



8th Sunday of Matthew

Calendar and Announcements

Calendar:

- The following services will be prayed with clergy, servers, and chanters, with limited availability for parishioners to attend (up to 25 parishioners). Please see the Announcements for more information about how to sign up to attend a service:
 - Saturday 8/1 – Vespers, 5pm
 - Sunday 8/2 – Orthros and Liturgy, 9:30am; Metropolitan JOSEPH Address to the Archdiocese (*see below*)
 - Tuesday 8/4 – Paraklesis, 6:30pm
 - Thursday 8/6 – Orthros and Liturgy, 6:30pm Feast of the Transfiguration of our Lord and Saviour
 - Saturday 8/8 – Vespers, 5pm
- The above services will be livestreamed via St. George's [website](#) and [official Facebook page](#). In addition, links to the texts will be included on the home page of the parish website above the livestream video for those who would like to follow along.
- Dn. Joseph is leading Akathist on Tuesday evenings via Skype. To participate, please email Dn. Joseph at dnjosephclark@gmail.com to receive the link.
- Bible study on the Gospel of John: Wednesday 7/29, 6:30pm
 - Join the meeting:
<https://us04web.zoom.us/j/75171452841?pwd=L29OOTNHafJhRVpvYmVIRDBCvXpndz09>
 - Meeting ID: 751 7145 2841; Password: 0zbpui

Troparion of St. George

O liberator and deliverer of captives, helper of the poor and needy, a healing physician of the sick, a contender for kings, O great among Martyrs, the victory-clad George; intercede with Christ our God for the salvation of our souls.

Announcements:

- **If you would like to attend one of the services listed above, please sign up via [Sign Up Genius](#), reserving the number of slots for family members attending so we can ensure we do not exceed capacity for social distancing purposes. (For example, if there are 3 household members attending, reserve 3 slots.) Please remember that those who are elderly, have pre-existing conditions, or currently are not feeling well are asked to remain home. Additionally, those children who are too young to keep a mask on are asked to remain home.**
- Communion will offered by appointment after each service. To set up a time to receive communion, please sign up via the [Sign Up Genius](#). Please reserve only one slot per household unit. Your time will be confirmed via email from the church office. Prior to arriving at the church for communion, please say the [Morning Prayers](#) and the [Prayers of Preparation before Communion](#).

If you attend a service, you must wear a mask/face covering out of care for ourselves, our brothers and sisters in Christ, and our neighbors.

- Confession is also being scheduled by appointment. To set up an appointment, please email the church office and provide a few dates/times you are available. The office will email you to confirm your appointment time.
- If you would like to have a candle lit at the church, please email the church office at office@saintgeorgeupperdarby.org. Candle donations can be made via PayPal.
- Based on Metropolitan JOSEPH'S latest directive (6/8/2020), we will begin to carefully consider which in-person gatherings to resume. For the time being, all non-liturgical events remain online or cancelled as we consider all necessary factors. Please stay tuned for additional information.
- The Ministry Team is organizing small group (less than 10 people) Typika services that meet in local parks. If interested in attending, please contact Ed Donahue at Edjdonahue@gmail.com.
- Several members of the ministry team are contacting parishioners to identify any special needs and to ensure our church family is taken care of during this time. If you or someone you know has a particular need during this time, please contact the church office so we can coordinate with the ministry team.

- **Metropolitan JOSEPH to Celebrate Liturgy, Give Special Address to Archdiocese Sunday August 2nd, 2020**

Since the Coronavirus crisis took hold of the world in March of this year, His Eminence Metropolitan Joseph has been celebrating the Divine Liturgy in St. John Chrysostom Chapel at the archdiocesan headquarters in New Jersey. He has been praying ceaselessly to Almighty God to be merciful to his clergy and laity while strengthening them to bear their crosses during the pandemic. Sayidna Joseph has also been in regular contact with his



clergy to guide the parishes about how best to meet their people's spiritual needs amidst constant changes in the viral spread and the public health response. On **Sunday, August 2, 2020** the leader of the Antiochian Archdiocese will preside over Orthros and celebrate the Hierarchical Divine Liturgy at [St. Nicholas Cathedral in Brooklyn, New York](#). During the Liturgy, Sayidna Joseph will address the entire Archdiocese to share his love and encouragement during these difficult times. The day's events will be livestreamed from the cathedral and Antiochian.org on their websites and Facebook pages. Orthros will begin at 9:20 a.m., followed by Liturgy at 10:30 (times Eastern). Please be sure to watch. In the meantime, please keep His Eminence in your prayers so that our Lord, God and Savior Jesus Christ will bless and guide his leadership.

- **2020 FOCUS Backpack Program:** Donations are currently being accepted for this year's 2020 FOCUS Backpack Program. FOCUS has established a relationship with the Community Outreach Office of the School District of Philadelphia, which makes sure to give these backpacks to children of all grade levels who are the poorest of the poor, a good percentage of whom are actually homeless. Due to the pandemic, instead of collecting supplies, a backpack already filled with school supplies will be sent directly to the School District of Philadelphia for just \$25 dollars, and stored until such time as it is safe to reopen the schools and have all the students attend in- person classes. To donate, please send a check made out to "FOCUS North America" by August 15 to:

Jane Brasko Kelly
208 Highpoint Lane
Broomall, PA 19008

General notes:

- If you are able to still tithes / contribute to the church during this time, please consider giving online [via PayPal on the church's website](#).
- All communication about services and other updates during this time will be sent via parish email from Fr. Joel (or the office) or posted on the [website](#) or [official church Facebook page](#). All questions can be directed to the office (office@saintgeorgeupperdarby.org).

Church History

This week we continue a series on the Essentials of Faith. The hope is that we can all learn and be edified, and come to a "knowledge of the Truth" (1 Tim. 2:4), and to witness to the things of faith that were "delivered to the saints" (Jud. 1:3) in the Church, which is the "pillar and ground of Truth". (1 Tim. 3:15) May God bless the labor. These lessons are taken from Fr. Thomas Hopko's series [The Orthodox Faith](#).

Cyril Lukaris

Cyril Lukaris (1572–1638) served as patriarch of Alexandria (r. 1601–1620), and then as patriarch of Constantinople—in five separate periods between 1620 and 1638—under the Ottoman Turks before they finally strangled him on false charges of treason. In his ongoing struggle against Roman Catholicism, beginning in his homeland of Crete, during his education at the Orthodox school in Venice and then at the University of Padua, and in teaching at Orthodox schools in Poland and Ukraine, he was drawn to Protestantism through friendships with various Calvinists. As Patriarch of Alexandria, and then as Patriarch of Constantinople, he became convinced that his flock, suffering under the oppressive hand of the Ottoman Turks, needed rejuvenation that he thought could come through imbibing the enthusiasm, doctrines, and practices of Protestantism.

This is the context in which he wrote his brief *Confession of Faith* in 1629 that was almost entirely saturated with Calvinist thought. It was forthrightly condemned by the same church councils in Kiev and Jassy which upheld the orthodoxy of Peter Mogila's catechism and service books.

In 1672 the Council of Bethlehem/Jerusalem endorsed the *Confession of Faith* written by Patriarch Dositheos of Jerusalem (r. 1669–1707), which he drew up as a point-by-point refutation of Lukaris's creed. Unfortunately, this confession also reflects the typical tendency among Orthodox theologians in these years to use Protestant arguments against Roman Catholicism and Catholic arguments against Protestantism. Its last eight chapters are heavily influenced by Roman Catholicism.

GUIDELINES FOR THE DORMITION FAST (AUGUST 1 – AUGUST 15)

The Dormition Fast is one of the four Canonical Fasting Seasons in the Church year. This Fast is established in the early centuries of the Church and is mentioned in a 5th century commentary on the fasts and feasts of the Church by St. Leo the Great.

The typical lenten fast is observed, following the pattern of the Great and Holy Fast. Abstinence includes refraining from the food and drink as mentioned in the chart below, as well as from smoking. The Eucharistic Fast means abstaining from at least the previous midnight for communing at a morning Liturgy.

Meat	Dairy	Fish	Wine	Oil
beef, chicken, pork, turkey, elk, veal, lamb, deer, rabbit, buffalo, and so forth	milk, eggs, cheese, butter, yogurt, cream, and so forth	fish with a backbone (not including shrimp, octopus, shellfish, squid, or other seafood)	(some include all types of alcohol in this category)	(some include all types of oil in this category)
Abstain.	Abstain.	Abstain. (Permitted on the Feast of the Transfiguration of our Lord and Saviour, August 6 th)	Abstain. (Permitted on Saturdays, & Sundays & on the Feast of the Transfiguration of our Lord and Saviour, August 6 th)	Abstain. (Permitted on Saturdays, & Sundays & on the Feast of the Transfiguration of our Lord and Saviour, August 6 th)

The Purpose of Fasting

The purpose of fasting is to focus on the things that are above, the Kingdom of God. It is a means of putting on virtue in reality, here and now. Through it we are freed from dependence on worldly things. We fast faithfully and in secret, not judging others, and not holding ourselves up as an example.

- * Fasting in itself is not a means of pleasing God. Fasting is not a punishment for our sins. Nor is fasting a means of suffering and pain to be undertaken as some kind of atonement. Christ already redeemed us on His Cross. Salvation is a gift from God that is not bought by our hunger or thirst.
- * We fast to be delivered from carnal passions so that God's gift of Salvation may bear fruit in us.
- * We fast and turn our eyes toward God in His Holy Church. Fasting and prayer go together.
- * Fasting is not irrelevant. Fasting is not obsolete, and it is not something for someone else. Fasting is from God, for us, right here and right now.
- * Most of all, we should not devour each other. We ask God to "set a watch and keep the door of our lips."

Wisdom of the Holy Fathers

They who sow courtesy reap friendship, and they who plant kindness gather love.

+Saint Basil the Great

Do Not Fast

- if you are pregnant or nursing a newborn;
- during serious illness;
- without prayer;
- without alms-giving;
- according to your own will without guidance from your spiritual father.