# FIFTH SUNDAY OF MATTHEW PROCHORUS & NICANOR, IRENE CHRYSOVALANTOU

EPISTLE READING OF THE DAY: This morning's Apostolic Reading is from Saint Paul's letter to the Romans Chapter 10, Verses 1-10: Brethren, my heart's desire and prayer to God for Israel is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

GOSPEL READING OF THE DAY: This morning's Gospel Reading is from the Holy Gospel according to Saint Matthew Chapter 8, Verse 28 - Chapter 9, Verse 1: At that time, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

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

When the tidings of the Resurrection from the glorious angel was proclaimed unto the women disciples, and our ancestral sentence also had been abolished, to the Apostles with boasting did they proclaim that death is vanquished evermore, and Christ our God has risen from the dead, and granted to the world His great mercy.

Τὸ φαιδοὸν τῆς Ἀναστάσεως κήρυγμα ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου μαθήτριαι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

RETURN OF YOUTH MINISTRIES: We are happy to announce that GOYA, JR. GOYA, and HOPE have returned to the Cathedral! If your child or children are interested in joining our programs, please contact Vicky Spachis (GOYA) vicky.spachis@annunciation.org, Mia Fanourgiakis (JR. GOYA) mia.fanourgiakis@annunciation.org, or Natalia Mavroudis (HOPE) natalia.mavroudis@annunciation.org

STEWARDSHIP / REALM – We have revolutionized how we manage donations and finances at The Cathedral. Already securely processing thousands of dollars in gifts, Realm offers convenience and transparency in your stewardship and giving journey. For those preferring traditional methods, stewardship cards are still available. Sign up for Realm at <a href="https://www.annunciation.org/realm">www.annunciation.org/realm</a> to set your annual pledge and explore the benefits of this innovative system. For Realm inquiries, please contact <a href="mailto:realmhelp@annunciation.org">realmhelp@annunciation.org</a>. Join us as we embrace this new era of faith and community stewardship together.

Grant us Your blessing, Lord our Savior, that we may always be faithful stewards, continuing to share the gifts You have given us, by the power of Your grace, mercy and love. May Your name be glorified forever.

AN INVITATION TO HOST COFFEE HOUR: As part of our revitalized coffee hour program, we're calling on all ministries, organizations, and our parishioners (individually or in teams!) to sign up to host one or more coffee hours over the course of the year. We'll supply the coffee/ cream/ sugar, tablecloths, napkins, utensils – and you supply the goodies (e.g., pastries, donuts, bagels & cream cheese, small sandwiches, fruit/vegetable/cheese platters and assorted dips, or other similar items). We're currently seeking hosts for the entire month of August (4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>). Please reach out to Irene Melitas (irene.melitas@annunciation.org, or, 925.212.8561) to sign-up and learn more.

**COMMUNITY KITCHEN:** Every third Tuesday of the month, we come together to prepare, serve, and share a hot meal with those in our neighborhood. Our next Community Kitchen will be this **Tuesday**, **August 20**. If you are interested in volunteering please contact **Maria Polyzos** at <u>community.kitchen@annunciation.org</u> or sign up at <a href="https://annunciation.org/community-kitchen-signup">https://annunciation.org/community-kitchen-signup</a>

**ELPIDA BACKPACK FUNDRAISER:** Elpida, our vibrant new religious education program, is seeking 35 donors to give \$100 each. Can we count on you? The funds will go towards Elpida's next community service project on August 24 in which the children of our Metropolis will be filling high-quality backpacks with essential school supplies to be distributed to students in need in our surrounding Mission District. We have partnered with the amazing Sydney Paige Foundation to conduct this community service project. Please help us secure the necessary supplies and meet our goal of empowering students in school and in life by donating today: @https://donate.sydneypaige.org/elpida

#### PHILOPTOCHOS ANNOUNCEMENTS:

### Κοίμησις τῆς Θεοτόκου, Dormition of the Theotokos

On Thursday August 15th immediately following the Divine Liturgy, the Philoptochos will be hosting a lunch. The cost will be \$30 for adults. Tickets can be purchased at the door. The proceeds will help support our many Metropolis and National Philoptochos ministries.

## **Educational Scholarships**

The Ladies Philoptochos Society is offering scholarships for graduating senior high school students and college students. Should you have any questions, contact <a href="mailto:christo.pappademos@annunciation.org">christo.pappademos@annunciation.org</a>