SUNDAY, JULY 5, 2020

FOURTH SUNDAY OF MATTHEW

ATHANASIOS OF MOUNT ATHOS; LAMBADOS THE RIGHTEIOUS

EPISTLE READING OF THE DAY: This morning's Apostolic Reading is from Saint Paul's Letter

to the Galatians, Chapter 5, Verse 22 – Chapter 6, Verse 2: Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Ό Ἀπόστολος, Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα, κεφ. 5, ἐδάφ. 22 - κεφ. 6,

ἐδάφ. 2: Ἀδελφοί, ὁ καφπὸς τοῦ πνεύματός ἐστιν ἀγάπη, χαφά, εἰφήνη, μακφοθυμία, χφηστότης, ἀγαθωσύνη, πίστις, πφαότης, ἐγκφάτεια· κατὰ τῶν τοιούτων οὐκ ἔστιν νόμος. Οἱ δὲ τοῦ Χφιστοῦ, τὴν σάφκα ἐσταύφωσαν σὺν τοῖς παθήμασιν καὶ ταῖς ἐπιθυμίαις. Εἰ ζῶμεν πνεύματι, πνεύματι καὶ στοιχῶμεν. Μὴ γινώμεθα κενόδοξοι, ἀλλήλους πφοκαλούμενοι, ἀλλήλοις φθονοῦντες. Ἀδελφοί, ἐὰν καὶ πφοληφθῇ ἄνθφωπος ἐν τινι παφαπτώματι, ὑμεῖς οἱ πνευματικοὶ καταφτίζετε τὸν τοιοῦτον ἐν πνεύματι πραφότηςς, σκοπῶν σεαυτόν μὴ καὶ σὺ πειφασθῆς. Ἀλλήλων τὰ βάφη βαστάζετε, καὶ οῦτως ἀναπληφώσατε τὸν νόμον τοῦ Χριστοῦ.

GOSPEL READING OF THE DAY: This morning's Gospel Reading is from the Holy Gospel

according to St. Matthew, Chapter 8, Verses 5-13: At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And he said to him, "I will come and heal him." But the centurion answered him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, he marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

Ή σημερινή εὐαγγελική περικοπή ἐκ τοῦ κατὰ Ματθαῖον, κεφ. 8, ἐδάφ. 5-13.

Today's Apolytikion (Dismissal Hymn) is that of Tone Three:

Let all things above in heaven rejoice, and let all things below on earth be glad. With all the might and strength of His arm, an eternal deed the Lord did perform. Beneath His feet, He has trampled down death by death, and first-born of the dead has He become. From the depths of Hades has He delivered us, and to all the world has granted His great redeeming mercy.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αύτοῦ ὁ Κύριος· ἐπάτησε τῷ θανάτῷ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας Ἄδου ἐρρύσατο ἡμᾶς καὶ παρέσχε τῷ κόσμῷ τὸ μέγα ἔλεος.

THE LORD'S PRAYER IN SPANISH: Padre nuestro, que estás en los cielos, santificado sea tu nombre, venga tu Reino, hágase tu voluntad en la tierra como en el cielo; danos hoy nuestro pan de cada día; perdona nuestras deudas así como nosotros perdonamos a nuestros deudores; no nos dejes caer en la tentación, y líbranos del Mal.

TODAY'S *MNEMOSYNON*: This morning's memorial is being offered for the repose of the soul of our brother George Vasilogiorgis. 1 year; our sister Diane Elena George, 40 days; our sister Katina Pantazis, 5 years; and our brother Gregory Panatazis, 15 years. Aἰωνία ή μνήμη! Eternal Memory!

LIGHT A VIRTUAL CANDLE: Thank you for lighting a virtual candle every Sunday, thus keeping hope alive. Whether you donate \$1 or \$1,000, your gift is one of faith. It helps keeps the Cathedral solvent during this universal upheaval. More importantly, it connects us to Him who is the Light of the World (John 8:12) and reminds us of our calling to be the light of the world (Matthew 5:14). Keep on lighting your virtual candles! To do so, please visit our web site, www.annunciaiton.org, and click on the appropriate link, or enter https://annunciation.org/candle

VIRTUAL COFFEE HOUR: Since its inception, our Virtual Coffee Hour has been a big hit. Here, people connect with one another, renewing and forging friendships, thanks to Professor Nicholas Economides and his wife, Janine. Join them on Sundays, following the Divine Liturgy, 12 noon to 2 pm Pacific Time. If you are a <u>www.annunciaiton.org</u> subscriber, you will receive instructions as to how to access the Sunday virtual coffee hour. To subscribe: https://annunciation.org/news/join-our-email-list Additional information can be found at <u>https://annunciation.org/virtual-coffee-hour</u>

REOPENING OF OUR CHURCH: As announced at the conclusion of the Divine Liturgy the last two Sundays, on Monday, June 15, 2020 San Francisco's Health Officer directed that "religious gatherings and ceremonies" may take place "outdoors only (up to 12 people), with face coverings and social distancing." This means that Annunciation Cathedral may not open, as planned, today, with up to 40 congregants, as we had hoped. Until we are permitted to hold in-person services, we invite you to continue to participate in the Sunday services and special weekday services (as for example, August 15), remotely, through streaming. We are, of course, saddened that we may not open up for in-person worship, for the time being. However, the safety of our people is paramount. Let us continue to pray for one another, looking ahead to the day when we can gather, once again, in our church.

VOLUNTEERS SOUGHT FOR CHURCH REOPENING: As When we reopen, we will need to have between seven (7) and ten (10) volunteers on hand each time the church is open. The tasks include monitoring the parking garage, entrance greeting and checking in, asking pertinent health questions, ushering, disinfecting, and general oversight. Are you able and are you willing to assist? If the answer is yes, we invite you to let us know, so that we can compile a master list of our volunteer pool and begin training. Please click https://www.annunciation.org/reopening-volunteer to let the committee know you wish to help. Please feel free to ask any questions you may have with respect to the reopening. We look forward to hearing from you. Together, we will be able to reopen the Cathedral for in-person worship.

INTRODUCTION TO ORTHODOXY CLASSES: These very popular classes are taking place on a weekly basis, remotely, thanks to the dedicated efforts of Alex Kozak. If you are new to the parish or you are considering being received into the Church through baptism and/or chrismation, as an adult, we invite you to speak with Alex about your wishes and the possibility of joining the Introduction to Orthodoxy class. Please contact him at <u>orthodoxy-agkozak@sneakemail.com</u>.

THE CATHEDRAL OFFICE THESE DAYS: For your information, during the shelter in place order, the Cathedral office is open for essential work <u>only</u> (e.g. the processing of bulletins, documents and the like, bookkeeping and maintenance). All meetings, as Parish Council, Philoptochos, religious instruction, and youth are taking place remotely. We thank you for your understanding, for your perseverance, your prayers, and your patience.

THINGS BEGINNING TO MOVE: The present pandemic has put everything building-related on hold but, now, things are beginning to move again. The granite which will clad the Valencia Street walls and the stone cap have been installed. The roofing and drainage issues are being addressed as we write this. The gate people are due to come out in a week to complete their work. As soon as we finish this and get our certificate of occupancy for the garage, we can open the garage to self-park. This is necessary if we are to open up the church, as the valet can guide us where to park, but can no longer park our cars for us. As a community, we've been through much, especially when we lost everything to the earthquake, back in 1989. But, we've bounced back. It wasn't easy, but we did it, because we have faith, we have hope, and we have unity. So, too, we will weather this pandemic and return to a so called "new normal," – i.e. a community where social distancing will become routine. But, our faith remains the same; our need for God remains the same. After all, it is for Him, in Him, and through Him that we continue to exist at all. Praise God for the Gift of His Son, our Lord Jesus Christ, through whom we are given the faith and the vision to rebuild His Church.



"The Church shall be a home for Orthodox Christians from every ethnic and national background. It shall be a house of prayer for all humankind, in which the Holy Name of our Triune God shall be extolled and all of creation sanctified."