

Holy Cross Greek Orthodox Church

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## ✠ SUNDAY, JULY 23, 2023 ✠

### The reading is from St. Paul's Letter to the Romans 15:1-7

Brethren, we who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbor for his good, to edify him. For Christ did not please himself; but, as it is written, "The reproaches of those who reproached thee fell on me." For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, as Christ has welcomed you, for the glory of God.

### The Gospel According to Matthew 9:27-35

At that time, as Jesus passed by, two blind men followed him, crying aloud, "Have mercy on us, Son of David." When he entered the house, the blind men came to him; and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." Then he touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread his fame through all that district.

As they were going away, behold, a dumb demoniac was brought to him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons."

And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity among the people.

<i>Memorials:</i>	† Martha Stivaktas	4 months
	† Nikolaos S. Kalogeris	2 years
	† Frederick Robert Sonntag	2 years
	† Kalliope Zervos	10 years
	† Carole Zervos Dardamanis	11 years
	† Yanni Stivaktas	17 years
	† Catherine Leonard Sonntag	20 years
	† Mary Zervos	53 years

**THIS WEEK:**

Monday, July 24	8:30am to Noon Vacation Church School
Tuesday, July 25	9am to Noon Vacation Church School
Wednesday, July 26	9am to Noon Vacation Church School
Thursday, July 27	9am to Noon Vacation Church School
Friday, July 28	9am to Noon Vacation Church School
Saturday, July 29	5pm Vespers
	<i>Summer Garden Gala</i>

**Vacation Church School starts TOMORROW!!!!**

**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

Coffee hour is sponsored by Philoptochos today.

Please call the church office to schedule sponsoring a coffee hour with family or friends!



# 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 Panigiri Orchestra  
~ Black Tie Optional ~

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

Tickets and donation information available at  
[www.holycrosspgh.org/summergala](http://www.holycrosspgh.org/summergala)

or call Laura Zervos at 412-287-5679 or Rebekah Krakora at 412-728-4842



## Summer Garden Gala

# GREEK DANCE

Saturday, July 29, 2023

Starting at 9:00 p.m.

Live music with the Panigiri Orchestra

Mezze Platter included with Dance Ticket

Bar drinks and additional mezze available for purchase



Purchase tickets at  
[www.holycrosspgh.org/summergala](http://www.holycrosspgh.org/summergala)  
in advance or at the door





St. John the Baptist Orthodox Church

## LIGHT FROM THE CHURCH ON THE HILL

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

### 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

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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](mailto:ekrakora@bowdoin.edu) with any questions.