

Holy Cross Greek Orthodox Church

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Fr. Michael Kallaur

Fr. Daniel Korba

Dn. Frank Dickos

## ✠ SUNDAY, JULY 9, 2023 ✠

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

Brethren, my heart's desire and prayer to God for Israel is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

### The Gospel According to Matthew 8:28-34; 9:1

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

**Memorials:** † Athena Gounas 40 days (*sister of Christina Eliopoulos*)  
† Stevo Milinkovic 40 days (*brother-in-law of Presvytera Andrea*)  
† Peter Gidas 35 years  
† Maria Mourtacos 35 years  
† Demetrios Mourtacos 38 years

Coffee hour  
is sponsored  
by  
Philoptochos.

### THIS WEEK:

Monday, July 10

 **Camp Nazareth all week Grades 10-12** 

Tuesday, July 11

**7PM FOOD FAIR RECAP MEETING IN OLD SOCIAL HALL**

Wednesday, July 12

**St. Paisios 8:30am Orthros/9:30am Divine Liturgy**  
7pm VCS Volunteer Meeting in the Library

Thursday, July 13

Friday, July 14

Prophet Elias Feast Day **Observance** 5pm Vespers, Orthros in Saxonburg

Saturday, July 15

Prophet Elias Feast Day **Observance** in Saxonburg 9am Hours, Divine Liturgy

*Wedding ~ NO 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 \$20 per student is due by June 30th \$30 if received by July 15th; \$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!

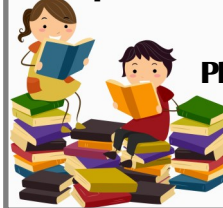
**We are collecting gently used books for kids ages 0-6 years old to be distributed at Children's Hospital in the waiting room. There is a basket**

**by the office for your donations.**

**Please contact Emelia Krakora at**

**[ekrakora@bowdoin.edu](mailto: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 Panigini 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](http://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