

Holy Cross Greek Orthodox Church

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Fr. Michael Kallaur

Fr. Daniel Korba

Dn. Frank Dickos

✠ SUNDAY, JULY 16, 2023 ✠

The reading is from St. Paul's Letter to Titus 3:8-15 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 Tychicos 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 greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

The Gospel According to Matthew 5:14-19 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, till 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."

Memorials:

† Archimandrite Fr. Polycarp Rameas	40 days
† Emanuel (Mike) Xenakis	40 days
† Anthony (Ron) Cywinski	1 year
† Vera Lundberg	1 year
† Markos Xenakis Jr	3 years
† James Demetri Xenakis	10 years
† Molly Moscoula Xenakis	11 years

Coffee hour is sponsored
by the
Emanuel "Mike" Xenakis
Family

THIS WEEK:

Monday, July 17 **Great Martyr St. Marina ~ 8:30am Orthros/9:30am Divine Liturgy**

Tuesday, July 18 7pm Parish Council Meeting

Wednesday, July 19 7pm Iconography Meeting ALL are welcome!

Thursday, July 20 **St. Elias the Prophet ~ 8:30am Orthros/9:30am Divine Liturgy**

Friday, July 21

Saturday, July 22 **Sts. Mary Magdalene and Markella ~ 8:30am Orthros/9:30am Divine Liturgy**
5pm Vespers

2023 Orthodox Christian Vacation Church School

This year's theme is:

MIRACLES

Monday, July 24 thru Friday, July 28 from 9am~Noon

*Monday, July 24, children should arrive at 8:30 am

Welcoming all children age 3 years through entering 6th grade
High School students, parents, interested adults needed to volunteer.

Nominal registration fee of \$30 if received by July 17th;
\$40 if received after July 15th

**Form on our website or
stop by the church office!**

Let's Flower Together!

...a hands on Floral Event Workshop for our Summer Garden Gala

...come learn to forage flowers & greens, prepare fresh flowers, learn to prep and make floral centerpieces & larger installation arrangements.

Choose any or all of the following dates:
Wednesday, July 26, Thursday, July 27 & Friday, July 28 at 2pm.

Meet at the

Community Center.

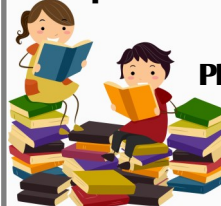
Saturday, July 29 (day of event) 10am to 2pm

Call Eva Elderkin to reserve your place

412.969.1479

The **Neighborhood Resilience** shelves are bare. They are requesting Food Pantry Items (*must be shelf stable*), for example: Pasta, Pasta sauce, Rice, Beans – dried or canned, Juice or juice boxes, Canned vegetables, Canned fruit/applesauce, Cereal, Shelf stable milk, Mac and cheese, Oatmeal, Granola bars, Snack crackers, Jam/jelly, Peanut butter, Canned soup, Dried soup packets, Canned tuna, Canned pudding
Please drop off at church at your convenience!

We are collecting gently used books for kids ages 0-6 years old to be distributed at Children's Hospital in the waiting room. There is a basket



by the office for your donations.

Please contact Emelia Krakora at

ekrakora@bowdoin.edu

with any questions.

St. John the Baptist Orthodox Church

LIGHT FROM THE CHURCH ON THE HILL

A Lecture Series in Honor & Memory of Our Beloved Met. Theodosius

MOTHER OF LIFE:

NOURISHING THE BODY & SOUL DURING THE DORMITION FAST

The typical summer change in routine can cause us to lose our spiritual focus. But for the first two weeks in August, the Church gives us a beautiful gift: the Dormition Fast! Here lies an opportunity to reorient ourselves toward Christ and His mother, the Mother of Life.

In this one hour talk, we will discuss ways to enrich this life—by nourishing the body through balanced and nutritious fasting meals, and nourishing the soul by inviting the Virgin Mary into our efforts. By keeping the Fast in preparation for the Feast of the Dormition, we prepare to live in imitation of the one chosen to give birth to our Lord, the Giver of Life.

TUESDAY, AUGUST 1

6:00 PM: Vespers & Refreshments

7:10 PM: Lecture

Krista Fedorchak, MS, RD, is an Orthodox Christian, wife, and registered dietitian offering Christian-faith-based insights into caring for body and soul. She completed her studies in nutritional science at Cornell University. Informed by a non-diet eating approach and rooted in the wisdom of the Orthodox faith, Krista helps her clients to accomplish their health goals through sustainable lifestyle changes. Catch her on the Ancient Faith Radio Podcast "Food Freedom through Christ" or on Instagram @theorthodoxdietitian.



Krista Fedorchak, MS, RD

St. John the Baptist Orthodox Church
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Summer Garden Gala

Saturday, July 29, 2023

BENEFITTING
HOLY CROSS LANDSCAPE
BEAUTIFICATION

5:30PM Cocktails & Silent Auction
6:30PM Strolling Buffet & Festivities
9:00PM Dance featuring Panigri Orchestra

~ Black Tie Optional ~

HOLY CROSS COMMUNITY CENTER
123 Gilkeson Road, Pittsburgh, PA 15228

Tickets

FULL GALA \$125
DANCE \$40

Tickets and donation information available at
www.holycrosspgh.org/summergala

Can't make the event? Consider a donation to the Landscape Beautification project.

For more information, contact
Laura Zervos at 412-287-5679

Or see Laura Zervos at Coffee Hour for tickets!