

Outreach and Evangelism

We are in the first stage of forming a new ministry for our church, the Outreach and Evangelism Ministry. This ministry will first focus on two activities: 1) reaching out to all Orthodox Christians in the Ann Arbor area who are not attending church or participating in activities sponsored by the church, and 2) increasing our Community Service activities.

Our first Community Service project is called Faith and Food, a project sponsored by Food Gatherers and Growing Hope. This project grows fresh food for the hungry in Washtenaw County. The food is distributed by Food Gatherers to a variety of agencies and churches who feed the hungry throughout the year.

If you are interested in learning more about the project, please call or see Chris Kerry (734) 678-4138, Nick Chapekis, Jr. (734) 368-2671, Rob Ashley, (734) 904-4197 or George Michos, (734) 216-6840.

The Wellness Community—Your place for Free Cancer Support

The Wellness Community is an international non-profit organization located in 25 communities in the United States with 56 satellite locations and 2 centers abroad. Founded in 1982 by Dr. Harold Benjamin it is the largest support program in the US devoted solely to psychological and emotional support to cancer patients and their families **without charge**.

The Mission of the Wellness Community is to help people with cancer and their loved ones enhance their health and well-being through participation in professional programs of emotional support, education and hope. We have cancer-specific and age-specific networking groups, including children and teen groups. The Wellness Community of Southeast Michigan is located at 2010 Hogback Road, Suite 3 Ann Arbor, MI 48105. Phone: 734-975-2500. **All services and programs are free of charge.**

Program Highlights for July

July 8, 4-6 p.m. *Cooking for Wellness*, presenter Linn Storch, RD and sponsored by Whole Foods. You will learn nutritional information to benefit to people with cancer while experimenting with new recipes. This month's topic: Healthy Picnics. Please RSVP.

July 15, 6-7p.m. *Healing Touch*, presenter Becky Bail, RN. Learn simple energy techniques to renew, relieve, and relax yourself or others. Please RSVP.

Brochures with July/August 09 Calendar of Events are available on the table in the hallway.

July 5

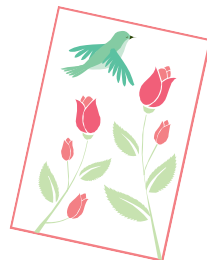
Holy New Martyrs Elizabeth the Grand Duchess and the Novice Barbara

Grand Duchess Elizabeth, a grand-daughter of Queen Victoria of England and elder sister of Empress Alexandra of Russia (see July 4), was one of the most illustrious women of her day, known throughout Europe not only for her high birth and graceful beauty, but also for her modesty and goodness of heart. After marrying Grand Duke Sergius Alexandrovich, she converted to Orthodoxy, although this was not required of her by her position. After the assassination of her husband in 1905, Grand Duchess Elizabeth withdrew from public life, founding the convent of Saints Martha and Mary, of which she became the superior. There she dedicated herself to prayer, fasting, tending the sick, and caring for the poor. After the Bolsheviks seized power, she was exiled to the Urals, where she and those with her were martyred in 1918 when they were cast alive into an abandoned mine. The Novice Barbara followed Saint Elizabeth into exile. When she was separated from the Grand Duchess, Barbara asked to be allowed to join her again; to terrify her, the Bolsheviks told her that she would be allowed to do this, but only if she were prepared for unheard-of torments and a violent death. To their amazement, she consented, and was deemed worthy of martyrdom with the Grand Duchess. Their holy relics were recovered and taken through Russia to China, and came to rest in the Convent of Saint Mary Magdalene in Jerusalem. When their reliquaries were opened in 1981, their bodies were found to be partially incorrupt, and sweet with the odor of sanctity. With them are also commemorated their fellow Martyrs: Grand Duke Sergius Mikhailovich; Princes John, Constantine, and Igor, the brethren; Prince Vladimir Paley; and Theodore Remez.

Reading Courtesy of Holy Transfiguration Monastery

Great Food for the Summer

There is a small surplus of food left over from the festival which is for sale. Please see one of the festival leaders for more information.



THE SUNDAY BULLETIN

July 5, 2009

Orthros

9:00 AM

Divine Liturgy

10:00 AM

Epistle Reading

Galatians 5:22-26; 6:1-2

Gospel Reading

Matt. 8:5-13

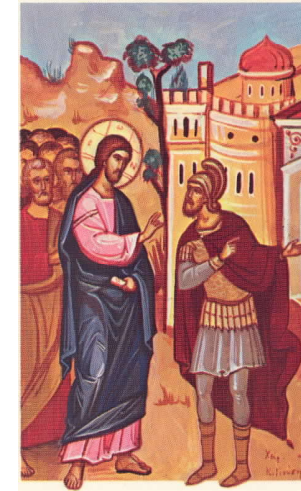
Creed

English

Greeters July 12

Christine Kerry

Demetra M-Rundus



FOURTH SUNDAY OF MATTHEW

Psaltis

Zannis Res

Choir

Dr. Jon Wardner

Prosforo

Panagiotis Apostolou

Fellowship Hour

Sylvia Kleanthous

Greeters July 5

Lambrini Lagos

Fofie Pappas

UP-COMING EVENTS

Monday, July 6

10:00 a.m. Bible Study

7:30 p.m. Bible Study

Tuesday, July 7

9:30 a.m. Bed Pad Sewing

7:30 p.m. YAL

Thursday, July 9

7:00 p.m. Parish Council

Friday, July 10

7:30 p.m. Paraklesis

MAKE SURE TO CHECK OUR WEBSITE: www.stnickaa.org

Submissions for the Sunday bulletin must be sent to:

kate@stnickaa.org by 10 p.m. on the Tuesday prior to publication.

SAINT NICHOLAS GREEK ORTHODOX CHURCH

3109 Scio Church Road, Ann Arbor, Michigan 48103

Web: www.stnickaa.org E-Mail: kate@stnickaa.org

Proistamenos: Father Nicolaos H. Kotsis (nhkotsis@hotmail.com)

Church office: 734/332-8200 Home: 734/677-7891 Cell: 734/604-3214

Saint Nicholas Greek Orthodox Church

July 5, 2009

Epistle Galatians 5:22-26; 6:1-2 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 provoking 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.

Resurrectional Apolytikion

.Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

Apolytikion of the Church

The truth of your manner of life manifested you to your flock as a rule of faith and an icon of gentleness and a teacher of self-control. By humility, therefore, you acquired the things on high, and riches through poverty. Father Holy Hierarch Nicholas, intercede with Christ our God, entreating that our souls be saved.

Kontakion

O Protection of Christians that cannot be put to shame, mediation unto the creator most constant: O despise not the voices of those who have sinned; but be quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, O thou who dost ever protect, O Theotokos, them that honor thee

Thought for the Week

Virtues are formed by prayer. Prayer preserves temperance, suppresses anger, restrains pride and envy, draws down the Holy Spirit into the soul and raises man to heaven.

St. Ephraim the Syrian, *Unknown* 4th century

Gospel Matt. 8:5-13 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 you 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.

Wisdom from the Fathers

Patience is a labor that does not crush the soul. It never wavers under interruptions, good or bad...Patience sets a boundary to the daily onslaught of suffering...Patience comes from hope and mourning, and indeed to lack those is to be a slave of despondency.

St. John Climacus, *Ladder of Divine Ascent, Step 27: On Stillness*; *Paulist Press pg. 271* 6th century

Greeters Needed "The Welcoming Program is in need of Greeters" for this important ministry. Greeters ensure that everyone passing through our doors and entering Christ's Church are welcomed and made to feel comfortable as being created in the image and likeness of God. As well, to get to know others in our parish we normally might not get to know—or make the time to know."

Please consider taking part in this program and volunteer by calling Penny Bekiares—662-6606 or Chris Kerry-665-6273.

Prayer List

Please remember the following people in your prayers: Gabriella and Viroel Andrews, Constantine Evangelinos, Faye Sekaros, Patrick Gutierrez, Mike Kapetan, Annette Kovalcheck, Angelica Stageman

Parish News and Events (www.stnickaa.org)

Welcome Visitors!

Please fill out the form on the notepads in the pews and put it in the collection tray so we may welcome you to our Parish.

Visitors Please Note

Holy Communion is reserved for Orthodox Christians. Visitors are welcome to receive the Antidoro (Blessed Bread), which is distributed at the end of the Divine Liturgy.

Prosforo needed for July 26, August 16 and 30th

Fellowship Hour sponsor needed for Sunday July 12 and 26, and August 9, 16 and 30th.

CHRISTIAN STEWARDSHIP

Everyone's Responsibility! If you have not made your pledge for 2009, please do so as soon as possible. If you need a pledge card, please call the office.

Food Drive

St. Nicholas Parish is sponsoring an on-going Food Drive to help those who are struggling in these hard economic times. Let us reach out to those who need our help. We ask that you bring only **non-perishable** food items and place them on the cart in the exo-narthex.

SAT Prep

Summer is the best time to prepare for the SAT. If you are currently a sophomore and planning to take the SAT next year, here's a great opportunity to get a jump start on your studying. Thanks to the generosity of the Three Hierarchs Scholarship program of Drs. Anthony and Joyce Kales, we have available SAT study materials for your use. Please contact Demetra Mitropoulous-Rundus at dm-r@hotmail.com for distribution arrangements.

The Bookstore Recommends for summer reading: *Close to Home: One Orthodox Mother's Quest for Patience, Peace and Perseverance*, for every young mother who's ever wished children came with an instruction manual and who's longed for just one quiet minute to finish a thought or utter a prayer; *Fitting Together The Pieces of Your Life*: The world says, nothing works out, nothing makes sense, nothing hangs together: life is just an insoluble puzzle., and to live is to be the victim of capricious fate. St. Paul responds to this pessimistic outlook with Romans 8:28, "We know that in all things God works for good to those who love Him. . .Inspiring messages of hope based on Romans.

Philoptochos Notes

Bed pad sewing this Tuesday, July 7th at 9:30 a.m. Sheets Needed for bed pad sewing for Hospice. We are in desperate need for clean, used sheets, preferably flat and pillow cases. Please bring them to the Parish Office.

IOCC-June, July & August Community Care

The mission of IOCC is to respond to the call of our Lord Jesus Christ to minister to people in need throughout the world, sharing with them God's gifts of food, shelter, economic self-sufficiency and hope.

We in Ann Arbor have helped to make a significant difference in the lives of others. Through IOCC our donations reach those in need around the world. Once again we ask for your generous support in bringing hope to others. **Please make checks payable to Philoptochos, memo—IOCC and mail your donation to our church attention: Philoptochos.**

Your donation will be used to help people in 33 countries. The services provided by IOCC are: community development and mobilization programs; agriculture and food production; refugee return and assistance; disaster and emergency relief; business development; youth development and services; education and training; social welfare. Humanitarian aid is the responsibility of all of us. Let us do our part. Thank you

GOYA Summer Calendar

JULY

July 12 4:00 p.m. GOYA Meeting/Activity

AUGUST

Aug. 2 4:00 p.m. GOYA Meeting/Activity

Aug. 9 4:00 p.m. Bible Study



St. Nicholas Seniors invite everyone to visit the Frederik Meijer Gardens and Sculpture Park in Grand Rapids, MI on July 14th. We'll leave at 9 a.m. and be home by 5 p.m. Cost is \$25.00. Please sign up in the

62nd Annual Choir Convention

July 16-19 SS Constantine and Helen in Westland will host the 62nd annual MEFGOX choir convention. **Therefore, based on permission from Metropolitan Nicholas and approval of Parish Council, there will be no Liturgy here on Sunday, July 19th.**