

Saintly Notes

St. Athanasios of Athos (July 5)

Athanasios was born in Trebizond of God-fearing parents. He became orphaned at an early age but, by the Providence of God, a commander took him under his care and brought him to Constantinople to be educated.

Because of his meekness and humbleness, he was the favorite of his peers. During the children's games, the children chose one to be an emperor, one a commander and Athanasios as abbot as though it was some kind of foretelling!

Having completed his education, Athanasios (who before tonsuring was called Abraham) withdrew into the desert of Maleinos near Athos, the Holy Mountain, where he lived the life of an ascetic as a disciple of the then renowned Michael Maleinos.

Desiring a more difficult life of mortification, Athanasios settled on Holy Mt. Athos to live in silence (the life of a silenter). But many who were desirous of a life of asceticism began to gather around him and, therefore, he was compelled to build his famous Lavra [monastery]. In that, he was assisted by the Byzantine emperors: at first, Nicephorus Phocas, who himself thought to withdraw and to become a monk and, after him, John Tzimiskes.

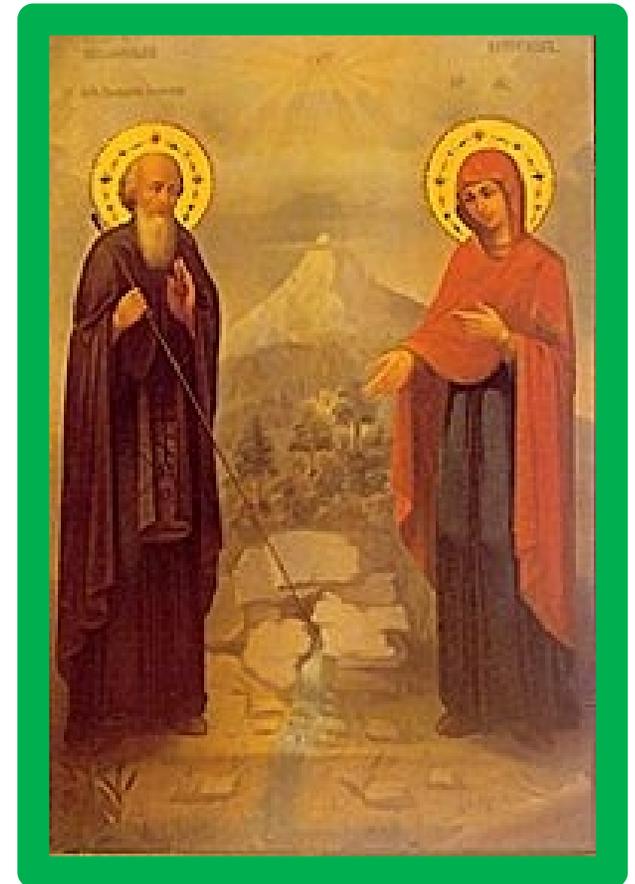
Countless temptations befell Athanasios both from demons and from men but he, as a brave soldier of Christ, resisted and conquered all by his immeasurable meekness and continual prayer to the Living God. Filled with the Grace of God, Athanasios was made worthy to see the All-holy Birth-giver of God who miraculously brought forth water from a rock and promised that she would also be the abbess [Ikonomisa, the one in charge of the provisions of the monastery].

In work and in prayer, Athanasios surpassed his brethren and loved all with the love a spiritual father and shepherd. Death came to Athanasios unexpectedly. At one time, he with six other monks, climbed upon a newly built vestibule of the church to inspect the wall which was being constructed and the wall caved in on them and buried them. Thus, this great beacon of monasticism died in the year 980 A.D. Many times following his death Athanasios appeared to his brethren either to comfort them or to reprimand them.

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

Venerable Athanasios of Athos

July 5, 2009



St. Athanasios of Athos

Venerable Athanasios of Athos

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 5, 2009

The Saints Whom We Remember Today

Venerable hieromartyr Cyprian of St. George kelli on Athos;
Venerable Lampados of Irenoupolis; the synaxis of the 23 martyrs of Lesvos;
Uncovering of the relics of Venerable Sergios the wonder-worker of Radonezh

This Week's Schedule

Today: 9:00a Orthros; 10:00a Divine Liturgy
Monday: Church Office Closed
Wednesday: 9:15a Third Hour Prayers; 6:30p Daily Vespers
Thursday: 7:00p Building Committee
Saturday: 5:30p Great Vespers
Sunday: 9:00a Orthros; 10:00a Divine Liturgy

Third Antiphon

Troparion of the Resurrection
Tone 3

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down Death by death, and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

Entrance Hymn

Come, let us worship . . . Alleluia.

Troparion

for the Resurrection—Tone 3

See above.

Troparion

of St. Athanasios—Tone 3

The Angels' ranks were awed by thy life in the flesh, how, though corporeal, and clad with earthly clay, thou didst set forth with courage to invisible wars and wrestlings and didst boldly smite the hordes of the demons with mortal wounds. Wherefore, Christ rewarded thee with abundant gifts in return. Entreat Him that our souls find salvation, O most renowned Father Athanasios.

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: Rom. 10:1–10

Gospel: Matt. 8:28–9:1

Alegalynarion

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

Nicholas Christopoulos, Christian Christopoulos, William Christopoulos, Christopher Wingenbach, Ilya Moundous, Gabriel Pope.

Special Attention

- **Building Project Update.** The invitations for contractors to bid on our new building project have gone

out. Please pray that the bids will be favorable and that we will be able to start the actual building soon. More information will follow in the days ahead.

- **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.



- **Discretionary Fund Needs.** As many of you know, we have a priest's discretionary fund here at All Saints that is used to help people in need (often our own members). Usually, that amounts to small gifts of money for gas or food, but at other times it is used for more serious needs such as help with rent or utility bills or prescribed medicines, etc. As more and more people are out of work or have experienced decreased income, the use of this fund has risen sharply. The result is that the discretionary fund needs to be built up again. If you are able, a donation specified to be used for the discretionary fund would be greatly appreciated and would help many people who have nowhere else to turn. May God bless you for your generosity.



Epistle and Gospel Readings

Prokeimenon:

The saints shall boast in glory, and they shall rejoice upon their beds.

*Sing unto the Lord a new song;
His praise is in the church of the saints.*

†**Epistle: Gal. 5:22—6:2 (RSV)**

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 provocation 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.

†**Gospel: Matt. 8:5–13 (RSV)**

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 Thee 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.

Epistle and Gospel Readings

Prokeimenon:

The saints shall boast in glory, and they shall rejoice upon their beds.

*Sing unto the Lord a new song;
His praise is in the church of the saints.*

†**Epistle: Gal. 5:22—6:2 (RSV)**

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 provocation 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.

†**Gospel: Matt. 8:5–13 (RSV)**

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 Thee 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.

**A Word
from Our Fathers**

“Do not refuse a request to pray for the soul of another, even when you yourself lack the gift of prayer. For often the very faith of the person making the request will evoke the saving contrition of the one who is to offer the prayer”

“Do not become conceited when you have prayed for others and have been heard, for it is their faith which has been active and efficacious.”

(St. John Climacus)

**A Word
from Our Fathers**

“Do not refuse a request to pray for the soul of another, even when you yourself lack the gift of prayer. For often the very faith of the person making the request will evoke the saving contrition of the one who is to offer the prayer”

“Do not become conceited when you have prayed for others and have been heard, for it is their faith which has been active and efficacious.”

(St. John Climacus)