

HUMILITY is this quality that makes us more like Jesus. Do not forget that pride is the first step towards a fall. Consider for a moment the humility our Lord displayed. He had a humble birth in a stable. During His ministry, Christ took upon Himself the form of a servant. He came to serve, not be served. In the end Jesus was obedient thru His painful death on the cross, dying for our salvation.

HOLINESS identifies us as Christians. We must have reverence and trust in our one true God. We recognize what we have done wrong, vow repentance and turn to Jesus for the remission of our sins. He is our example. By trusting in Christ as our Saviour, we receive the power to overcome hardship.

HEALTH of both body and soul will improve because of our holy lifestyle. There certainly are physical and spiritual benefits to be had. We are able to forgive because we have been forgiven. We can stop worrying because we have learned to trust God. We are able to find true joy because we walk in God's will.

HONOR the Lord with all your heart. Our Lord asked us to be charitable and giving of our riches. In doing so, God increases His Blessings. There is a phrase that goes: Fear says, "I'm afraid to give" while Faith says, "I'm so blessed I cannot withhold."

As we reflect inward, we must ask if we have been using these four basic keys to spiritual success. By doing so, our daily quality of life will be greatly improved.

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.

FOLLOW THIS GUIDE FOR SPIRITUAL SUCCESS

You may be aware that the Church has laid out a path for us to achieve **SPIRITUAL SUCCESS.**

Today we highlight several steps that can lead us to daily victory and an abundant life. They encompass the FOUR H's:

**HUMILITY
HOLINESS
HEALTH
&
HONOR**





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, AUGUST 11, 2024
SEVENTH SUNDAY AFTER PENTECOST & SEVENTH SUNDAY OF MATTHEW
AFTER-FAST OF THE TRANSFIGURATION OF CHRIST
MARTYR AND ARCHDEACON EUPLOS OF CATANIA IN SICILY;
NIPHON, PATRIARCH OF CONSTANTINOPLE;
NEW-MARTYRS ANASTASIOS AND DEMETRIOS OF LESBOS

THE FIRST ANTIPHON

Great is the Lord, and greatly to be praised, in the city of our God, in His holy mountain. Who settest fast the mountains by Thy strength, Who art girded about with power.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Who coverest Thyself with light as with a garment. The mountains shall rejoice at the presence of the Lord, for He cometh; yea, He is come to judge the earth. *(Refrain)*

Glory... Both now... *(Refrain)*

THE SECOND ANTIPHON

This foundations are in the holy mountains. The Lord loveth the gates of Zion more than all the dwellings of Jacob.

Refrain: Save us, O Son of God, Who wast transfigured on Mount Tabor, who sing to Thee. Alleluia. Glorious things are spoken of thee, O city of God. *(Refrain)*

A man will say: Mother Sion; and: That man was born in her; and: The Most High Himself hath founded her. *(Refrain)*

Glory... Both now... O, only begotten Son and Word of God...

Please support our sponsors




PERI KIROS
321-432-1993
perikiros@gmail.com
WWW.MYGREEKAGENT.COM



Address: 144 Fifth Ave Indialantic FL 32903
Phone #: 321-727-8944
Website: Skewersgrille.com



Mario J. Mandese D.C.
Address
1300 Pine Tree Dr #7
IHB, FL 32937
Phone: (321) 257-7593
Fax: (321) 420-1762

If you would like to promote your business, and support our bulletin, place your ad here. Only \$100 a year - that's less then \$2 per ad. To place your ad in our weekly bulletin call or email Yuliya: (321) 960-9564 or



FERGUSON PEST MANAGEMENT
321-258-8311
140 Tomahawk Dr. #M57
Indian Harbour Beach, FL 32937
Georges Ferguson
Certified Operator



FLAMES
Modern Mediterranean Grill
Live Entertainment Tuesday thru Saturday
Flames kitchen reignites the Mediterranean flare in today's culinary world of inventions. We honor our traditional recipes with a new take on old favorites. Our scratch kitchen adds culmination to our passion for good food.
1270 N Wickham Rd - Ste 40 - Melbourne, FL 32935
(321) 777-6677 ♦ www.flamesgrille.com





Florentine Jewelers
3RD GENERATION JEWELERS SINCE 1928
321-777-0093
1270 Highway A1A
Satellite Beach, FL 32937
f t i p e
FlorentineJewelers.com



OLYMPIA
Cafe
1512 SOUTH HARBOR CITY BLVD.
MELBOURNE, FLORIDA 32901
P: 321-676-8910 · F: 321-676-8911
WWW.OLYMPIACAFEMELBOURNE.COM
ADRIANE & TED

THE THREE DISCIPLINES

Prayer, Fasting, and Almsgiving

Jesus Christ called for a thorough conversion of our heart and mind, and a complete turning away from the old man (our fallen nature). The main act that begins this conversion is metanoia, which means thorough change of mind. This happens when we become aware that we have sinned, and that we are in need of God's forgiveness, and resolve, with His help, to submit to Him. Sometimes we see a synonymous use of two words, penance and confession. When going to confession, a priest sometimes gives a penance, which is a spiritual discipline that can aid in our journey to God. We are given guidelines that can lead to spiritual growth, and change of heart. These penances are often in the form disciplines that are meant to help increase the time spent in prayer, fasting, and almsgiving. These three disciplines help us deepen our relationship with Christ, and aid in the Acquisition of the Holy Spirit. We may be asked to do Akathist Hymns, where we seek the aid of saints, or the Holy Virgin, as we struggle to go deeper in our spiritual quest. The priest will give certain prayers as penance because the person needs a jump start to enter into a complete prayer life. When this happens, hinged together as it is with absolution, the medicine becomes a joyful communion with the Most High God. We might be given extra periods of fasting, that in depriving ourselves of food, we are able to see deeper into our hearts, and, with God's help, be ridden of the dirt and grime that resides within us. Other times we might be asked to perform acts of charity, or increase our almsgiving, as a way of moving beyond ourselves, and focusing on the needs of others. Disciplines that focus on increased prayer, fasting and almsgiving, along with immersing ourselves in the Holy Scriptures, help us in our continued quest to live a life in total submission to Christ. These three categories of discipline aid us in the Acquisition of the Holy Spirit, and help us to live our life for Christ. Prayer, fasting and almsgiving, are not ends in themselves, but are exercises which help in spiritual warfare against the demons who would bring us down. These disciplines are aids that help us in our attempt to repent, and to have a thorough change of mind (metanoia). And this repentance does not mean that we must feel sad, but that we strive to put off all pride and selfishness, and replace the ego with love, joy, peace, patience, gentleness, goodness, kindness, meekness and self control.

The above meditations is authored by The Very. Rev. Abbot Tryphon, Igumen of All-Merciful Saviour Monastery on Vashon Island, Washington.

THE THIRD ANTIPHON

Of Thy mercies, O Lord, will I sing forever. The heavens shall confess Thy wonders, O Lord, and Thy truth in the congregation of saints. Blessed is the people that knoweth jubilation. O Lord, in the light of Thy countenance shall they walk, and in Thy Name shall they rejoice all the day long.

~ *During the Little Entrance, after the verses of the Third Antiphon, chant the apolytikion of the Transfiguration. The Eisodikon (Entrance Hymn) is "O come, let us worship... save us, O Son of God, Who art risen from the dead..." as on ordinary Sundays. After the Little Entrance, chant these hymns in the following order:*

RESURRECTIONAL APOLYTIKION IN TONE SIX

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb. And the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION OF THE TRANSFIGURATION IN TONE SEVEN

When, O Christ our God, Thou wast transfigured on the mountain, Thou didst reveal Thy glory to Thy Disciples in proportion as they could bear it. Let Thine everlasting light also enlighten us sinners, through the intercessions of the Theotokos. O Thou Bestower of light, glory to Thee.

~ *Now sing the apolytikion of the patron saint or feast of the temple.*

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.

APOLYTIKION OF THE TRANSFIGURATION IN TONE SEVEN

Thou wast transfigured on the mount, and Thy Disciples, in so far as they were able, beheld Thy glory, O Christ our God; so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

THE EPISTLE

(For the Seventh Sunday after Pentecost)

O Lord, save Thy people and bless Thine inheritance Unto Thee, O Lord, will I cry, O my God!

The Reading from the Epistle of St. Paul to the Romans. (15:1-7)

Brethren, we who are strong ought to bear the infirmities of the weak, and not to please ourselves. Let each one of us please his neighbor for that which is good for his edification. For Christ also did not please Himself; but, as it is written: "The reproaches of those who reproached Thee fell on Me." For whatever was written beforehand was written for our learning, that we might have hope, through the patience and comfort of the Scriptures. Now may the God of patience and comfort

grant you to be of the same mind with one another, according to Christ Jesus, that with one accord and one mouth you may glorify God, even the Father of our Lord Jesus Christ. Therefore, receive one another, even as Christ has also received you, to the glory of God.

THE GOSPEL

(For the Seventh Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (9:27-35)

At that time, as Jesus passed on from there, 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.

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

Announcements

Epistle Readers



- | | | |
|---------------|-----------------------|---|
| Aug 11 | Dr. Alex Skaff | St. Paul’s Letter to the Romans (15:1-7) |
| Aug 18 | Ionica Dragu | St. Paul’s Letter to the Corinthians (1:10-17) |
| Aug 25 | Carry Matos | St. Paul’s Letter to the Corinthians (3:9-17) |

THANK YOU TO TODAY’S COFFEE HOUR SPONSORS

PLEASE SIGN UP ON THE CALENDAR IN THE NARTHEX TO CONTRIBUTE FOOD TO A FUTURE COFFEE HOUR



We wish all of the students a very Blessed School year. May God guide you on your journey!

DONATIONS NEEDED:



NANA'S HOUSE CHARITY IS IN SPECIAL NEED OF BACKPACKS AND LUGGAGE IN ADDITION TO THEIR TYPICAL NEEDS.

ALL DRY FOOD, CLOTHING, AND HYGIENE ITEMS FOR DAILY BREAD AND NANA'S HOUSE ARE COLLECTED WEEKLY.

PLEASE SEE PRISCILLA OR MICHEALLE WITH YOUR DONATIONS.

NEW-MARTYRS ANASTASIOS AND DEMETRIOS OF LESVOS

New Martyrs Anastasios and Demetrios the Basketweavers – Anastasios and Demetrios were from different villages on the island of Lesvos. Anastasios took on the family trade of basket weaving and later moved to Asia Minor to make a better living. Demetrios was from a poor family and orphaned at a young age. His new stepfather was hard on him and his brother, depriving them of food and clothing, so they would not go home to sleep. A kind Turkish man saw this and felt sorry for Demetrios. He took the child under his wing, supporting him until he came of age. At that time, he sought to have Demetrios marry his daughter and change his faith. To avoid any further pressure, Demetrios decided to go to Asia Minor, and there he met Anastasios and joined him in basket weaving. The Christians admired the work of these two men, and in turn, they encouraged them in their Orthodox faith. But some from the Turkish community approached Anastasios and Demetrios and suggested that they convert to Islam and told them of the advantages. When the two saints declined, the Turks were offended. They were taken to a judge who tried to convince them, and when they refused to leave their Orthodox faith, they were tortured and hanged. With great honor, their bodies were buried by Christians, and their relics became a source of healing. Magnificent churches were erected in their honor.



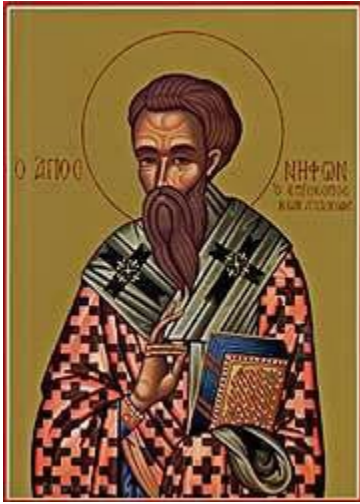
Matthew 9:27-30

N Z N Y W K G K Z T H F Z H H Y S
 T N B O J P S R U O G C T W L T I
 G U C E S V U P B F H J I T Z A Y
 E Z X V H T Z D Z E E O I F T Z D
 E Y Y X P H F T H O L A H B B E D
 A P E K I G A L E C R I L S H W Z
 G K E S Q J I P F T P T E C L S U
 H G V E M B T N S E N D U V O Z M
 G U P Q X W H Y A I X O X N E S L
 D Z Q O E Y F C U K T D O S P J M
 B M E H T H E P R X Z F R H S L W
 J L M U X U V F P K D Y T I L L Q
 I S I G P A O I M A C K G O E A K
 E I U N X E L X V R M H R N N C D
 L X O S D L E I E S T B Z H J F J
 O J M E J P D M Z T Q F J E S U S
 Y E D R D E G R A H C F K W T Q S

Kids Corner

sonofdavid straitly
 touched blind
 mercy Peace
 Love them
 believe charged
 faith Jesus
 sight eyes

NIPHON, PATRIARCH OF CONSTANTINOPLE



Saint Néphon II, the Patriarch of Constantinople, was from the Peloponnesos. His parents were named Manuel and Maria, and he was named Nicholas in Holy Baptism. Later, he was tonsured as a monk at Epidauros, receiving the new name Néphon.

After the death of his Elder Anthony, he went to Mount Athos, where he occupied himself by copying books. Afterward, he was chosen as Metropolitan of Thessaloniki. In 1486 he occupied the Patriarchal throne of Constantinople.

Banished in 1488, the Saint went to the Holy Mountain, at first to Vatopedi Monastery, and then to the monastery of Saint John the Forerunner (Dionysiou). He concealed his rank and occupied the lowliest position. By God's providence, his rank was revealed to the brethren of the monastery. Once, when the Saint was returning

from the forest where he had gone for firewood, all the brethren went out to meet him, greeting him as Patriarch. But even after this, the Saint continued to share various tasks with the brethren.

In all, he served three times as Patriarch of Constantinople: 1486-1488; 1497-1498; and 1502. Saint Néphon reposed on September 3, 1508 at the age of 90. Immediately after his death, he was honored as a Saint in many places. On August 16, 1517, in the newly-established monastery of Curtea de Argeş, Patriarch Theoleptos of Constantinople, together with the Synod of the Romanian Lands, and the Igoumens of the Athonite monasteries, performed the solemn glorification of Saint Néphon, decreeing that his Feast Day be celebrated on August 11th.

His relics are kept in a shrine at the Monastery of Dionysiou, where there is also a chapel dedicated to him. In gratitude, the Athonite monks gave the Saint's head and hand to Nyagoe Basarab, who placed them in the Monastery he built at Curtea de Argeş in what is now Romania. In the XVIII century, these relics were placed in a silver reliquary.

At the behest of the Holy Synod of the Romanian Orthodox Church, they were brought to Craiova, to the church of Saint Dēmétrios, the Metropolitan cathedral of Oltenia on October 25, 1949.

In 2009, the relics of Saint Néphon were moved to the Cathedral of the Ascension of the Lord at Târgovişte.

**Our next church work day is
August 17th at 8:30-11 am**



We appreciate your gift of time to help clean, organize, and beautify our church!

Please contact Michealle with any questions



AMEN meeting on Sun, Aug 18 after coffee hour

August Birthdays



Aug 06: Kevin Brown

Aug 11: Alina Doda

Aug 13: Deborah Abdo-Dambrosio

Aug 15: Alyssa Lieberman

Aug 16: Evelyn and Corbin Dick

Aug 22: Katherine Beeny

Aug 24: Kristin Adilli, Aug 26: Nina Penas

May God grant you many years!



SUNDAY SCHOOL UPDATE
AUGUST 25: CREATIVE ARTS
FESTIVAL AWARD CEREMONY
SEPTEMBER 8: FIRST DAY OF SUNDAY SCHOOL (SEE SUNDAY SCHOOL APPLICATION ATTACHED, DUE AUGUST 25)

Aug 11-Aug 25 Fasting Calendar

*Abstain from meat, dairy, eggs, fish, olive oil, and wine: **Mon 8/12, Tues 8/13, Wed 8/14, Fri 8/16, Wed 8/21, and Fri 8/23**

*Abstain from meat, dairy, eggs and fish: **Sun 8/11**

View calendar at <https://tinyurl.com/AOCfast>

Please mark your calendars for

Family Night on September 14th!



Stay tuned, the specific time will be announced

Offering Holy Bread

It is the tradition of the Orthodox Church to offer Holy Bread for a Divine Liturgy for the health of a loved one; in memory of one who has fallen asleep in the Lord; a feast day, anniversary, birthday or other special occasion. The customary donation is \$25.00 per offering. Please fill out the form by the candles.



Please pray for the healing of Father Elia and Kh. Odette, Debbie Thieme, Adriana Theodoropoulos, Lori Sorensen, Michealle and Tyrone Carey, Beverly Delida, Alix Hall, Nina and Diogo Penas, Beth Manzini, John Archambeau, Alex & Soula.



August 11, 2024

7th Sunday After Pentecost

Beloved in Christ

Brothers and Sisters in Christ,

The event of the Transfiguration is recorded in three of the four Gospels: Matthew 17:1-9, Mark 9:2-8, and Luke 9:28-36. Jesus took the Apostles Peter, James, and John with Him up upon a mountain, and while they were on the mountain Jesus was transfigured. His face shone like the sun, and His garments became glistening white.

Moses and Elijah appeared with Christ, talking to Him. Peter declared how good it was for them to be there and expressed the desire to build three booths for Moses, Elijah, and Christ. This reference to the booths could imply that this occurred during the time of the Feast of Tabernacles when the Jews would be camping out in the fields for the grape harvest; for this Feast had acquired other associations in the course of its history, including the memory of the wanderings in the wilderness recorded in the Old Testament book of Exodus.

While Peter was speaking, a bright cloud overshadowed them. A voice came from the cloud saying, "This is my beloved Son, with whom I am well pleased; listen to Him." When the disciples heard this they fell on their faces filled with awe. Jesus came to them and told them to not be afraid. When the three looked up they saw only Jesus.

As Jesus and His disciples came down the mountain, He told them not to speak of what they had seen until He had risen from the dead.

In Christ,
Fr. Elia Shalhoub
Very Rev. Fr. Elia Shalhoub, Pastor

Orthodox Quote of the Day

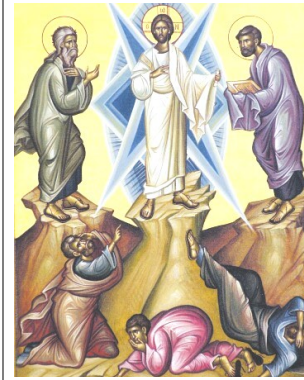
A king's diadem is not composed of one stone, and dispassion does not reach perfection if we neglect even one virtue, however ordinary.

Priest Daniel Sysoev

How Can I Learn God's Will? p.22

TODAY'S FEAST: 7TH SUNDAY AFTER PENTECOST

SUNDAY AFTER HOLY TRANSFIGURATION



Our Lord had spoken to His disciples many times not only concerning His Passion, Cross, and Death, but also concerning the coming persecutions and afflictions that they themselves would endure. Since all these evils were near at hand, but the enjoyment of good things which they hoped to receive in their stead was yet to come, our Savior desired to give them full assurance, evidently and openly, concerning that glory which is prepared for those who endure to the end. Therefore, fulfilling that which He had promised shortly before, that "there be some standing here which shall not taste of death, till they see the Son of man coming in His Kingdom" (Matt. 16:28), He took His three foremost disciples and ascended Mount Tabor, where He was transfigured before them. His face shone like the sun, and His clothes became white as the

light. Suddenly, together with this dread and marvelous effulgence of light, there appeared those pinnacles of the Prophets, Moses and Elias, who spoke with the Lord Jesus concerning His saving Passion which was about to take place. Standing before Him as reverent servants, they showed that He is the Lord of both the living and the dead, for Moses came forth from Hades, having died many centuries before, and Elias, as it were from heaven, whither he had been taken up while yet alive. After a little while a radiant cloud overshadowed them and out of the cloud they heard that same voice which had been heard at the Jordan at the

Baptism of Christ, testifying to the Divinity of Jesus and saying: "This is My beloved Son, in Whom I am well-pleased; hear ye Him" (Matt. 17: 5).

Such are the marvels, truly worthy of God, celebrated in this present feast, which is an image and prefiguring of the future state of the righteous, whose splendor the Lord spoke of, saying: "Then shall the righteous shine forth as the sun" (Matt. 13:43). It is because of this that the Kontakion of this Feast is said daily (when there is not a great feast) in the Service of the Typica in perpetual commemoration of the glory that will be the lot of the Saints. According to tradition, the Lord's Transfiguration came to pass forty days before His Crucifixion; this is why the Transfiguration is celebrated forty days before the Exaltation of the Cross.

MEUPLUS THE HOLY MARTYR & ARCHDEACON OF CATANIA

This Martyr was from Catania in Sicily and contested during the reign of Diocletian. He presented himself of his own accord to Calvisianus the Governor, who put him to exceedingly harsh torments. As Euplus was on the rack, Calvisianus commanded him to worship Mars, Apollo, and Aesculapius; he answered he worshipped the Father, Son, and Holy Spirit. He was beheaded in the year 304.

