcellus. They were Jews by race and exact keepers of the Laws of the Fathers. They lived

during the reign of Antiochus, who was surnamed Epiphanes ("Illustrious"), the King of Syria and an implacable enemy of the Jews. Having subjugated their whole nation and done many evil things to them, not sparing to assail the most sacred matters of their Faith, he constrained them, among other things, to partake of swine's flesh, which was forbidden by the Law. Then these pious youths, on being apprehended together with their mother and their teacher, were constrained to set at nought the Law, and were subjected to unspeakable tortures: wrackings, the breaking of their bones, the flaying of their flesh, fire, dismemberment, and such things as only a tyrant's mind and a bestial soul is able to contrive. But when they had endured all things courageously and showed in deed that the mind is sovereign over the passions and is able to conquer them if it so desires, they gloriously ended their lives in torments, surrendering their life for the sake of the observance of the divine Law. The first to die was their teacher Eleazar, then all the brethren

in the order of their age. As for their wondrous mother Solomone, "filled with a courageous spirit, and stirring up her womanish thoughts with a manly wrath" (II Macc. 7:21), she was present at her children's triumph over the tyrant, strengthening them in their struggle for the sake of their Faith, and enduring stout-heartedly their sufferings for the sake of their hope in the Lord. After her last and youngest son had been perfected in martyrdom, when she was about to be seized to be put to death, she cast herself into the fire that they might not touch her, and was thus deemed worthy of a blessed end together with her sons, in the year 168 before Christ.

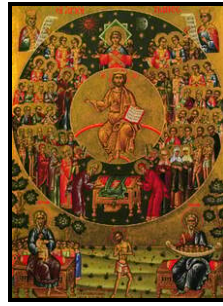


July 28

Irene the Righteous of Chrysovalantou

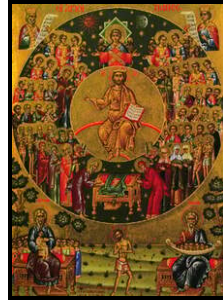
Saint Irene, who was from Cappadocia, flourished in the ninth century. Because of her great beauty and virtue, she was brought to Constantinople as a prospective bride for the young

Emperor Michael (842-867); however, as Saint Joannicius the Great foretold, it was God's will that she assume the monastic habit instead. She shone forth in great ascetical labours, and suffered many attacks from the demons; while yet a novice, she attained to the practice of Saint Arsenius the Great, of praying the whole night long with arms stretched out towards Heaven (see May 8). God showed forth great signs and wonders in her, and she became the Abbess of the Convent of Chrysovalantou. She was granted the gift of clairvoyance and knew the thoughts of all that came to her. She appeared in a vision to the king and rebuked him for unjustly imprisoning a nobleman who had been falsely accused. Through a sailor from Patmos to whom he had appeared, Saint John the Evangelist sent her fragrant and wondrous apples from Paradise. She reposed at the age of 103, still retaining the youthful beauty of her countenance. After her repose, marvelous healings beyond number have been wrought by her to the present day.



July 28

Our Righteous Father Paul of Xeropotamou



July 28

5th Sunday of Matthew

Wisdom of the Fathers

Now, should any one say, "And wherefore did Christ fulfill the devils' request, suffering them to depart into the herd of swine?" this would be our reply, that He did so, not as yielding to them, but as providing for many objects thereby.

St. John Chrysostom

Homily 28 on Matthew 8, 4th Century