

**Sunday, August 9, 2020**

**ENATH KYPIAKH MATΘAIOY/ NINTH SUNDAY OF MATTHEW**

Dear Parishioners,

I hope that you have been doing well as we continue to stay safe during this pandemic. I would like to remind you that the church is sanitized after each service and we continue to do whatever is necessary to keep the church in accordance with the guidelines we have been given to make your visit as safe as possible. We continue to check temperatures upon entering, hand sanitize and record everyone who enters to have contact tracing possible. There have been no reports of anyone getting ill after coming to church. We continue to provide online live streaming through the website of the parish and Facebook for those of you who cannot attend. Wishing everyone a blessed new month of August.

In our Lord's Service,

**Father Manuel**

**STEWARDSHIP**

It is so important for the vitality and growth of the parish that our stewards are supportive each and every year. In order to become a steward, please complete the Stewardship form (found on our website [www.sttheodores.org](http://www.sttheodores.org) under Giving.) Stewardship payments may be made monthly by credit card, if desired. Please email [square@sttheodores.org](mailto:square@sttheodores.org) with your total pledge and the desired frequency of your payments. Remember, you do not need to pay all at once! Determine the monthly contribution amount that is affordable for you. Stewardship pledges and donations can still be mailed directly to the church, if desired. Include any special instructions for Fr. Manuel or Juliana.

**AUGUST 1—14 PANAGIA'S LENT**

The Feast of the Dormition of the Theotokos and Ever-Virgin Mary is celebrated on August 15. The Feast commemorates the repose or "falling-asleep" of the Mother of Jesus Christ, our Lord. The Feast also commemorates the translation or assumption into heaven of the body of the Theotokos. The Commemoration of the Dormition of the Theotokos and the preparation for the Feast begins on August 1 with a period of fasting. A strict fast is followed on most of the days (no meat, dairy, oil, or wine), with the exceptions of fish on the Feast of the Transfiguration (August 6). Oil and Wine are allowed on Saturdays and Sundays. On the weekdays before the Feast, Paraklesis services are held which are services of supplication and prayer for the health of the living. Please see special form below to complete for prayers for health. Paraklesis services will be held at 6 p.m. on the following days: **Monday, August 3<sup>rd</sup>; Friday, August 7<sup>th</sup>; Monday, August 10<sup>th</sup>; and Wednesday, August 12<sup>th</sup>.**

On Wednesday, August 5, we will be celebrating Great Vespers at 6 p.m. for the feast of Holy Transfiguration and on Thursday, August 6, 2020, Orthros will begin at 9 am and the Divine Liturgy at 10 am. On Friday, August 14, we will be celebrating Great Vespers at 6 p.m. for the feast of the Dormition of the Theotokos and on Saturday, August 15, 2020, Orthros will begin at 9 am and the Divine Liturgy at 10 am.

**Απολυτίκιον Αναστάσιμον**

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν καταδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

**Resurrectional Apolytikion**

From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

**Απολυτίκιον**

Μετεμορφώθης ἐν τῷ ὄρει Χριστέ ὁ Θεός, δείξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδυναντο. Λάμπσον καὶ ἡμῖν τοῖς ἁμαρτωλοῖς, τὸ φῶς σου τὸ αἰδίων, πρεσβείαις τῆς Θεοτόκου, φωτοδότα δόξα σοι.

**Apolytikion**

You were transfigured upon the mountain, O Christ our God, showing to Your disciples Your glory as much as they could bear. Do also in us, sinners though we may be, shine Your everlasting light, by the intercessions of the Theotokos, O Giver of light. Glory to You.

**Τοῦ Ναοῦ**

Στρατολογία ἀληθεῖ Ἀθλοφόρε, τοῦ ουρανοῦ στρατηγός Βασιλέως, περικαλῆς γεγένησαι Θεόδωρε, ὅπλοις γὰρ τῆς πίστεως, παρετάξω εμφρόνως, καὶ κατεξωλόθρευσας, τῶν δαιμόνων τὰ στίφη, καὶ νικηφόρος ὠφθης ἀθλητῆς, ὅθεν σε πιστεῖ αεὶ μακαρίζομεν.

**Apolytikion of the Parish Church**

In truth enlisted with the King of the Heavens, You did become for Him a noble commander, Trophy-bearer & Great Martyr Theodore. With the weaponry of faith, you armed yourself wisely and did utterly destroy the forces of evil, as a triumphant athlete of the Lord; we faithfully call you blessed.

**Κοντάκιον**

Ἐπὶ τοῦ ὄρους μετεμορφώθης, καὶ ὡς ἐχώρουν οἱ Μαθηταὶ σου τὴν δόξαν σου, Χριστέ ὁ Θεός ἐθεάσαντο, ἵνα ὅταν σε ἴδωσι σταυρούμενον, τὸ μὲν πάθος νοήσωσιν ἐκούσιον, τῷ δὲ κόσμῳ κηρύξωσιν, ὅτι σὺ ὑπάρχεις ἀληθῶς, τοῦ Πατρὸς τὸ ἀπαύγασμα.

**Kontakion**

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.

## Ὁ Ἀπόστολος

Προκείμενον. Ἦχος πλ, δ' [Ψαλμός οε' 75]

Στίχ. Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

Στίχ. Γνωστός ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Πρὸς Κορινθίους Α' Ἐπιστολῆς Παύλου τὸ Ἀναγνωσµα. Κεφ. 3:9-17

Ἀδελφοί, Θεοῦ ἐσµεν συνεργοί· Θεοῦ γεώργιον, Θεοῦ οἰκοδοµή ἐστε. Κατὰ τὴν χάριν τοῦ Θεοῦ τὴν δοθεῖσάν μοι ὡς σοφὸς ἀρχιτέκτων θεμέλιον τέθεικα, ἄλλος δὲ ἐποικοδομεῖ· ἕκαστος δὲ βλεπέτω πῶς ἐποικοδομεῖ· θεμέλιον γὰρ ἄλλον οὐδεὶς δύναται θεῖναι παρὰ τὸν κείμενον, ὅς ἐστιν Ἰησοῦς Χριστός. Εἰ δέ τις ἐποικοδομεῖ ἐπὶ τὸν θεμέλιον τοῦτον χρυσόν, ἄργυρον, λίθους τιμίους, ξύλα, χόρτον, καλάµην, ἑκάστου τὸ ἔργον φανερόν γενήσεται· ἡ γὰρ ἡμέρα δηλώσει· ὅτι ἐν πυρὶ ἀποκαλύπτεται καὶ ἑκάστου τὸ ἔργον ὅποιόν ἐστι τὸ πῦρ δοκιμάσει. Εἴ τις τὸ ἔργον µενεῖ ὁ ἐπικωδόμησε, µισθὸν λήψεται· εἴ τις τὸ ἔργον κατακαήσεται, ζηµιωθήσεται, αὐτὸς δὲ σωθήσεται, οὕτως δὲ ὡς διὰ πυρός. Οὐκ οἶδατε ὅτι ναὸς Θεοῦ ἐστε καὶ τὸ Πνεῦµα τοῦ Θεοῦ οἰκεῖ ἐν ὑμῖν; Εἴ τις τὸν ναὸν τοῦ Θεοῦ φθείρει, φθερεῖ τοῦτον ὁ Θεός· ὁ γὰρ ναὸς τοῦ Θεοῦ ἅγιός ἐστιν, οἵτινες ἐστε ὑμεῖς.

## Epistle

**Prokeimenon. Pl.4 Mode [Psalm 75].**

**Verse: Vow, and pay unto the Lord your God.**

**Verse: In Judah is God known: his name is great in Israel.**

**The reading is from Paul's First Letter to the Corinthians. Chap. 3:9-17**

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder, I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw —each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.

## Τὸ Εὐαγγέλιον

Ἐκ τοῦ κατὰ Ματθαῖον.

Κεφ. 14:22-34

Τῷ καιρῷ ἐκείνῳ, ἠνάγκασεν ὁ Ἰησοῦς τοὺς Μαθητὰς αὐτοῦ ἐμβῆναι εἰς τὸ πλοῖον, καὶ προάγειν αὐτὸν εἰς τὸ πέραν, ἕως οὗ ἀπολύσῃ τοὺς ὄχλους. Καὶ ἀπολύσας τοὺς ὄχλους ἀνέβη εἰς τὸ ὄρος κατ' ἰδίαν προσεύξασθαι. Ὀψίας δὲ γενομένης, μόνος ἦν ἐκεῖ. Τὸ δὲ πλοῖον ἤδη μέσον τῆς θαλάσσης ἦν, βασανιζόμενον ὑπὸ τῶν κυμάτων· ἦν γὰρ ἐναντίος ὁ ἄνεμος. Τετάρτη δὲ φυλακῆ τῆς νυκτὸς ἀπῆλθε πρὸς αὐτοὺς ὁ Ἰησοῦς, περιπατῶν ἐπὶ τῆς θαλάσσης. Καὶ ἰδόντες αὐτὸν οἱ Μαθηταὶ ἐπὶ τὴν θάλασσαν περιπατοῦντα ἐταράχθησαν λέγοντες· Ὅτι φάντασμα ἐστὶ καὶ ἀπὸ τοῦ φόβου ἔκραξαν. Εὐθέως δὲ ἐλάλησεν αὐτοῖς ὁ Ἰησοῦς λέγων· Θαρσεῖτε· ἐγὼ εἰμι· μὴ φοβεῖσθε. Ἀποκριθεὶς δὲ αὐτῷ ὁ Πέτρος εἶπε· Κύριε, εἰ σὺ εἶ, κέλευσόν με πρὸς σε ἐλθεῖν ἐπὶ τὰ ὕδατα. Ὁ δὲ εἶπεν· Ἐλθέ. Καὶ καταβάς ἀπὸ τοῦ πλοίου ὁ Πέτρος, περιεπάτησεν ἐπὶ τὰ ὕδατα, ἐλθεῖν πρὸς τὸν Ἰησοῦν. Βλέπων δὲ τὸν ἄνεμον ἰσχυρόν, ἐφοβήθη, καὶ ἀρξάμενος καταποντίζεσθαι, ἔκραξε λέγων· Κύριε, σῶσόν με. Εὐθέως δὲ ὁ Ἰησοῦς ἐκτείνας τὴν χεῖρα, ἐπελάβετο αὐτοῦ, καὶ λέγει αὐτῷ· Ὀλιγόπιστε, εἰς τί ἐδίστασας; Καὶ ἐμβάντων αὐτῶν εἰς τὸ πλοῖον, ἐκόπασεν ὁ ἄνεμος. Οἱ δὲ ἐν τῷ πλοίῳ, ἐλθόντες προσεκύνησαν αὐτῷ, λέγοντες· Ἀληθῶς Θεοῦ Υἱὸς εἶ. Καὶ διαπεράσαντες ἦλθον εἰς τὴν γῆν Γεννησαρέτ.

## Gospel

**The Reading is from the Holy Gospel according to Matthew. Chap. 14:22-34**

At that time, Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.

**PLEASE READ THE PARISH REOPENING GUIDELINES BELOW.**

**PARISH REOPENING GUIDELINES**



**Supplication Service to the Holy Mother of God  
(For the Living)**

**ΠΑΡΑΚΛΗΣΙΣ**

Ἐτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς, εἰρήνης, ὑγείας, σωτηρίας, ἐπισκέψεως, συγχωρήσεως καὶ ἀφέσεως τῶν ἁμαρτιῶν τῶν δούλων τοῦ Θεοῦ... We pray for mercy, life, health, peace, salvation, visitation, forgiveness of the sins of the servants of God...


We have received notification from our Metropolitan to reopen, the following requirements below must be followed:

- Parishioners must register their attendance with their full names and contact information. Your Parish Priest will notify you of the registration process and platform which the Parish will use.

- Parishioners must screen themselves prior to coming to church including a temperature check even if they have not experienced any symptoms of COVID-19. If they have any symptoms, they are not to attend Church.

- Parishioners shall not come to the Church by a ride share (Uber, Lyft), taxi, or by means of public transportation. It is strongly recommended that Parishioners arrive in their own vehicle or arrange for another parishioner to transport them.

- Parishioners must sanitize their hands upon entering the Church.

- Parishioners must wear protective masks throughout the Services.

- Parishioners must adhere to the social distancing guidelines of keeping a six-foot distance from other parishioners at all times in the pews and throughout the Church. The only exception being for families that have quarantined together, as they will be able to sit together in a designated section of the Church.

- Parishioners are not to wander in the Church, in the Parish facilities, or outside on the parish grounds.

- Small children shall not be allowed to roam the aisles.

- Only one parishioner will be allowed in the restroom at a time. Parishioners must thoroughly wash their hands after using the restroom.

- Parishioners must leave the Church premises, including the parking lot and exterior grounds, upon conclusion of the Divine Liturgy, all the while maintaining social distancing standards.

- If after attending any service a parishioner experiences symptoms of or tests positive for COVID-19, in addition to immediately contacting their medical provider, they must contact the Church office to inform the parish of the date that they attended service.