

# Holy Trinity Hellenic Orthodox Church

Lowell, Massachusetts

Rev. Fr. Nikolaos D. Pelekoudas, Presbyter

July 31, 2016

## *Sixth Sunday of Matthew*

### SUNDAY READINGS

Epistle Reading	Romans 12:6-14	Page 72
Gospel Reading	Matthew 9:1-8	Page 73
Creed		Pamphlet
The Lord's Prayer		Page 26
Communion Prayers (Before receiving)		Pages 29-30
Thanksgiving Prayers (After receiving)		Pages 33-34

**Note: All are welcome to receive the Blessed Bread (Antidoron), but only practicing Orthodox Christians can receive Holy Communion.**

Memorial Service	Page 164
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### Today's Calendar

- **Memorials: 40-day for Anthony Pappafagos; 40-day for Cleanthe Thomas; 6-month for George Nicolakakis**
- **The family of George Nicolakakis is hosting today's Coffee Hour in his loving memory.**
- **Parish Council members on duty: Nick Stathopoulos, Betty Themeles, Tom Themeles, Greg Curtis**
- **Don't forget to visit Holy Trinity's booth at today's Lowell Folk Festival.**

### This Week

**Monday, August 1 – Dormition Fast begins. 7:00 pm – Paraklesis to the Theotokos**

**Wednesday, August 3 – 7:00 pm – Paraklesis to the Theotokos**

**Friday, August 5 – 7:00 pm Vesper Service – Holy Transfiguration Church**

**Saturday, August 6 – Holy Transfiguration of our Savior – 8:30 am  
Orthros at Holy Transfiguration Church – 9:30 am Divine Liturgy**

### For Our Edification

#### **Fast of the Dormition of the Theotokos**

During the first 15 days of August, known as “Dekapentavgousto,” the Church encourages Orthodox Christians to observe a special fast period. The fast consists of abstaining from meat and dairy products for the first 14 days prior to the Feast of the Dormition on August 15.

Along with this fast, we also give extra attention to our spiritual life by going to confession and receiving Holy Communion. We try to curb our social activities and give extra time to cultivating our life in Christ. This can be done by: 1) Reading the Bible faithfully each day. 2) Reading spiritually edifying literature. 3) Doing works of charity. Our world is filled with people in need. Support someone in the way that God touches your heart. 4) Correcting ourselves in some way that will make us more Christ-like people.

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#### **What is a Paraklesis Service?**

A Paraklesis is a supplicatory service addressed to the Mother of God. It is held for the purpose of invoking Divine help through the Mother of God in the case of physical or spiritual illness or in cases of other personal difficulties.

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#### **Holy Transfiguration – August 6**

Prior to Christ's Crucifixion, Jesus displayed a metamorphosis from a human and divine nature to that of purely divine. To convince His apostles of His Divinity, Christ took Peter, James and John to Mt. Tabor and was transformed in front of them. At this time, He was uplifted with Moses on one side, representing the Law of the Old Testament, and the Prophet Elias on His other side, representing the prophecies of the Old Testament. Christ's face became bright as the sun, His clothing became white as light, and the voice of God said, “This is my beloved Son in whom I am well pleased; hear Him.” This event reminds all Christians of the brilliance of Christ and that His light brings hope and change to mankind.