

PASTORAL VISITATIONS

Please inform the Church Office 301-469-7990 (ext 300) of any loved ones who are hospitalized or "shut-ins," so they may be visited and receive the grace of Holy Communion.



PRAYERS TO THE HOLY THEOTOKOS BY ST. NILUS OF SORA

All-merciful Virgin Theotokos, Mother of compassions and love for mankind, my most beloved hope and aspiration! O Mother of the most sweet and most desired Savior, Who exceedeth every love, Jesus Christ, the Lover of mankind and my God, the Light of my darkened soul! I, the exceeding sinful and hopeless one, fall down before thee, to thee I make my prayer, O well-spring of compassion, Virgin Mary, who didst bear the Abyss of compassion and Depth of mercies and love for mankind: Have mercy on me, have mercy on me, I painfully cry to thee; have mercy on me who am all in wounds, who have fallen among brutish thieves and who am, alas!, stripped naked of the garment in which the Father clothed me. Wherefore I lie stripped of every good deed, my wounds stinking and festering before my madness. My Mistress, Theotokos, look down on me, I humbly pray thee, with thy merciful eye and despise me not, who am all in darkness, all in filth, all immersed in the mire of passions, terribly fallen and unable to stand. Do thou take pity on me and grant me a helping hand, lift me up out of sinful depths, O my Joy! Deliver me from them that surround me; make thy face to shine upon thy servant; save the perishing, cleanse the filthy, raise up the terrible fallen: for thou canst do all things, as thou art the Mother of God Almighty. Pour forth on me the oil of thy compassion and grant me to overflow the wine of compunction, for I have acquired thee as truly the only hope in my life; turn thou not away from me who flee to thee, but behold my grief, O Virgin, and the longing of my soul and accept this prayer and save me, O thou the Mediatrix of my salvation. Amen.

O My most holy Mistress, the Theotokos, who art far more honorable than the angels and archangels, cherubim and seraphim, and far more holy than all the saints, O Virgin Mother of God! Save me, thy humble and sinful servant, for thou knowest, all-merciful Lady, that, alter God, I place all my hope in thee, and that I have no other refuge of salvation but thee, O all-good one. Thou art my strength, O Mistress, thou art my power, thou my rejoicing in sorrows, thou my haven in temptations, thou my correction in falls, thou also mine all-hoped for salvation, O Mother of my Lord and Maker! Help me, who sail upon the depths of this life, terribly beset and endangered by drowning in sin. Grant me a helping hand, my helper, and deliver me from the mire of the deep, that I not sink down into the abyss of despair: for the storm of sins and passions hath risen against me and the waves of transgressions overwhelm me. But do thou, O compassionate Mother, thou haven of passionlessness, direct and save me, O hope of the hopeless and mediatrix of my salvation. Amen.

A REMINDER

When you make your stewardship offerings by check, PLEASE REMEMBER TO WRITE ON THE MEMO LINE "2010 STEWARDSHIP." Checks are coming in without ANY identification or with "Donation" written on them. Please assist our financial staff by indicating that your offering is TOWARDS STEWARDSHIP — otherwise the offerings will be placed in the general fund rather than under your stewardship pledge. Many thanks!

THE DORMITION OF THE MOST HOLY THEOTOKOS AND EVER VIRGIN MARY

AUGUST 15, 2010



MOST HOLY THEOTOKOS, SAVE US!

EPISTLE Philippians 2:5-11

BRETHREN, have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

GOSPEL Luke 10:38-42, 11:27-28

At that time, Jesus entered a village; and a woman called Martha received him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve you alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her." As he said this, a woman in the crowd raised her voice and said to him, "Blessed is the womb that bore you, and the breasts that you sucked!" But he said, "Blessed rather are those who hear the word of God and keep it!"



The Icon of the Feast of the Dormition of the Theotokos shows her on her deathbed surrounded by the Apostles. Christ is standing in the center

(1.) looking at His mother. He is holding a small child clothed in white representing the soul of the Virgin Mary. With His golden garments, the angels above His head, and the mandorla surrounding Him, Christ is depicted in His divine glory. The posture of the Apostles direct attention toward the Theotokos (2.). On the right Saint Peter censes the body of the Theotokos. On the left Saint Paul (3.) bows low in honor of her. Together with the Apostles are several bishops (4.) and women. The bishops traditionally represented are James, the brother of the Lord, Timothy, Heirotheus, and Dionysius the Areopagite. They are shown wearing episcopal vestments. The women are members of the church in Jerusalem. In front of the bed of the Theotokos is a candle (5.) that helps to form a central axis in the icon. Above the candle is the body of the Theotokos and Ever-Virgin Mary. Standing over His mother is Christ holding her most pure soul. Above Christ the gates of heaven stand open, ready to receive the Mother of God. This great Feast of the Church and the icon celebrates a fundamental teaching of our faith—the Resurrection of the body. In the case of the Theotokos, this has been accomplished by the divine will of God. Thus, this Feast is a feast of hope, hope in Resurrection and life eternal. Like those who gathered around the body of the Virgin Mary, we gather around our departed loved ones and commend their souls into the

hands of Christ. As we remember those who have reposed in the faith before us and have passed on into the communion of the Saints, we prepare ourselves to one day be received into the new life of the age to come. We also affirm through this Feast as we journey toward our heavenly abode that the Mother of God intercedes for us. Through Christ she has become the mother of all of the children of God, embracing us with divine love. Orthodox Christian Celebration of the Feast of the Dormition. The commemoration of the Dormition of the Theotokos and the preparation for the Feast begin 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) and the day of the Dormition. Oil and Wine are allowed on Saturdays and Sundays. On the weekdays before the Feast, Paraklesis services are held in most parishes. These consist of the Great Paraklesis and the Small Paraklesis, both services of supplication and prayer for the intercessions of the Theotokos. The Feast of the Dormition is celebrated with the Divine Liturgy of Saint John Chrysostom which is conducted on the morning of the Feast and preceded by a Matins (Orthros) service.

ALTAR FLOWERS

The Altar flowers today are given in memory of **Michael Anthony Chirigos, Jr. (15 Years)** by his mother **Mary Chirigos**, his children **Christopher and Deanna**, and his sisters **Nia and Melanie**. **May his memory be eternal!**

PRAYER LIST: Antonia "Nitsa" Kempf, Connie Kanaris, Diana Lazar, George Markomanolakis, Argie Palaios, Katherine Panagakos, Priscilla Preuss, George Virvan, Sylvia Basdekas, George Speris, Mariah Smiley, Doris Webb, the child Camille Feruzzi who is gravely ill, the child Heather Greene, Irene Pappas, Marty Levine, Lindsey Reijsoo, the child Ashley Lyvers, the child Alexis Ross, Joseph Papadakis, Marilyn Kauffman, the child Joseph Saxon, Francine Bruggeman, Estrella Grandea Ocampo, Stephanie Skanderis, Georgia Haldas, Eric Ricasa, William Coulopoulos, Milton Kayafas, Mary Agis, and Robert Shriver. **US ARMED FORCES:** (Col.) Fr. Alexander Webster, Rev. Fr. John Kalantzis, Lt. Nicholas Karnaze, Spc. Spiro Nino, John Xanthakos, Colonel James Karas, and Gary Hogman (Iraq) and his wife Cindy, 2nd Lt. Phillip Natsios and PFC Brett Hughes.

**SATURDAY, AUG. 21
CHALLENGE
LITURGY
9: 30 A.M.**

**THE GREEK
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Rev. Fr. Nicholas Despotides,
Emeritus



Apolytikion in the First Tone

In birth, you preserved your virginity; in death, you did not abandon the world, O Theotokos. As mother of life, you departed to the source of life, delivering our souls from death by your intercessions.

Kontakion in the Second Tone

Neither the grave nor death could contain the Theotokos, the unshakable hope, ever vigilant in intercession and protection. As Mother of life, He who dwelt in the ever-virginal womb transposed her to life.