**Upcoming Events:**

*VIRTUAL CAMP NAZARETH 2020*
Session 3 (Grades 10-12) - July 12 - 17

*Wednesday Evening Book Study w/ Fr. Hector*
A New Book: *"The Screwtape Letters"
By C. S. Lewis

*Know your enemy in the battle of good vs. evil*

**Wednesday evenings from 6:00-7:00 PM**

In the Church Nave
Come in person or view the live stream on the Annunciation YouTube Page.

**Tsoureki (Sweet Bread) Sale**

From Holy Protection Monastery

$15 (Round ring loaf)

Please call the church office (717-394-1735).

Orders need to be placed by Friday, July 17th

**Green Phase Reminders:**
- Sign-ups no longer required to attend services.
- The first 125 worshippers will be permitted in the Nave and Balcony. All others will be directed to Philoptochos Hall to participate through the live stream.
- Masks must be worn (10 years and older)
- No age restrictions in the Green Phase.

**Liturgical Reminder:**

Sunday Worship Attire

↑ Please remember that during the warm weather months, entering the sanctuary is still a sacred experience which our preparation and attire should reflect.

↑ Let us honor God with our modesty and piety.

↑ “Holiness befits Your house, O Lord, forevermore” (Psalm 93:5).

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**ANNUNCIATION GREEK ORTHODOX CHURCH, LANCASTER, PA**

**SUNDAY, July 12, 2020 — 5th Sunday of Matthew**

Proklos & Hilarios of Ancyra; Michael Maleinus

Paisios the Antonite

Orthros Mode: Fourth
Liturgy Epistle: Romans 10: 1-10
Liturgy Gospel: Matthew 8: 28-34; 9: 1

**Teachings from Saint Paisios**

God loves man very much; He knows very well the problems of each one of us, and wishes to help us before we ask Him to do so. Since God is omnipotent, there are no difficulties which He cannot overcome, except one. The difficulty God faces, and I repeat, it is the only one, is that He “cannot” help us when our soul is not humble. God “feels sad” because, while He sees His creature suffer, He “cannot” offer any help. Whatever help He offers, it will harm the person because he lacks a humble mindset. Whatever happens to man, depends absolutely on his humbleness. For instance, we see a man striving and finally being subdued by one of his passions. God allows this to happen for only one reason: because his soul is filled with conceited thoughts and pride. Perhaps this man hates this specific passion and fights really hard to get rid of it. He will not achieve anything, however, because God does not help him; and He will not help him unless he humbles himself. Although he hates this specific passion, he is subdued by pride, which is the passion that introduces man to all other passions. “Pride is the cause of every passion,” St. John of the Ladder.

Man wants to progress spiritually and asks God to give him love, prayer, obedience and all virtues. We should be aware that God will not give us what we are asking for, no matter how hard we try, unless we humble ourselves. If our only aim is humility, then God will give us everything for free. God wants and desires only one thing from us: our humbleness. He does not need anything else; just to humble ourselves, so He can actually make us partakers of His divine grace, which was granted to us through the mystery of Holy Baptism. Although we did not love Him yet, neither had we struggled to acquire His grace, He gave it to us as a gift out of His extreme kindness. He is only asking from us to humble ourselves and respond out of gratefulness and appreciation to His love. Thus, divine grace, which abides in us, will be activated and function accordingly. It will make us love God and get to know Him; it will do everything for us, if we only humble ourselves and allow for it to act. The only obstacle to the energy of God’s grace is our pride, our lack of humility. St. Peter in chapter 5 of his 1st Epistle helps us clearly understand our fault and tells us what we should do: “Clothe yourselves, all of you, with humility toward one another, for God opposes the proud, but gives grace to the humble. Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for he cares about you.” (1Pt 5: 5-7) If we concentrate solely on our struggle for humility, then everything will be granted to us by God as a blessing. When we take care of everything else except our humbleness, then we will never achieve anything good; even if we did, we wouldn’t be able to keep it for long. We need only one thing: the humbleness of our heart, which will give rise to the Kingdom of God’s grace.

**Bereavement**

Frank Wayne Orton, father of parishioner Tena Blain

**WELCOME TO ALL VISITORS**

We welcome our non-Orthodox friends and neighbors at all the liturgical services with a reminder that Holy Communion may be received only by prepared Orthodox Christians. Please sign the Visitor’s Registry in the Narthex if you wish to be contacted by the priest.

Father Hector Firoglanis, Pastor
Father Theodosios Pailis, Assistant Pastor; Father Alexander Veronis, Pastor Emeritus

www.annunciationorthodox.org
Epistle: Rom. 10:1-10

Brethren, my heart’s desire and prayer to God for them 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.

Gospel: Mt. 8:28-34, 9:1

At that time, when Jesus came to the other side, 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.