

Holy Cross Greek Orthodox Church

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✠ SUNDAY, JULY 30, 2023 ✠

The reading is from St. Paul's Letter to the Corinthians 1:10-17

Brethren, I appeal to you by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius; lest any one should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized any one else.) For Christ did not send me to baptize but to preach the gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

Gospel According to Matthew 14:14-22

At that time, Jesus saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to him, "We have only five loaves here and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

Coffee hour is sponsored by Philoptochos today.

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

THIS WEEK:

Monday, July 31 6:30 pm Paraclesis

Tuesday, August 1 6pm Paraclesis
7:10pm Lecture in Canonsburg



Wednesday, August 2 6:30 pm Paraclesis

Thursday, August 3 6:30 pm Paraclesis

Friday, August 4 6:30 pm Paraclesis

Saturday, August 5 5pm Vespers @ Holy Cross
OR Transfiguration Monastery in Ellwood City



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

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NEIGHBORHOOD RESILIENCE PROJECT

Backpack Drive: Back to School Project

Drive date: August 1 - August 15

Dear Holy Cross parishioners,

The Neighborhood Resilience Project is holding a backpack drive. 100 backpacks are needed. If you are interested, we are asking you to purchase 1 backpack (junior or large) & place the following items in the back pack:

- Sharpie pen (1 package)
- Highlighters (1 package)
- Erasers (3)
- Pencil sharpener (1)
- Pencils (1 package)
- Pencil pouch (1)
- Glue stick (1 package)
- Notebooks (5 subjects)
- 3 Folders
- Posted Notes (1)

Please bring the backpacks to church during the first 15 days of August and place them in the vestibule. Thank you for your continued support for NRP.

Kathy Pyros