

ARE YOU WILLING TO TRAVEL LIGHT?

Vacation provides us with time away to relax. Before we go on a trip, we may make a list of things to put in our suitcase. Most times we pack so much that it feels like we are not really "getting away from it all" but rather taking it all with us!

A lesson from the Gospel of Luke talks about travelling light. Jesus appointed 70 of His disciples to spread the Good News of the Kingdom of God. They were instructed to go forth to preach, teach and heal. Do you know what Christ said to take with them? "Carry neither money bag, knapsack, nor sandals . . ." (Luke 10:4) These missionaries were instructed to trust in God to provide for them and their needs. They were not to encumber themselves with possessions and worries.

Human nature tends to saddle us all down with lots of unnecessary burdens. While focusing on our problems, we may not be able to see the blessings that are in front of us. Look to the horizon to see the light and hope that God provides us. Pack your luggage light and make your possessions few, since our Lord is there to provide all that we need. Leave all the unneeded things behind, but be sure to take along your faith and courage. Shake off the dust of rejection and failure, instead of carrying them around as baggage.

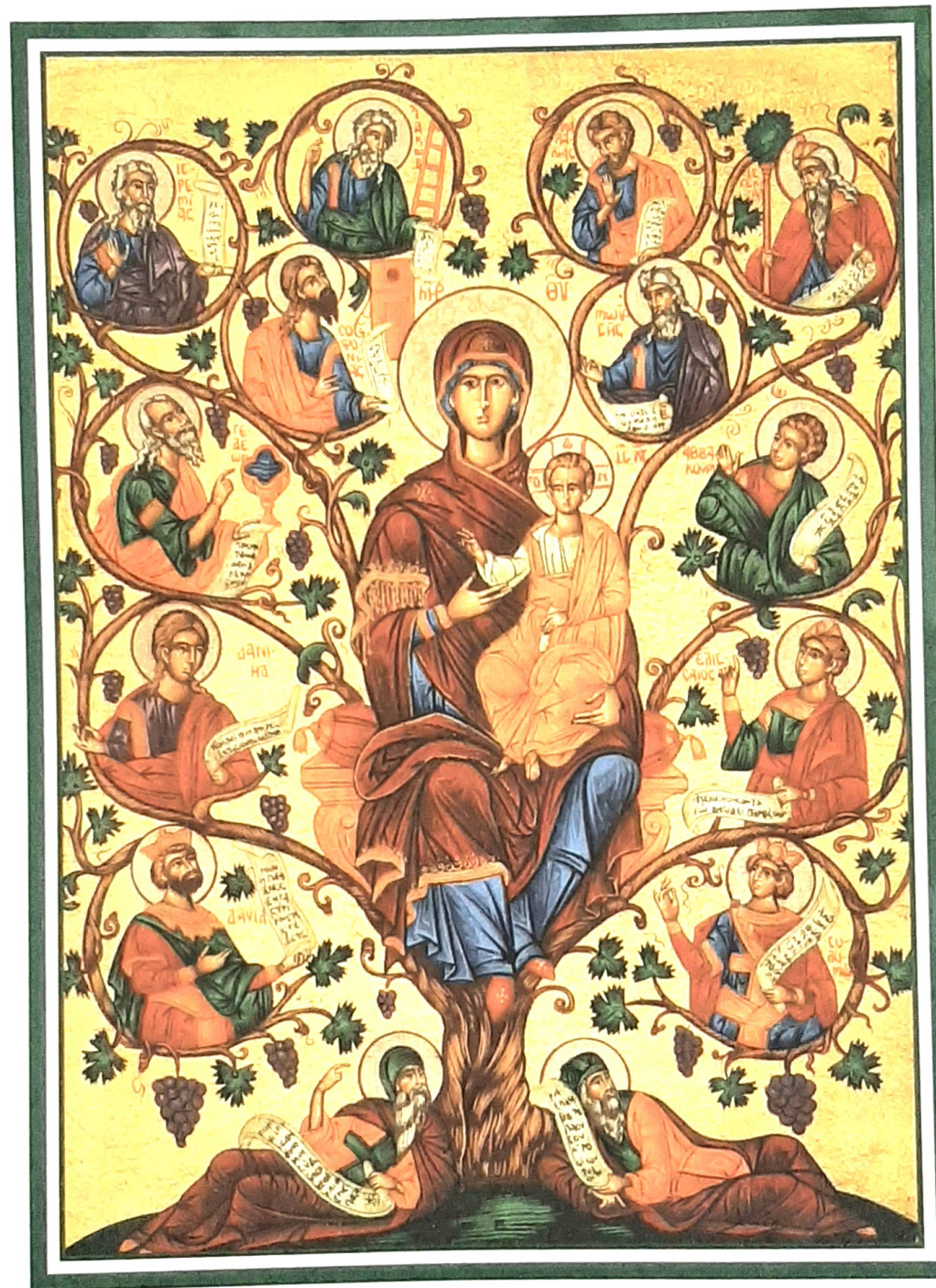
As Christians, our path is all the same; we continue towards the Kingdom of Heaven. Heed the call of Jesus to travel light and be less dependent on material things. Simplify your life, become more carefree and rejoice in the journey.

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

ABOUT COMMUNION

We are happy that you have joined us today. Indeed, we pray for the "unity of the Faith" for the day when all of Christianity are united as ONE and can share a common Chalice. However, this is not the case as yet. Please note that Holy Communion, the actual Body & Blood of our Lord Jesus Christ, is only for Members of the Orthodox Church who have prepared themselves through prayer, fasting, and confession, & arrived before the Gospel reading. However, everyone is welcome to partake of the blessed bread and receive a blessing from the pastor at the dismissal. If you are interested, you may inquire with the pastor how you can become a member.

If you are a guest or otherwise not a regular communicant, please give your baptismal name when receiving.





St. Anthony The Great Antiochian Orthodox Church

4031 Aurora Rd.; Melbourne, Florida

Mailing address : P.O.Box 267, Melbourne, FL 32902

Very Rev. Fr. Elia Shalhoub, Pastor & Dean of South Florida Deanery

Phone: (305) 812-4940 , E-Mail: elia_shalhoub@yahoo.com

Pastor's address: 2295 Oklahoma St.. W. Palm Beach, FL 33406

WELCOME TO ST. ANTHONY'S

Where people from around the world come together to serve God and our community. We are glad you are worshipping with us today! This Church is one community of many in the One, Holy, Catholic, and Apostolic Church. The Church of Antioch belongs to two thousand years of evangelization, teaching, history, and tradition which expresses the continued commitment of its members to the Orthodox Christian faith in the Lord Jesus Christ!

St. Anthony Church is a Pan-Orthodox community, under the omophorion of His Beatitude Patriarch JOHN X within the Self-ruled Antiochian Orthodox Christian Archdiocese of North America. If you are a first time visitor, please fill out the guest form located on the literature table. We want you to feel at home in prayer and worship. Please submit your names to the ushers and introduce yourself to Fr. Elia at the end of the service so he may welcome you personally.

Following services, please join us for sharing of fellowship, coffee, and food.

DIVINE LITURGY VARIABLES ON SUNDAY, JULY 09, 2023 TONE 4 / EOTHINON 5; FIFTH SUNDAY AFTER PENTECOST & FIFTH SUNDAY OF MATTHEW

HIEROMARTYR PANKRATIOS, BISHOP OF TAORMINA IN SICILY; MARTYRS ANDREW AND PROBUS

~During the Little Entrance, chant the Resurrectional Apolytikion. The Eisodikon (Entrance Hymn) is "O come, let us worship... save us, O Son of God, Who art risen from the dead..." After the Little Entrance, chant the apolytikia in the following order:

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF ST. ANTHONY THE GREAT

Thou didst become like the zealous Elijah in his condition, and followed John the Baptist in his upright ways. Becoming a dweller in the wilderness, and an establisher of the universe by thy prayer O Father Anthony. Wherefore intercede thou with Christ our God to save our souls.

ORDINARY KONTAKION IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

THE EPISTLE

(For the Fifth Sunday after Pentecost)

How great are Thy works, O Lord! In wisdom hast Thou made them all. Bless the Lord, O my soul.

The Reading from the Epistle of St. Paul to the Romans. (10:1-10)

Brethren, my heart's desire and prayer to God for Israel is that it 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,

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2023 PLEDGE DRIVE

Thank you to all who already have signed the form.

Total from 32 pledges is 93,230.00

Fr. Elia and Kh. Odette Shalhoub

Deborah Abdo D'Ambrosio

Lou Abraham

Gabriella Baika

Michealle Carey

Jeff and Holly Dick

Ionica and Marcel Dragu

Stephanie Enstice

Zachary Ferreli

Yuliya Gabbasova

Michael and Janet Gorczynski

Alix Hall

Michael and Skylla Holland

William and Sheree Jackson

John and Joanne Karas

Steve and Valerie Karas

Peri Kiros

Michael and Alyssa Lieberman

Adrian and Carrie Matos

Michael Mooney

Carlos and Olga Munoz

Jean Najjar

Ethan Packey

William Snell and Susan Perers

Tristan and Jenny Riter

Alex and Bobbi Skaff

Patricia Smith

Mark and Lori Sorenson

Priscilla Spinola

Deborah Thieme

Isaac Vaughn

(Our Goal for 2023 is \$90,000.00)

All Pledge & Tithing members Names will be listed in the Bulletin

**THE ARCHDIOCESE ANNUAL ASSESSMENT (\$50.00) PER BAPTISED SOUL
EVERY PARISHIONER IS RESPONSIBLE TO PAY THIS ASSESSMENT ONCE A
YEAR BESIDE YOUR PLEDGE TO THE CHURCH.**

**IF YOU HAVEN'T SUBMITTED THE ASSESSMENT MONEY YET,
PLEASE DO SO AS SOON AS YOU CAN. THANK YOU FOR YOUR GENEROSITY!**

and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone 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

(For the Fifth Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (8:28-9:1)

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 could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou 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 Thou castest 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.

~ The Divine Liturgy of St. John Chrysostom continues as usual.

ABOUT THE DIVINE LITURGY

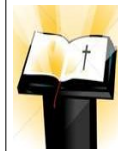
The Divine Liturgy expresses the entire Christian faith in a continuous song of praise and prayer addressed to God. It is focused on God, not on us. There is nothing just for amusement or entertainment.

Since much of the service is the same every week, worshippers know it and can participate personally, either by singing along or just by prayerful attention. Worshippers are surrounded by icons (pictures of Christ and the saints), which remind us that we are participating, while on earth, in the worship of all the angels and saints in heaven. The entire service (except for the sermon) is sung. The words are all from Scripture or ancient Christian texts. Please follow the service in the books available in the pews. Weekly changes will appear below and marked with a corresponding letter in the service book.

COME BACK

We hope to see you next week. Each Sunday we celebrate the Resurrection of Christ with our morning Matins service at 8:45am followed by the main Sunday service, Divine Liturgy at 10am. Sunday School for the Children follows Communion. Fr. Elia would love to speak with you and answer any questions you may have. Please fill out our Guest Form (CONNECTION CARD). There's also a place where you can let us know any specific needs or concerns and we will lift them up in prayer. We welcome everyone who would like to learn more about the Orthodox Christian Faith. Please contact Fr. Elia either by E-Mail (elia_shalhoub@yahoo.com) or on his cell phone (305) 812-4940

Announcements



**July 9th
July 16th
July 23rd
July 30th**

Epistle Readers

Subdeacon Jean Najjar

Patricia Smith

Bill Jackson

Carrie Matos

St. Paul to the Romans. (10:1-10)

St. Paul to St. Titus. (3:8-15)

St. Paul to the Romans. (15:1-7)

St. Paul to the Corinthians. (1:10-17)



TODAY'S COFFEE HOUR IS SPONSORED
 BY DEBBIE AND YULIYA
 IN CELEBRATION OF RECROWNING CEREMONY OF
 JOHN AND DEBBIE THIEME.
 MAY GOD GRANT THEM MANY MORE
 HAPPY YEARS TOGETHER!

Sabal Elementary School Supply Drive

July 16-July 31

There will be a school supply drive to help
 low income families prepare for school.

Please see Kindergarten List in the back of this bulletin.

Other grades list coming up shortly.

Cash or unused supplies welcome and very much appreciated.

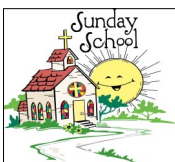


Coffee Hour Looking for Sponsors
 July 16—Amen; July 23, July 30- available.

FOOD FOR THE NEEDY (Basket in the Foyer)
 Please remember to bring non-perishable
 food items for the basket.



No Sunday School today and next Sunday.



Christmas in July

Sunday, July 30 during Sunday School class.
 We will watch our 2022 Christmas play and talk about
 2023 Christmas performance plan.



Please pray for the healing of Michealle and Tyrone Carrie, Jennifer Glass,
 Beverly Delida, Lisa Zolton, Tatiana Jones, Ted Theodoropoulos, Susan Perers, Alix Hall,
 Nina and Diogo Penas, Beth Manzini, John Archambeau, Alex & Soula.

Sabal Elementary Kindergarten Supply List 2023-2024



- Backpack (no wheels please and big enough to fit binder)
- 1 - 1 inch white binder (with clear, vinyl pocket on outside cover)
- 1 strong pocket folders (with holes to go inside binder) - label**
- 4 boxes of Crayola crayons (16-24 count)
- 1 blunt tip scissors
- 10 glue sticks (your child will use an average of two glue sticks per month; this is for the entire school year)
- 1 pack of standard size SHARPENED pencils
- Headphones (3.5mm stereo plug; NO ear buds and NO Bluetooth) - label**
- 4 packs of dry erase markers
- 1 crayon BOX (standard size) - label**
- 1 pack of black sharpie markers
- 2 White t-shirt to be used at field day or field trips
- 1 box of GALLON Ziploc bags
- 1 Pump bottle of hand sanitizer
- 1 pack of large erasers (not pencil cap erasers)
- 3 tubs of Clorox/Lysol wipes
- 1 box of tissues

Boys Only

- 1 pack Small paper plates
- Sandwich bags (Ziploc; not folded top)

Girls Only

- 1 pack of Large paper plates
- Brown Paper Bags

Extra

Laminating Pouches/Paper Size

Please bring supplies during your child's **first testing visit with the teachers.**

Please DO NOT label supplies. Only headphones and crayon boxes should be labeled.

- 9- Lord Jesus Christ have mercy on our parents and our Godparents and our teachers.
- 10- Lord Jesus Christ have mercy on our brothers in flesh and our brothers in spirit and our relatives.
- 11- Lord Jesus Christ have mercy on the elderly and on the people who are in need.
- 12- Lord Jesus Christ have mercy on the children and on those who have no protection and on the weak people.
- 13- Lord Jesus Christ have mercy on the students.
- 14- Lord Jesus Christ have mercy on the teenagers.
- 15- Lord Jesus Christ have mercy on the drug addicts and on the alcoholics and on the smokers.
- 16- Lord Jesus Christ have mercy on the married couples and on the Orthodox families.
- 17- Lord Jesus Christ have mercy on our pregnant sisters.
- 18- Lord Jesus Christ have mercy on the widows and on the orphans.
- 19- Lord Jesus Christ have mercy on the married couples who are fighting and on our brothers and sisters who are in temptations.
- 20- Lord Jesus Christ have mercy on those who are sick in flesh or in spirit.
- 21- Lord Jesus Christ have mercy on those who serve and help the holy monasteries and parishes.
- 22- Lord Jesus Christ have mercy on the visitors of the monasteries and churches.
- 23- Lord Jesus Christ have mercy on those who are traveling, and on those who are desperate or in temptations.
- 24- Lord Jesus Christ have mercy on our brothers who are in sadness or pain.
- 25- Lord Jesus Christ have mercy on the judges and on the politicians.
- 26- Lord Jesus Christ have mercy on those who curse our Orthodoxy.
- 27- Lord Jesus Christ have mercy on us and give us peaceful times.
- 28- Lord Jesus Christ protect us from sickness and anger and danger and enlighten the doctors and the nurses.
- 29- Lord Jesus Christ protect us from hunger and from all bad and need.
- 30- Lord Jesus Christ protect us from heat and fire and earthquakes.
- 31- Lord Jesus Christ protect us from deluges and from sinking and from ice.

56th Biennial Antiochian Archdiocese Convention



July 23-30, 2023
 St. George • Phoenix, AZ
www.ac2023az.org



Brothers and Sisters in Christ,

As youngsters, each spring and summer meant work in the vast garden behind our house. My father took great pride in a garden that produced food for our table. The beginning of each spring was met with the ritual of turning the soil. My father would rent a rototiller and for a few days the soil of the garden would be prepared for planting. The rototiller saved days if not weeks in turning the soil and was a huge upgrade over shovels, hoes and rakes.

For us as Orthodox Christians, our ultimate desire is salvation and eternal life - dwelling in the presence of God. To do so means we need to put in the work. Sadly, in today's society, fewer people are willing to put in the work. Recent studies have shown that participation in services and church life in the United States has declined by nearly 25% since 1998. The enormous shift in values and traditions among families and the growth of the internet and social media replacing "in-person" attendance are just two reasons for the decline (living through a pandemic can be added as well). Though the number one reason for the decline is being 'spiritually lazy' and not having God at the center of our lives and our homes.

The Divine Liturgy translated means "the holy work of the people." It is during the Divine Liturgy, as well as the various other communal prayers of the Church that our relationship with God is nurtured and fed. It is the most perfect means for achieving our desire for salvation and eternal life. The Church helps us overcome our spiritual laziness and become God centered. Just like the rototiller used in my father's garden proved helpful in enjoying the harvest, the Church helps us work out our salvation and enjoy the eternal harvest.

Are you willing to put in the work?

In closing, some words by the Apostle Paul (Ephesians 5:1-2):

"Be ye therefore followers of God, as beloved children and walk in love, as Christ also hath loved us, and hath given himself for us."

In Christ,

Fr. Elia Shalhoub



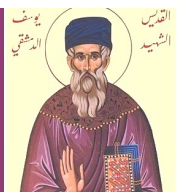
TODAY'S FEAST SUNDAY, JULY 9TH 2023

**5TH SUNDAY AFTER PENTECOST, 5TH SUNDAY OF MATTHEW
 PANCRATIUS, BISHOP OF SICILY**

This Saint, who was a contemporary of the Apostles, had Antioch as his homeland, where he was guided to the Faith of Christ by Peter, the Chief of the Apostles. Later, he came to Sicily, where he brought many to the Faith, and was finally put to death by the pagans.

ST. JOSEPH OF DAMASCUS + JULY 10

Come, ye faithful, let us honor the martyr of Christ, a Priest of the Church of Antioch who by the word of the Word and by his blood and the blood of his companions baptized the land of Damascus, its Church and its people. Being immersed in the light of the Gospel



from his youth, he worked and taught and defended the Church of Christ and her flock. O holy Joseph of Damascus, be for us an example, defending us and interceding for us fervently before the Savior.

Troparion of St. Joseph, Tone 5

The Synaxarion

On the tenth of this month we commemorate the Holy Hieromartyr Yousef ibn Jirjis Mousa ibn Mouhana al-Haddad and his Companions. A married man, St. Joseph of Damascus, as he is popularly known, was at first a weaver and then was ordained to the holy priesthood at the age of twenty-four in 1817, and assigned Great Economos of the Patriarchal Cathedral of the Dormition of the Most Holy Theotokos (al-Mariamiyeh) in the heart of the Old City of Damascus. On Monday, July 9, 1860, the brutal massacre of Christians, which began in the mountains of Lebanon, spread to Damascus. Some Damascenes (including Michael Hawaweeny and his young wife Mariam who was bearing in her womb a son who would be the future St. Raphael of Brooklyn) fled Damascus for the port city of Beirut. The majority, however, took refuge in al-Mariamiyeh. Many had previously fled to Damascus from their mountain villages, while others came to the Cathedral from the Christian Quarter of Damascus and the villages that surrounded the city.

Saint Joseph took up his communion kit containing the Reserved Sacrament, left his home and began to make his way to the Cathedral by jumping from rooftop to rooftop across the narrow streets of the Old City. As he went, he stopped to confess and commune the aged and infirm who could not flee their homes, encouraging them with stories from the Lives of the Great Martyrs. On Tuesday morning July 10, the Cathedral was surrounded, pillaged, and burned by a fanatical crowd. Those inside the holy temple perished in the flames; of those who escaped and fled into the streets, most were shot or caught and forced back into the burning building, while only a few, including St. Joseph, survived.

As he roamed the narrow streets searching for survivors who needed confessed and communed, St. Joseph was surrounded by the enemies of Christ. Seeing that his end was near, St. Joseph took out his communion kit and consumed what remained of the Body and Blood of Christ. Recognizing him as the "leader of the Christians," the persecutors savagely attacked him with axes. Then, binding his legs with ropes, they dragged his mutilated body through the streets to be mocked and spat upon by jeering on-lookers. Saint Joseph's sacred relics were then unceremoniously pitched into the city dump along with those of the other New Martyrs (numbering two thousand five hundred men plus women and children). Saint Joseph and his Companions were glorified by the Holy Synod of the Patriarchate of the Great City-of-God Antioch and all the East in the year 1993. The holy Saint is the patron of the Clergy Brotherhood of the Antiochian Diocese of Oakland, Charleston and the Mid-Atlantic. Through the intercessions of St. Joseph and his Companions, O Christ our God, have mercy upon us. Amen.



Dear Sisters in Christ:

Christ is in our Midst! He is and ever shall be! As we prepare to celebrate the 50th Anniversary of the establishment of the Antiochian Orthodox Christian Women of North America, I would like to take a moment to pause and to thank the many talented and dedicated women who have given our Organization their devotion as leaders in our parishes, dioceses, and at the NAB level. God the Holy Spirit works within each person's heart and soul and motivates us with the desire to serve the Church by giving of our time, talent, and treasure.

Each of you, our leaders, have responded to that "call" to ministry, and you brought your own unique set of skills and talents as special gifts which you have offered God and His Church. I sincerely speak for all the membership of the Antiochian Women when I say, "Thank You!" We have seen much Godly growth in faith, love, and service among the women of our Archdiocese because of the inspirational leadership which you have provided over the past half-century. May God continue to inspire all of us with the desire to serve Him in the ministry of service, which is the hallmark

of our Organization. And I wholeheartedly encourage each of you who are reading these words to consider devoting yourself as a servant-leader in your parish, and at the diocesan and NAB levels. With my election as President in the summer of 2019, our NAB established the ambitious goal of energizing and involving our young women in the ministry or the Antiochian Women. Then we hit a brick wall with the COVID-19 lockdowns and restrictions. However, with God's Grace, and with the creativity, ingenuity, and perseverance of our leadership teams, we temporarily shifted our focus toward reinforcing the interconnectedness we need to have as a widespread North American organization. The use of Zoom technology gave us the ability to continue to have regular meetings, book studies, and worship experiences. And, as a bonus, we discovered that we could share in programs and ministries that were occurring in each of the Dioceses without leaving home. So, God used the lockdowns to show us how to be even more connected with each other! Amazing!)

**What we also discovered is how crucial our in-person gatherings are to our spiritual and emotional health. Being "together" via Zoom is not the same as being together with each other. It seems obvious now, but we needed to experience the distancing to value the reuniting! As the Old-Saying says so well: Absence makes the heart grow fonder. Now, thank God, we can pick up again where we left off in March of 2020, and to make plans for our next 50 years of service. We pray for God's Divine guidance. As I leave office this July, I would like to reiterate our need to engage the younger generation of women in our parishes and encourage them to become active members in our local chapters. Our pre-teen and teenage girls are facing intense social pressure from the non-Christian world that seeks to crush their spirit and obliterate their God-given womanhood. Our young college-age women are facing horrendous pressure to abandon their Orthodox Faith, and to surrender to the demands of the world. We must actively reach out to the young women in our parishes and offer them a place of safety and love where they can learn how to flourish as the special creations of God that they are. As a Sisterhood serving Christ through serving others, we should FIRST see the need of our young daughters and the young women in the pews next to us – let us serve them, love them, bring them in to our Sisterhood. We must not wait for a convenient time to do this; we must feel the urgency of this moment in time, and act now. This IS important. I pray that I may see many of you at the Archdiocesan Convention this summer in Phoenix, but if not, then please know how much I have valued your diligent and dedicated work during my four-year tenure as NAB President. I have accomplished nothing – but we have accomplished valuable work for our Lord Jesus Christ and His Church. As long as we remain faithful to our motto – A Sisterhood Serving Christ Through Serving Others – we can be confident that God is with us and will grant us success. With all my love with prayers for the future success of our Sisterhood, I am yours in Christ Jesus,
Kh. Suzanne V. Murphy**

Spiritual Message Here.....

Fellow Orthodox Christian, hold your prayer rope in the morning and at night, and pray on each knot the following prayers:

- 1- Settle, oh God, the peace in the world.
- 2- Lord Jesus Christ have mercy on our Church and our Orthodoxy.
- 3- Lord Jesus Christ have mercy on our bishop and his fraternity.
- 4- Lord Jesus Christ have mercy on all the Orthodox people of the world, clergy and laymen.
- 5- Lord Jesus Christ have mercy on our spiritual father and his fraternity.
- 6- Lord Jesus Christ have mercy on the army and all the defense committees.
- 7- Lord Jesus Christ have mercy on the rulers of our country.
- 8- Lord Jesus Christ have mercy on those who hate us and those who love us and those who pray for us.