

## EPISTLE I CORINTHIANS 4:9-16

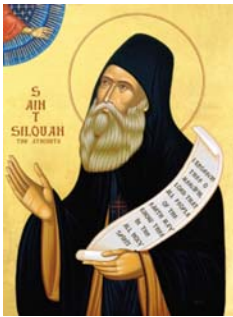
BRETHREN, God has exhibited us apostles as last of all, like men sentenced to death; because we have become a spectacle to the world, to angels and to men. We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the off-scouring of all things. I do not write this to make you ashamed, but to admonish you as my beloved children. For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel. I urge you, then, be imitators of me.

## GOSPEL MATTHEW 17:14-23

AT THAT TIME, a man came up to Him and kneeling before Him said, "Lord, have mercy on my son, for he is an epileptic and he suffers terribly; for often he falls into the fire, and often into the water. And I brought him to Your disciples, and they could not heal him." And Jesus answered, "O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to me." And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" He said to them, "Because of your little faith. For truly I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, 'Move hence to yonder place,' and it will move; and nothing will be impossible to you. But this kind never comes out except by prayer and fasting." As they were gathering in Galilee, Jesus said to them, "The Son of man is to be delivered into the hands of men, and they will kill Him, and He will be raised on the third day."



## ST. SILOUAN OF MT. ATHOS ON LOVE OF ENEMIES



The soul cannot know peace unless she prays for her enemies. The soul that has learned of God's grace to pray, feels love and compassion for every created thing, and in particular for mankind, for whom the Lord suffered on the Cross, and His soul was heavy for every one of us. The Lord taught me to love my enemies. Without the grace of God we cannot love our enemies. Only the Holy Spirit teaches love, and then even devils arouse our pity because they have fallen from good, and lost humility in God. I beseech you, put this to the test. When a man affronts you or brings dishonor on your head, or takes what is yours, or persecutes the Church, pray to the Lord, saying: "O Lord, we are

all Thy creatures. Have pity on Thy servants and turn their hearts to repentance," and you will be aware of grace in your soul. To begin with, constrain your heart to love enemies, and the Lord, seeing your good will, will help you in all things, and experience itself will show you the way. But the man who thinks with malice of his enemies has not God's love within him, and does not know God. If you will pray for your enemies, peace will come to you.



## DO YOU SEEK HEALING? LOOK TO FASTING AND PRAYER

Strong words from the mouth of Jesus in today's Gospel passage. When told that his very disciples could not heal a young boy afflicted with "a demon" (epilepsy), Jesus exclaims: "*O faithless and perverse generation, how long am I to be with you? How long am I to bear with you?*" Jesus is clearly annoyed that his own disciples hadn't yet got it. They did not yet understand, even after all Jesus' preaching. The Lord makes it clear: "*this kind never comes out except by prayer and fasting.*" The secret of deliverance is twofold: an intimate connection with God in prayer, and the deprivation of the body (stomach) by fasting. These two are inextricably connected for Jesus — and indeed for us. As the Holy Fathers teach, when the stomach shrinks, the heart/soul grows. When the stomach grows, the heart/soul shrink. In that secret is the power of healing and the force of prayer. While fasting is often taken cavalierly by many Orthodox or virtually ignored all together, it is at the heart of healing one's soul and restoring the Divine Image. The epileptic boy could not be healed by the disciples because the character of their prayer and their disposition to fasting *lacked faith*. Jesus tells them they had precious little faith yet expected God to work a healing through them. Jesus tells them that only a strong and living faith could empower the kind of intimate prayer and fasting that God uses to heal the soul. We often seek healing from Jesus — healing from sickness, worry, mental anguish, family problems, financial troubles, personal addictions and passions, and spiritual coldness. The secret

**PRAYER LIST:** Lee Konjas, Alexander Wadas, Constantina Speris, Joseph Papadakis, Nate Cekay, Chris Calender, Alexander Plotas,

is faithful and constant prayer that believes in Christ's power, and physical deprivation by fasting. Creating that hunger of the body, makes room in our souls for the healing and cure we seek. The ancient Fathers of the Desert, long before modern psychology came upon the discovery, taught about the value of fasting—to cleanse, to re-organize personal priorities, to create the spiritual attitude that invites Christ into the heart and soul where He longs to dwell and make His home. The healing and cure of the soul is work. Two critical tools—fasting and prayer—enable us, over time, to feel the healing taking place—perhaps not the way we have sought, but the way God wills for our lives. This year we will work together to deepen our prayer life — to journey into our inner selves and "close the door." As for fasting, every Wednesday and Friday of every week are strict fasting days proscribed by the Church, as well as other periods and feast days. Work hard to keep these fasts, knowing that only by fasting and prayer will you find liberation from that which binds you — body or soul.

## FEAST OF ST. PHANOURIOS

**SATURDAY, August 27**, is the feast of St. Phanourios. **Orthros will be at 8:30 a.m. and Divine Liturgy and the Blessing of the Phanouropita at 9:00 a.m.** Join us to celebrate the feast of this Great Martyr. (His life is presented on the St. George homepage, as well as a recipe for the Phanouropita.)

The Altar Flowers today are given in memory of **George and Philomena Mandes**, by Georgia Geldes and Mary Ann Yannicos and their families. May their memory be eternal!

### **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.

**THE REGULAR SUNDAY SERVICE SCHEDULE WILL RESUME ON SUNDAY, SEPTEMBER 11. ORTHROS AT 8:45 A.M. AND DIVINE LITURGY AT 10 A.M. PLEASE NOTE THIS CHANGE.**

### **SUNDAY SCHOOL BEGINS SEPTEMBER 11**

*Our goal is to grow in God's love and to make God's love known to others.* Students must be registered before September 11. Registration forms can be found online, in the Herald or on the table in the Church Hall. Registration forms should be mailed or faxed to the Church. Please register today. The Church fax number is 301-469-5945.

### **GREEK SCHOOL FOR PRESCHOOLERS**

Greek School for Preschoolers (GSP) has a few openings in each class for the 2011-2012 school year. Please visit the <http://www.stgeorge.org/education/greek-preschool> for applications, forms and more information, or contact [paula.spiliotopoulos@verizon.net](mailto:paula.spiliotopoulos@verizon.net) or [dsamiosferat@gmail.com](mailto:dsamiosferat@gmail.com).

### **FEED THE HUNGRY SUNDAY**

Today is **Feed the Hungry Sunday**. Volunteers are needed to help prepare, cook, package and deliver food to homeless shelters in the greater Bethesda area. Please join the volunteers in the kitchen after Divine Liturgy to assist today, or to arrange to help in the future.

### **PRAYER LIST**

As has been announced for two previous Sundays, today is the first Sunday with a revised prayer list. The list is for sick and needy members of the parish and their families. If you wish to add a name, please call the Church office with the name of the person. You will be asked your name and contact number so that when the list is revised periodically, we will know whom to contact. Many thanks.

In response to continued inquiries regarding church financials, the Church is publishing year-to-date operating income and expenses in the Sunday bulletin. God bless you and thank you for your support.

### **January 1 through August 16, 2011**

**Income \$791,726.69\***

**Expenses \$837,660.77\*\***

\* - Includes any income (funds received) from Stewardship, Candles, Trays, Donations, Facility Rentals, Spring Festival, Fall Fundraiser, Greek School, Pre-School Program, Other Income and Harbor School Rent.

\*\* - Includes expenses incurred (funds disbursed) for Administrative Items, Candles, Facility Rentals, Spring Festival, Fall Fundraiser, Greek School, Pre-School Program, Bookstore, Archdiocese Stewardship, For Those Who Serve, Furniture,

## **10TH SUNDAY OF ST. MATTHEW APOSTLE THADDEUS OF THE 70 AUGUST 21, 2011**



**Jesus Heals the Epileptic Boy**

### **FROM THE KATHISMA OF THE DORMITION**

Shout, O David, and declare: \* What is this present feast? \* And he says: Today has Christ \* unto the mansions above \* translated her from whom He was born without seed \* and whom I have extolled \* in the Book of the Psalms \* as daughter, child of God, \* and as a virgin as well. \* And for this reason do mothers and daughters \* and brides of Christ now rejoice and say: \* Rejoice, O Lady who were translated unto the royal courts on high.

The honorable choir of the wise Apostles \* was wondrously convened, O august Theotokos, \* to bury your immaculate, holy body with dignity. \* And with them the hosts of Angels in admiration \* and solemnity, with hymns extolled your Assumption, \* which we celebrate faithfully.

### **Resurrectional Apolytikion**

The stone had been secured with a seal by the Judeans, \* and a guard of soldiers was watching Your immaculate body. \* You rose on the third day, O Lord \* and Savior, granting life unto the world. \* For this reason were the powers of heaven crying out to You, O Life-giver: \* Glory to Your resurrection, O Christ; \* glory to Your eternal rule; \* glory to Your dispensation, only One who loves mankind.

### **Apolytikion of the Dormition**

In giving birth, thou didst preserve thy virginity; in thy dormition, thou didst not forsake the world, O Theotokos. Thou wast translated unto life, since thou art the Mother of Life; and by thine intercessions dost thou redeem our souls from death.

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