



SAINT GEORGE ORTHODOX CHURCH

211 E. Minnesota St., Spring Valley, IL 61362

815-664-4540 www.springvalleyorthodox.com

*Antiochian Orthodox Christian Archdiocese of North America
Metropolitan JOSEPH*

*Diocese of Toledo and the Midwest
Bishop ANTHONY*

“One, Holy, Catholic & Apostolic Church”

Sunday, August 22, 2021; Tone 8 / Eothinon 9 After-feast of the Dormition of the Theotokos



Walk With Me!

ORTHROS, 8:45 AM • DIVINE LITURGY, 10:00 AM

PASTOR: Father Mark Sahady

ECCLESIA RCH: Rdr Michael Baum **SACRISTAN:** SbDn David Anderson

PARISH COUNCIL MEMBERS:

Melanie Thompson, *Chair*
Mark Kerasotes, *Vice-Chair*
Ronald Malooley, *Treasurer*
Michael Kasap, *Secretary*
George Nimee

Genie Sanders, *Chanters/Choir*
Dee Khoury, *Antiochian Women*
David Anderson, *Sunday School*
Wayne Sanders, *Facilities*
Markella Fousekas

22 August 2021

1

Sunday Bulletin

**BULLETIN PART ONE – ANNOUNCEMENTS
CHURCH FINANCES**

July 2021 Income-Expense

Total July Income: \$3,795.50
Total July Expenses: \$6,978.41
Net Income July: \$-3,182.91
Net Income Jan-July: \$82.05

July 2021 Income Breakout

Other Donations: \$220
Stewardship Offerings: \$3,575.50
Total Jan-July Income: \$40,388.39
Total Jan-July Expenses: \$40,306.34

Thank you to all our parishioners, friends, donors and benefactors for your support. The Parish is primarily financed through the stewardship offerings of its parishioners.

As Christians, we are called to “excel in the grace of giving” (2 Corinthians 8:7).
As Stewards of God’s Gifts, give thanks to God by giving a tenth to His Church.

+++++

AUGUST BIRTHDAYS & ANNIVERSARIES

August 7 – Leo Kapetaneas
August 12 – Marsha Neven
August 14 – Lynette Forsa

August 16 – Kelsey Klein
August 20 – Genie Sanders

+++++

WORSHIP On Youtube: https://www.youtube.com/channel/UCVy__6R3xbIrx-UI8H63AUA

STUDIES & MEETINGS On Zoom: <https://us02web.zoom.us/j/5822049765>

+++++

August 21, **Saturday, Vespers at 6 pm** in Church & [On Youtube](#)

August 22, **Sunday, Matins 8:45 am, Divine Liturgy 10 am, Fellowship 11:15 am**

August 24, **Tuesday, Bible Study – Proverbs, 7 pm @ Fr’s & [On Zoom](#)**

+++++

August 28, **Saturday, Vespers at 6 pm** in Church & [On Youtube](#)

August 29, **Sunday, Matins 8:45 am, Divine Liturgy 10 am, Fellowship 11:15 am**

August 31, **Tuesday, Vespers at 7 pm** of New Church Year in Church & [On Youtube](#)

September 2, **Thursday, Bible Study – Proverbs, 7 pm @ Fr’s & [On Zoom](#)**

+++++

Make & Help Serve a Meal at PADS Shelter, September 24th at 6 pm! Talk to Ruth.

Transfiguration Monastery Trip, September 25th leave church 9 am, back by 5 pm,

near Harvard, IL, bring bag lunch. <http://www.holytransfigurationmonastery.org/>

+++++



Now Order Online Your Saint George T Shirts & Fall SweatShirts

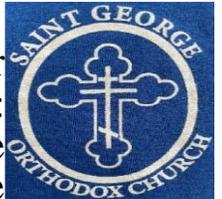
Support your church & proclaim your faith at the same time!

New St George Fall Sportswear Available Online! Cooler

weather is coming (really!) and we now have fall items like:

Crewneck SweatShirt, Hoodie SweatShirt, Full-Zip Hoodie

SweatShirt along with the T-Shirts, all sporting the St George



logo! Order online at: <https://kaleels.com/product-category/st-george-orthodox-church/>

and your order will be shipped directly to you. Part of each purchase supports the church!

+++++

Walking with God means a life of righteous living because of the transformation that comes by His Holy Spirit, Who lives in us. Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few (Matthew 7:13-14). But even though it’s not easy to enter the narrow gate that leads to life, it’s not impossible. God provides everything we need to learn and grow.

BULLETIN PART TWO – WORSHIP

- The “Glory” hymn at the end of Matins:

THE NINTH EOTHINON DOXASTICON IN TONE FIVE

Glory to the Father, and to the Son, and to the Holy Spirit.

In the fullness of time, O Christ, thou didst appear among Thy beloved ones on the eve of the Sabbath, and didst confirm to them a wonder through a wonder, namely Thy Resurrection from the dead by Thine entrance while the doors were closed. But Thou didst fill the Disciples with joy, granting them the Holy Spirit, and didst bestow on them power to forgive sins. And as for Thomas, Thou didst not permit him to drown in the depths of faithlessness. Wherefore, grant us the knowledge of the truth, and forgiveness of sins, O compassionate Lord.

Both now and ever, and unto ages of ages. Amen.

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

+++++

THE GREAT DOXOLOGY AND TROPARION “HAVING RISEN”

+++++

- The Hymns of the Day during the Divine Liturgy of Saint John Chrysostom:

+++++

THE FIRST ANTIPHON:

Shout with jubilation unto the Lord, all the earth. O give thanks unto the Lord and call upon His Name.

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

In the city of our God, in His holy mountain, and His place hath been made in peace, and His dwelling in Zion.

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

Glory to the Father, and to the Son, and to the Holy Spirit. Both now and ever, and unto ages of ages. Amen.

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

+++++

THE SECOND ANTIPHON:

The Lord loveth the gates of Zion more than all the dwelling of Jacob. Glorious things are spoken of thee, O city of God.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee.

Alleluia.

God hath laid her foundations unto eternity. We have thought, O God, of Thy mercy in the midst of Thy people.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee.

Alleluia.

The Most-high hath hallowed His tabernacle.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee.

Alleluia.

Glory to the Father... Both now and ever... O, only begotten Son and Word of God...

THIRD ANTIPHON

Ready is my heart, O God, ready is my heart; I will sing and chant in my glory. What shall I render to the Lord for all that He hath given me? I will receive the cup of salvation, and call upon the Name of the Lord.

APOLYTIKION OF THE DORMITION IN TONE ONE

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.

THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAY:

Priest: Come, let us worship and fall down before Christ. Save us, O Son of God,
Who art risen from the dead, who sing unto Thee, Alleluia.

All: Save us, O Son of God, Who art risen from the dead, who sing unto Thee, Alleluia.
+++++

• *After the Little Entrance (Eisodos), sing these Apolytikia in the following order.*

RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF THE DORMITION IN TONE ONE

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.

APOLYTIKION OF SAINT GEORGE IN TONE FOUR:

Since thou art a liberator and deliverer of the captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for the kings, O great among martyrs, thou victory-clad George: Intercede with Christ God for the salvation of our souls.

KONTAKION OF THE DORMITION IN TONE TWO

Verily, the Theotokos, who is ever watchful in intercessions, and whose prayers are never rejected, neither tomb nor death could control. But since she is the Mother of Life, He did translate her to life, Who dwelt in her ever-virgin womb.

+++++

THE TRISAGION HYMN

+++++

• *The Scripture of the day, following the Trisagion Hymn:*

THE EPISTLE (For the Ninth Sunday after Pentecost):

Clergy: Let us attend!

Reader: Make your vows and pay them to the Lord our God.

God is known in Judaea; His Name is great in Israel.

Clergy: Wisdom!

Reader: Reading from the First Epistle of Saint Paul to the Corinthians. (3:9-17)

Clergy: Let us attend!

Reader: Brethren, we are God's fellow workers; you are God's husbandry, God's building. According to the grace of God which was given to me, as a wise architect I laid a foundation, and another builds upon it. Let each one take heed how he builds upon it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if anyone builds on this foundation gold, silver, precious stones, wood, hay, stubble; everyone's work will become manifest; for the Day will declare it, because it will be revealed by fire, and the fire itself will test each one's work of what sort it is. If anyone's work which was built on the foundation survives, he will receive a reward. If anyone's work is burned up, he will suffer loss, but he himself will be saved, yet so as by fire. Do you not know that you are a temple of God and that the Spirit of God dwells in you? If anyone corrupts the temple of God, God will corrupt him. For the temple of God is holy, whose temple you are.

Clergy: Peace be to thee, who readest.

Reader: And to thy spirit.

Choir: Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise!

All: Alleluia! Alleluia! Alleluia!

THE GOSPEL (For the Ninth Sunday of Matthew):

The Reading from the Holy Gospel according to Saint Matthew. (14:22-34)

At that time, Jesus made the Disciples get into the boat and go before Him to the other side, while He dismissed the crowds. And after He had dismissed the crowds, He went up on the mountain by Himself to pray. When evening came, He was there alone, but the Disciples' boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night He came to them, walking on the sea. But when the Disciples saw Jesus walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately He spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered Him, "Lord, if it is Thee, bid me come to Thee on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me!" Jesus immediately reached out His hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they got into the boat, the wind ceased. And those in the boat worshiped Him, saying, "Truly, Thou art the Son of God." And when they had crossed over, they came to land at Gennesaret.

+++++

• After "One is Holy, One is Lord..." & "I Believe O Lord and I Confess..." Sing:

THE ORDINARY KOINONIKON (COMMUNION HYMN):

Praise the Lord from the Heavens. Praise Him in the Highest. Alleluia.

+++++

COMMEMORATION: Continuing Celebration of the Feast of the Dormition and Translation of the Theotokos, the Martyr Agathonikos of Nicomedia and those with him.

PRAYER LIST: Dee Khoury, Sarah Sanders, William Miller III, Mike Kasap, John Ulrey, Mia Gerber.

+++++

| Offering Schedule | Holy Bread - Memorial - Fellowship | Epistle Reader |
|---|---|-----------------------|
| Sunday, August 22 | Kim & Jeannie Leonard Memorial for Janet & Gabe Malooley | Kim Leonard |
| *Sunday, August 29* | Fr Mark & Kh Barbara Sahady | Kh Barbara |
| * Denotes Fasting Days – No Meat or Dairy Products | | |
| Sunday, September 5 | Gary Farral | Gary Farral |
| Sunday, September 12 | Open | Open |
| Sunday, September 19 | Andy Dudek | Andy Dudek |
| Sunday, September 26 | Lynette Forsa 2 Year Memorial for George Forsa | Lynette Forsa |

+++++

How do we Walk with God? The Apostle Paul tells us in Galatians 5:17, “For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other so that you are not to do whatever you want.” It can feel hard to find the time to grow in your walk with God. If you’re feeling a conflict between wanting to spend time with God and actually getting yourself to do it, you’re in good company. By spending time in God’s Word, we’ll know what He wants us to do, and can drown out ungodly opinions and thoughts of what the world thinks we should do. So, how do we fight the flesh, walk through the narrow gate, and transform our minds?

1. Start Small

You don’t need to sit down every day and read 100 pages of the Bible. You don’t need to read for an hour. You don’t even need to start with a whole book or chapter. Start small. Read a few verses. Read for five minutes. James 1:22 says this: *Be doers of the word, and not hearers only, deceiving yourselves.* When we’re reading the Bible because we think we should, but not taking the time to study it, meditate on it, and apply it to our lives, that’s not growth. It’s better to read a few verses a day and think about it, meditate on it, and ask the Holy Spirit to reveal things to us about it than it is to read chapters and chapters a day because we think we should. As you begin reading a few verses a day, you’ll find that the more you read, the more you want to read. The more you apply God’s Word to your life and hide it in your heart, you’ll start to see a transformation taking place in the way you think, speak, and interact with others.

2. Make It a Habit

Many people prefer to read God’s Word before their feet hit the floor in the morning, so they can start their day off on the right foot. Others’ brains have trouble processing and retaining information before some strong coffee enters their system in order to form clear sentences and think lucid thoughts. Maybe you’d like to read the Bible at night when you’re cozy in your bed and getting ready for the next day. Or maybe you’d rather spend some time reading on your lunch break. It doesn’t matter at what point during the day you read your Bible. It may be helpful to read in the morning so you can meditate on it throughout the day, but if you find that difficult, pick a different time. And make a habit out of it. Reading at lunch is better than not reading at all.

3. Tweet to God

1 Thessalonians 5:16-18 says this: *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.* Pray without ceasing. Pray without stopping? 24/7? But think of it like this: Just like sending out tweets in 140 characters or less, we can be talking to God throughout the day. You can constantly be rejoicing, giving thanks, and asking for God's help as you go throughout your day. While spending an hour with your face in the carpet intensely praying and seeking God is wonderful and can be necessary, this is not the only kind of prayer that God asks of us. God wants to be a part of your daily life. Just like a friend that you exchange brief texts and emails with during the day, God wants to hear from us. He loves it when you thank Him for a beautiful sunset, utter a prayer for a friend who comes to mind, or even ask Him to clear traffic when stuck trying to turn left onto a busy road. Talk to Him. Tell Him what you're thinking and feeling. Ask for His help throughout the day. He wants to hear from you. This will greatly help you in your walk with God.

4. Use Technology

While it's important for every believer to be able to navigate their way through the Bible (It's good to memorize the books of the Bible in order), the convenience of having the Bible on your phone can't be denied. Technology can be a great tool. Use it to your advantage. We have more access to God's Word at our fingertips than ever before.

Download the Bible app. (YouVersion is a great one.) Make use of the daily reading plans they offer on pretty much every topic you can imagine, or on any book of the Bible. Use the highlighter tool, sign up to have the verse of the day sent to your phone every morning, and enjoy the access to all different versions and translations. You never know how a slightly different wording of a verse will illuminate it for you.

Listen to the Bible. *Reading* the Bible is not our only choice. *Listening* to God's Word is a great option. Maximize use of time in the car by downloading a Bible podcast and listening to a chapter or two a day. Listening to the Word versus reading it can bring your attention to something you may have missed before. The YouVersion Bible app has a listening function, so listen to a chapter or two while getting ready in the morning.

Listen to sermons. While we know that the Holy Spirit is the one who guides us into all truth (John 16:13), we can also benefit from listening to others preach and teach the Word. And these days, sermons are more available to us than they have ever been. Most churches have sermon podcasts available on their website, and some have apps to make it even easier. Try this: give up one episode of TV a week to watch or listen to the Word of God being preached. Many churches offer resources online—and also go to church!

Follow the good stuff on social media. Want to fill up your Facebook feed with God's perspective instead of political opinions, or what celebrity is getting a facelift? Unfollow anything that stirs up ungodly thoughts or feelings and follow ministries and friends that post Scripture and godly articles.

Use the resources of Ancient Faith Ministries. <https://www.ancientfaith.com/> It has accessible and excellently-crafted publications and creative media that educate, edify, and evangelize, leading to a living experience of God through His Holy Orthodox Church. In addition to the three 24-hour-a-day internet radio stations, Ancient Faith Radio is the leading provider of Orthodox podcasts and other materials in the English.

5. Get your friends involved.

Surrounding ourselves with likeminded people goes a long way. Don't get me wrong: we should definitely be reaching out and sharing Christ with those who need Him.

But think about this: who's in your inner circle? Who are you constantly spending time with? Who are the first few people that you think to call or text when you want to chat, need to make a big decision, or have good news to share? 1 Corinthians 15:33 says this: *Do not be deceived: Bad company ruins good morals.* If the people that we're spending a majority of our time with aren't also trying to grow in their walk with the Lord, their habits, speech, and outlook on life will be different. If we aren't careful, they can pull us in. **On the flip side, friends who are also striving to grow in their walk with the Lord and serve Christ can be an asset to our spiritual growth.** Their habits, speech, and outlook on life will most likely line up with ours, and we can use their help in keeping us accountable. Maybe you need to ask someone in your life to help you.

6. Ask God to help.

I mentioned earlier how important it is to pray without ceasing, and how God delights in hearing from us in any circumstance. So why not ask Him to help you get into His Word every day and renew your mind? Walking with God is an awesome, wonderful, exciting journey. It won't be without its difficulties; Jesus promises us that in John 16:33. But we know that He will walk with us through the bad times as well as the good times. So, press into Him. Spend time in His Word every day. Take verses that help you with your current struggles and hold onto them: memorize them, write them on sticky notes to post on your bathroom mirror, and journal about them. Fight your flesh, walk through the narrow gate, and renew your mind daily.

7. Believe you can Change.

John 6 tells us that the work God wants us to do *starts* with believing. So, the first step to changing your walk with God is believing God can change you. Left to ourselves, we won't be able to change. Prayer has the power to change us from the inside out. That's why we need to rely on God by being willing to ask God for anything and everything. (Ephesians 6:18). God specializes in transformative moments; there are too many in the Bible to even try to list. When we feel stuck, overwhelmed, or frustrated, these moments can be signs we are in need of a transformative moment with God. If you are having a hard time believing your walk with God can change, look at some of the examples of transformative moments in the Bible to build your faith:

- Jesus heals a man crippled 38 years ([John 5](#))
- A conversation with Jesus transforms the woman at the well ([John 4](#))
- Jacob faces his brother and his past by wrestling with God ([Genesis 32](#))
- Manasseh humbles himself ([2 Chronicles 33](#))
- Moses changes from fearful fugitive to a powerful leader ([Exodus 4](#))

When insecurity and anxiety are the main drivers in life, it becomes an exhausting pursuit of proving yourself worthy of acceptance and love. This makes it incredibly challenging to have humility with God because the focus is on self and who I need to be rather than on God and who He wants to help me become. Rather than trying to "prove" ourselves daily, we need to humble ourselves, to allow him to shape us into who we need to become. This isn't a one-time event, but a committed life journey with God.