



St. Vincent Of Lerins Orthodox Church

821 Ave E. North (☎ 306 - 244 - 4009)

Weekly Bulletin

Clergy: Fr. Nectarios (Bernard) Funk (frnbfunk@sasktel.net)
Dn. John (Ivan) Youchezin (iicdn@sasktel.net)

The Week of July 16 - 23, 2017

Sun - Jul 16 **Sunday of the 4th Ecumenical Council's Holy Fathers**
 9:00 am Orthros
 10:00 am Divine Liturgy
 Agape lunch - Potluck style in Ashworth Holmes Park

Wed - Jul 19 **6:00 pm** Great Vespers for the feast of the Prophet Elijah

Thurs - Jul 20 **Feast of the Prophet Elijah (Elias)**
 9:00 am Orthros
 10:00 am Divine Liturgy

Sat - Jul 22 **5:00 pm** Baptismal service of Sophia Barbara Machnee
 6:15 pm Confessions
 NO Inquirers' class
 7:00 pm Great Vespers

Sun - Jul 23 **Hieromartyr Phocas, Bishop of Sinope**
 9:00 am Orthros
 10:00 am Divine Liturgy
 Agape lunch - Potluck style



ANNOUNCEMENTS

1. From Rachel Machnee

- This Sunday we are going to try and have our potluck lunch out in the Ashworth Holmes Park again. We will meet directly across the street from the church in the grassy area.

Once again, please bring your own reusable dishes and whatever serving utensils you will need for your dish. Also lawn chairs.

- **Summer lunches:** This year, during the summer, all lunches will be potluck style. We will also aim to have our lunch out in the park once or twice a month. On the weeks that we will be having a picnic in the park, I will send out an email a few days before to let everyone know. Thanks.

2. From Mary & Anthony Machnee

Sophia Barbara Machnee will be baptized on **Saturday, July 22nd at 5pm**. Everyone is welcome of course! There will be a light reception with cake and punch in between the Baptism and Vespers.

3. From Pres. Linda

Several people have suggested that we could generate more funds for CGS by having a garage sale before we take the donations to Value Village. This is true, but I don't have the energy to organize and execute one. If you are interested in doing so, please contact me as soon as possible. We have arranged to take everything to Value Village by the end of July.

- ## 4. Please remember to send your announcements to the church's email address stvincentorthch@sasktel.net ; **for the weekly bulletins - by Wednesdays**; and **for the monthly calendars - by the 15th of each month.**



Here is the list of the people elected to the **Parish Council** and the **Departments' Heads'** positions. If anyone objects to any of the nominees, let Fr. Bernard know by August 6, 2017.

PARISH COUNCIL

Adelle Anderson cook
Timothy Dombowsky
Jason Quiring

DEPARTMENTS HEADS NOMINATION

Department

Name

Alms	Lois Machnee
Banquets/Kitchen	Rachel Machnee
Chanting	Rdr Gabriel Friesen
Choir	Rdr Kimbal Siebert
Church School	SDcn Alexey Shevyakov
Doorkeeper/Greeter	Steve Wojcichowsky
Helps	Kelsey Friesen & Anna Friesen
Immigrant Support	Aster Dombowsky
Maintenance	Tony Machnee
Missions Education & Evangelism	David Stobbe
Social Convener	Peggy Walker
Youth	Andrew & Rachel Machnee



LOOKING AHEAD

- ❖ **Monday, July 24 – 5:15 pm** Lighthouse Dinner
- ❖ **Sunday, July 30 - Friday, August 4.** Camp St. Innocent (CSI) for ages 7-18 at Deer Valley Meadows Camp, Alix, AB. See Andrew and Rachel for final details.
- ❖ **August 1-15:** Dormition of the Theotokos' fast. Please note that there will be Paraklesis to the Theotokos' services every evening of the fast except Saturdays and Sundays.

Also please note that the services, by request, will be at 6:30 pm, not at 6 pm as indicated on the last line of the July Calendar.

- ❖ **August 5-6** Feast of the Transfiguration of our Lord. Please bring grapes and fresh vegetables for blessing.
- ❖ **August 14** - PC Meeting at 7 pm.



PASTORAL TEACHINGS, INFORMATION, DIRECTIVES, NOTES & SAYINGS

A year or so ago, perhaps two, I directed our faithful that they should come to the sacrament of confession a minimum of four times a year, and I directed them to do that during the four fasting times of the year, and at other times when internally constrained to do so. I have copied an article by Fr. Hopko that you will find interesting and helpful.

IF WE CONFESS OUR SINS - by Fr. Thomas Hopko

The gift of God's forgiveness is received through private prayer, corporate worship, the disciplines of prayer and fasting, penitential services, and above all through the sacrament of Holy Confession.

The value of Holy Confession is twofold.

First, through this sacramental act of the ordained priest and the Christian believer we have the assurance of divine forgiveness, according to the words of Christ. (If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven - John 20:23)

Secondly, Holy Confession provides the opportunity to talk about one's deep concerns, to receive counsel and to be encouraged toward spiritual growth, all of which are universally recognized as extremely beneficial to personal life.

Holy Confession is appropriate whenever an Orthodox Christian feels the need for it. It is also a part of our total spiritual preparation during the fast periods leading up to the great feasts of Easter, Christmas, the Falling Asleep of the Theotokos and the Feast of Twelve Apostles. However, Holy Confession is especially necessary: when a serious sin has been committed, when a habitual sin has overwhelmed a Christian, or when a Christian has stopped growing spiritually and needs a re-examination of priorities.

We confess our sins to God, and the power of forgiveness is God's. However, the gift of God's forgiveness, although assured, is not magical. It does not automatically spare us from spiritual struggle - the continual vigilance against evil and the unceasing warfare against sin. Holy Confession will bear fruits in the Spirit only when the believer hates evil, utterly rejects sin and patiently cultivates positive habits of the life in Christ. (So you also must consider yourself dead to sin and alive to Christ Jesus...{Do not yield your members to sin as instruments of wickedness, but yield yourselves to God as those who have been brought from death to life. Romans 6:11-13})

How can one prepare for Holy Confession? Preparation for Holy Confession is a prayerful examination of feelings, thoughts, words, acts, attitudes, habits, values, priorities, goals, direction and way of life. This prayerful self-examination includes not only the personal religious life, but also family relationships, social activities, job conduct, business dealings, political commitments, and even recreational pursuits, because our entire existence should be lived in the light of the Holy Spirit.

We ought not to condemn ourselves, but to affirm our true selves in Christ who has given us access to God's mercy and forgiveness and who has taught us to live for God's glory.

Pray and think about your confession over several days. Ask God to help you perceive your sins and to make a thorough confession of them. Sometime before the sacrament of Holy Confession, offer selected prayers as suggested by your father confessor.



"We, the Orthodox, have to renew every day. We have to convert every moment. So make time to study the Scriptures daily and deeply. Read the Book of Psalms; read the wisdom of the Holy Fathers. If you will read just Psalm 118 you will find most of the answers to the issues we face in life."

His Eminence, Metropolitan Joseph

"The proud man thinks he can comprehend everything with his mind. The Lord does not grant this. The Lord does not manifest Himself to the proud soul. Pride is difficult to detect in oneself, but the Lord leaves the proud to be tormented by their impotence until they humble themselves."

St. Silouan

"We sometimes hear people say, 'I'm only human.' We hear it in songs, in conversation, perhaps in confession. It sounds like an excuse in our fallen condition not to change. Therefore, let us challenge ourselves and others to be 'truly human' rather than 'only human'. To be truly human we must commit ourselves to rise above the bodiless powers with the Theotokos, who is more honorable than the Cherubim and more glorious beyond compare than the Seraphim, in pursuit of the likeness of God."

His Eminence, Metropolitan Joseph

"If we are to become filled with a joy that the world cannot take away, we must give up everything, even our own selfish lives, so that we can be alive in our Lord, Jesus Christ."

His Eminence, Metropolitan Joseph

July 13

"Our Lord teaches us that all things come from Him. He is the source of all good. If we follow Him, even in times of sorrow and hardship, He increases us by allowing us to participate in His divinity."

His Eminence, Metropolitan Joseph

