

Saintly Notes

Venerable Macrina, Sister of Basil the Great (July 19)

Macrina was the eldest sister of St. Basil the Great and St. Gregory of Nyssa. As a young virgin, Macrina was betrothed to a nobleman. When her betrothed died, Macrina vowed never to enter into marriage saying: "It is not right for a maiden once betrothed to a young man to seek another: according to the law of nature there must be only one marriage as there is but one birth and one death." She further justified this by her faith in the resurrection considering her bridegroom, not dead but alive in God. "It is a sin and a shame," says Macrina, "for a wife not to safeguard her faithfulness when her husband travels to a distant land."

After this, together with her mother, Emilia, she received the monastic tonsure in a convent, where they lived a life of asceticism with other nuns. They lived from the labors of their hands devoting a greater part of their time to godly thoughts, prayer and the constant uplifting of their minds to God.

In time her mother died and, afterward her brother Basil. Nine months after the death of St. Basil, Gregory came to visit with his sister and found her on her death bed. Before her death, Macrina lifted up her prayers to God: "You, O Lord, Who gives rest to our bodies in the sleep of death for a time, will again awaken them [the bodies] at the last trump. Forgive me and when my soul divests itself of its bodily attire and presents itself before You, pure and without sin, grant that it may be as incense before You." After that she traced the sign of the cross on the forehead, eyes, face and on her heart and gave up her soul. She found rest in the Lord in the year 379 A.D.

(The Prologue from Ochrid, Birmingham, 1985, Lazarica Press)

Sunday of the Holy Fathers of the 4th Ecumenical Council

July 19, 2009



St. Macrina

Sunday of the Holy Fathers of the 4th Ecumenical Council

All Saints Orthodox Church, Raleigh NC
(www.allsaintsnc.org)
919-859-1332

The V. Rev. Nicholas R. A. Sorensen, Archpriest
The Rev. Philip Pelikan, Priest
The Rev. David Keim, Deacon

July 19, 2009

The Saints Whom We Remember Today

Venerable Macrina, sister of Basil the Great; Venerable Dios of Antioch;
Theodore, archbishop of Ephesus; relics uncovering of Seraphim of Sarov;
Stephen Lazarevic

This Week's Schedule

Today: 9:00a Orthros; 10:00a Divine Liturgy
Monday–Fri: Church Office Closed: Archdiocese Convention in CA
Wednesday: 6:30p Daily Vespers
Saturday: 5:30p Great Vespers
Sunday: 9:00a Orthros; 10:00a Typika w/Distribution of the Holy Gifts

Third Antiphon

Troparion of the Resurrection
Tone 5

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

Entrance Hymn

Come, let us worship . . . Alleluia.

Troparion

for the Resurrection—Tone 5

See above.

Troparion

of the Holy Fathers—Tone 8

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

Troparion

of All Saints—Tone 4

As with fine porphyry and royal purple Thy Church has been adorned with Thy martyr's blood shed throughout all the world. She cries to Thee, O Christ God, send down Thy bounties on Thy people, grant peace to Thy habitation and great mercy to our souls.

Kontakion

for Ordinary Sundays—Tone 2

O Protection of Christians that is not put to shame, unchanging Mediation before the Creator, despise not the voice of the sinners' prayer, but in that thou art good, come quickly to help us who call upon thee in faith. Make speed to intercede and make haste to supplicate, O Theotokos, who dost ever protect those that honor thee.

The Trisagion

Holy God . . . Alleluia.

Scripture

for today and next Sunday

Today: (See insert)

Next Sunday:

Epistle: Gal. 3:23—4:5

Gospel: Matt. 9:27–35

Alegalyrnarion

Tone 7

It is truly meet . . .

Communion Hymn

Tone 8

Praise the Lord . . . Alleluia.

Post-Communion Hymn

Tone 2

We have seen the true light . . .

Parish Notes

Altar Servers Today

Matthew Wynne, Del Dillard, Noah Keim,
Micah Keim, Johannes Kibret, Nicholas
Kliewer, Roger Jones.

Special Attention

- **Building Project Update.** There will be a report from the building committee after the Divine Liturgy this morning.

- **Vacation Worship.** Remember that vacation time is not a time to avoid worship. Fr. Nicholas can give you a list of churches in the area where you will be vacationing. If you cannot get to a church, do morning prayers together with your spouse or family, and don't forget to pray before meals. If you will be gone for an extended period of time, mailing envelopes for your financial worship of God are also available on the narthex table.



- **While Father Nicholas is Away.** Father Nicholas will be away from July 20th through August 4th. During this time if there is a real **emergency**, please call Deacon David 919-388-7962. All scheduled services at All Saints will be prayed with the exception of Third Hour Prayer on Wednesday mornings. Please pray for Fr. Nicholas and Kh. Barbara as they travel and especially that God grant a successful and peaceful Archdiocese Convention in California.

Today's Epistle and Gospel Readings

Prokeimenion:

Blessed art Thou, O Lord, the God of our Fathers.

For Thou art just in all that Thou hast done for us.

†Epistle: Tit. 3:8–15 (RSV)

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all. Amen.

†Gospel: Matt. 5:14–19 (RSV)

The Lord said to His Disciples: “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.”

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**A Word
from Our Fathers**

“He who loves the Lord has first loved his brother, for the latter is proof of the former. Someone who loves his neighbor will never tolerate slanderers and will run from them as though from a fire. And the man who claims to love the Lord but is angry with his neighbor is like someone who dreams he is running.”

(St. John Climacus)

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