



NEWSLETTER & DEVOTIONAL GUIDE

3rd Week after Pentecost

Monday, July 5 — Sunday, July 11, 2021



Vladimir Icon of the Most Holy Theotokos



Nativity of St. John the Baptist



Saints Peter and Fevronia

~ CONTENTS ~

| | |
|------------------------|---------------|
| A Note from Fr. John | Ponder This |
| Twitter Summary | Look It Up! |
| Thoughts for Every Day | Prayer Corner |

~ A NOTE FROM FATHER JOHN ~

"After the long feast of Pentecost, fasting is especially necessary to purify our thoughts and render us worthy to receive the Gifts of the Holy Spirit ... Therefore, the salutary custom was established of fasting after the joyful days during which we celebrated the resurrection and ascension of our Lord, and the coming of the Holy Spirit."

The pilgrim Egeria in her Diary (fourth century) records that on the day following the feast of Pentecost, a period of fasting began. The Apostolic Constitutions, a work no later than the fourth century, prescribes: "After the feast of Pentecost, celebrate one week, then observe a fast, for justice demands rejoicing after the reception of the gifts of God and lasting after the body has been refreshed."

~ TWITTER SUMMARY ~

The main points from Sunday's sermon, in 280 characters or less!

This Sunday we celebrated all saints of North America. They, like the apostles, became fishers of men. Now it is our turn to love our neighbors and deliver the fullness of Truth to even more people in our country. God bless America!

~ THOUGHTS FOR EVERY DAY ~

Scripture and liturgical readings to enrich your prayer life every day of the week

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| <p align="center">~ MONDAY ~ (7/5)</p> <p>Holy Scripture: Romans 7:1-13 Matthew 9:36-10:8</p> <p>Excerpt from the Menaion: Kontakion, Tone IV, "Thou hast appeared today..." — Having lived piously in the rank of hierarch/ and traversed the path of martyrdom,/ thou didst extinguish the burnt offerings of the idolaters,/ O holy hierarch Eusebius./ / But as thou hast boldness before Christ God, entreat Him, that our souls be saved.</p> <p>Commemoration of the Day: Hieromartyr Eusebius, bishop of Samosata (380)</p> | <p align="center">~ TUESDAY~ (7/6)</p> <p>Holy Scripture: Romans 7:14-8:2 Matthew 10:9-15</p> <p>Excerpt from the Menaion: The "Vladimir" Icon, Troparion, in Tone IV — Today the most glorious city of Moscow is adorned, having received thy wonder-working icon like the radiance of the sun; and we, hastening to it and entreating thee, O Mistress, do thus cry out: O all-wondrous Mistress Theotokos, entreat Christ our God, Who became incarnate through thee, that He deliver this city, and all cities and lands where Christians dwell, unharmed by all the assaults of the enemy, and save thou our souls, in that thou art compassionate.</p> <p>Commemoration of the Day: The Meeting of the Vladimir Icon of the Most Holy Theotokos in memory of Saving of Moscow from the Invasion of Khan Achmed.</p> |
| <p align="center">~ WEDNESDAY~ (7/7)</p> <p>Holy Scripture: Romans 13:11-14:4 Luke 1:1-25, 57-68, 76, 80</p> <p>Excerpt from the Menaion: Nativity of St. John the Baptist, Troparion, Tone IV — O prophet and forerunner of the coming of Christ,/ we who honor thee with love are at a loss how to praise thee worthily;/ for by thy glorious and honored nativity/ thou didst loose the barrenness of her who gave birth</p> | <p align="center">~ THURSDAY~ (7/8)</p> <p>Holy Scripture: Romans 8:22-27 Matthew 10:23-31</p> <p>Excerpt from the Menaion: Troparion — Tone 8 You were like a pious root from a precious branch, O blessed Peter, / you lived admirably in piety, and with your wife, the divinely-wise Febronia, / you have pleased God in the world, and were compared to the venerable monks. / With them, entreat the</p> |

to thee/ and the muteness of thy father,/ and dost proclaim unto the world// the incarnation of the Son of God.

Commemoration of the Day:

Nativity of St. John the Baptist

Lord to preserve your country unharmed, so that we may always honor you.

Commemoration of the Day:

Prince Peter (1228) and Princess Febronia (tonsured David and Euphrosyne), wonderworkers of Murom

~ FRIDAY~

(7/9)

Holy Scripture:

Philippians 2:5-11 Theotokos
Luke 10:38-42; 11:27-28 Theotokos

Excerpt from the Menaion:

Appearance of the Tikhvin Icon of the Most Holy Theotokos, Troparion, in Tone IV

—

Today thy most precious icon hath shone forth upon us in the air like the all-radiant sun, O Mistress, illumining the world with rays of mercy; and great Russia, reverently receiving it from on high as a gift of God, glorifieth thee as the Mistress of all, O Mother of God, and joyously magnifieth Christ our God Who was born of thee. Him do thou entreat, O Lady, Queen and Theotokos, that He preserve all the cities and lands where Christians live, unharmed by all the assaults of the enemy, and save those who with, faith worship before the all-honored image of Him and thee, O Virgin who knewest not wedlock.

Commemoration of the Day:

Appearance of the Tikhvin Icon of the Most Holy Theotokos (1383)

~ SATURDAY ~

(7/10)

Holy Scripture:

Romans 3:28-4:3
Matthew 7:24-8:4

Excerpt from the Menaion:

St. Sampson the Hospitable, Troparion, Tone VIII —

In thy patience, O venerable father, thou didst acquire thy reward,/ having endured in prayer without ceasing, and loved the poor and provided for them.// Beseech Christ God O merciful and blessed Sampson, that our souls be saved.

Commemoration of the Day:

Venerable Sampson the Hospitable of Constantinople (530)

~ SUNDAY ~
(7/11)

Holy Scripture:

Romans 5:1-10
Matthew 6:22-33

Excerpt from the Menaion :

Troparion — Tone 4

Fulfilling the Gospel of Christ and loving him alone, / despising earthly cares you settled on an island. / There you fought against the invisible foe, / subjecting your bodies to the Spirit by fasting, vigil and prayer. / Crowned with glory and now standing before the Trinity, / pray, O Fathers Sergius and Herman, / that our souls may be saved!

Commemoration of the Day:

Venerables Sergius and Herman (14th c.), abbots of Valaam

“Their sound hath gone forth into all the earth, their words unto the ends of the world.”

[Prokeimenon of Pentecost, Tone 8, Liturgy]

To read more:

<https://www.holytrinityorthodox.com/calendar/>

~ PONDER THIS ~

A few thoughts to ponder in light of this week’s lessons and sermons.

FAST OF THE HOLY APOSTLES PETER AND PAUL

<https://pravoslavie.ru/62492.html>

There is both a physical and a spiritual fast. In the physical fast the body abstains from food and drink. In the spiritual fast, the faster abstains from evil intentions, words and deeds. One who truly fasts abstains from anger, rage, malice, and vengeance. One who truly fasts abstains from idle and foul talk, empty rhetoric, slander, condemnation, flattery, lying and all manner of spiteful talk. In a word, a real faster is one who withdraws from all evil.

As much as you subtract from the body, so much will you add to the strength of the soul.

~LOOK IT UP~

Did you know: "The Apostles almost always fasted." - Saint John Chrysostom
The fast of the holy Apostles is very ancient, dating back to the first centuries of Christianity. We have the testimony of St. Athanasius the Great, St. Ambrose of Milan, St. Leo the Great and Theodoret of Cyrrhus regarding it. The oldest testimony regarding the Apostles Fast is given to us by St. Athanasius the Great (†373).

Read more: <https://pravoslavie.ru/62494.html>

~ PRAYER CORNER ~

- Father John and Matushka Deborah.
 - Sister Seraphima, memory eternal, and her family
 - Healthcare workers and anyone at risk of contracting the COVID virus
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To submit **commemorations for the next Divine Liturgy**, to make an appointment with Fr. John to give **confession by telephone**, to alert us to any pastoral needs, to submit an item for the **Prayer Corner**, or just to chat, please contact Fr. John or Mat. Deborah using the following contact information:

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Glory to Thee, our God, glory to Thee!