

**SAINTS CONSTANTINE AND HELEN
GREEK ORTHODOX CATHEDRAL OF VIRGINIA**

EARLY CHRISTIAN BELIEFS AND WORSHIP

30 Malvern Avenue, Richmond, Virginia 23221 * Cathedral Website: www.vagocathedral.org

Rev. Protopresbyter Nicholas G. Bacalis

Volume 25

July 25, 2021

Number 29

**Fifth Sunday of Matthew—Dormition of Anna, Mother of Theotokos
Ε΄ Κυριακή του Ματθαίου—Κοίμησις Ἀννης, Μητέρας της Θεοτόκου**

Orthros (Morning Worship) 8:15 a.m. **The Doxology** 9:25 a.m.

Divine Liturgy 9:30 a.m. Liturgy Book, Page 1

Resurrection Apolytikion - The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his great mercy.

Apolytikion for Holy Anna - Anna divinely wise, you carried in your womb the Mother of God, the Immaculate One who gave life to Life; wherefore you now have been carried up joyfully to the inheritance of heaven, to the abode of those who rejoice in glory, O Ever-blessed One, you seek the forgiveness of sins for those who honor you with fervor.

Apolytikion for Saints Constantine and Helen - Having seen in the sky the form of Your Cross and like Paul having received his calling not from men, Your apostle among kings, Lord, placed His reigning city in Your hand; which forever You guard in peace, by the intercessions of the Theotokos, for You alone are the Lover of mankind.

Kondakion - Let us celebrate the memory of the Grand-parents of Christ and fervently ask for their help, so that salvation may be assured for all those who cry out: "O God who glorified them according to your will, remain always with us!"

The Epistle - Galatians 4:22-27 (Pew Bible page 812)

The Gospel Reading - Matthew 8:28-34; 9:1 (Liturgy Book page 71-72)

Homily: Bishop Ioannis of Phocaea

The Nicene Creed - Liturgy Book page 18 (please recite in unison)

The Lord's Prayer - Liturgy Book page 26 (please recite in unison)

Communion Hymn - Praise the Lord from the heavens, praise Him in the highest. Alleluia.

Communion Prayers - Liturgy Book pages 29, 30 (please recite in unison)

The Sharing of The Holy Eucharist

Forty Days Memorial Service for James Bellos, father of Dianna Gettas.

Two Years Memorial Service for Paul Howard, son of Murray and Sasa, brother of Stephen and Alex, and grandson of Vaseliki Dimadi, and godson of Bishop Ioannis.

Special Collection for Orthodox Christian Prison Ministry

Weekly Calendar

Monday, July 26

Saint Paraskevi, Saint Panteleimon

9:30 a.m. Divine Liturgy

Εβδομαδιαίο Ημερολόγιο

Δευτέρα, 26 Ιουλίου

Αγία Παρασκευή, Άγιος Παντελεήμον

9:30 π.μ. Θεία Λειτουργία

Welcome to Bishop Ioannis of Phocaea

We are honored to welcome Bishop Ioannis back to his home town. He is the son of Ernest of blessed memory and Artemis (Rita) Constantine and brother of Paul Constantine and Frances Krushelnisky. He graduated from Thomas Jefferson High School, received both undergraduate and graduate degrees from the University of Richmond, and earned his Master of Divinity degree from Holy Cross School of Theology.

He was ordained to the Holy Deaconate in our parish on December 14, 1991, and to the Holy Priesthood the following day in Hopewell. He was elevated to the ecclesiastical rank of Archimandrite prior to his being commissioned as a Chaplain in the United States Navy, in which he served until 1998.

His Grace was appointed Proistamenos of the Saint George Church in Downey, California, in 2001 and led a successful ministry until his appointment to be Chancellor of the Metropolis of San Francisco in 2020.

On October 6, 2021, the sacred synod of the Ecumenical Patriarchate elected him as Bishop of Phocaea. His ordination to the Holy Episcopacy took place on December 19, 2020, at the church of Saint George in Piscataway, New Jersey, where he had previously served as a priest. He maintains his current position as Chancellor of the Metropolis of San Francisco, while undertaking additional pastoral visits as a bishop.

AXIOS to our own Bishop Ioannis.

Special Collection Today

The Assembly of Canonical Bishops has designated this Sunday as Prison Ministry Awareness Sunday. This ministry serves those who are incarcerated and their families, and provides resources, training, and support to its ministry partners so that lives can be transformed and God is glorified.

To Assist You Today

"O Lord, sanctify those who lovingly work for the beauty of your house"

Steve Julias, Tony Fragale, Ted Theofanos, Pam Saunders, Doug Saunders

The Gospel According to Matthew 8:28-34; 9:1

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.

Dormition of Saint Anna, mother of the Theotokos

According to tradition, Anna, the ancestor of God, lived for sixty-nine years, and her spouse Joachim, for eighty; according to one account, Saint Joachim died two years before Saint Anna. The Theotokos had been orphaned of both her parents already when she was eleven years of age, when she was living in the Temple. Saint Anna is invoked for conceiving children, and for help in difficult childbirth.

Life of Saint Paraskevi



Saint Paraskevi, who was from a certain village near Rome, was born to pious parents, Agatho and Politia. Since she was born on a Friday (in Greek, Paraskevi), she was given this name, which means "preparation" or "preparedness" (compare Matthew 27:62, Mark 15:42, Luke 23:54, and John 19:31, where 'Friday' is called "the day of the preparation"). From childhood she was instructed in the sacred letters and devoted herself to the study of the divine Scriptures, while leading a monastic life and guiding many to the Faith of Christ. During the reign of the Emperor Antoninus Pius, she was apprehended because she was a Christian and was urged to worship the idols, but she answered with the words of Jeremias: "Let the gods that have not made heaven and the earth perish from off the earth" (Jeremiah 10:11). Because of this she endured exceedingly painful torments, and was beheaded in the year 140. The faithful pray to her for the healing of eye ailments.

