



**St George the Great Martyr
Orthodox Church - Weekly Bulletin**

Sunday, July 07 2019

Priest Michael Rozdilski (760) 244-9223 & (425) 999-0407

Deacon George Berni (760) 792-8604

Website: <http://www.stgeorgeoca.org>

3rd Sunday after Pentecost/ Venerable Thomas of Mt Maleon

Venerable Acacius of Sinai

Tone 2 Troparion *(Resurrection)*

When Thou didst descend to death, O Life immortal, / Thou didst slay hell with the splendor of Thy Godhead./ And when from the depths Thou didst raise the dead,/ all the powers of heaven cried out:// “O Giver of life, Christ our God, glory to Thee!”

Tone 4 Troparion *(for Saints Thomas and Acacius)*

O God of our Fathers,/ always act with kindness towards us;/ take not Thy mercy from us,/ but guide our lives in peace//through the prayers of Saints Thomas and Acacius!

Tone 2 Kontakion *(Resurrection)*

Hell became afraid, O almighty Savior,/ seeing the miracle of Thy Resurrection from the tomb! / The dead arose! Creation, with Adam, beheld this and rejoiced with Thee,// and the world, my Savior, praises Thee forever.

Tone 2 Kontakion *(Venerable Acacius)*

Forsaking the world, thou didst follow Christ from childhood. / emulating His voluntary humility, thou didst cast down the prideful tyrant. / All-wise and venerable Acacius,/ unceasingly pray for us all!

Tone 2 Prokeimenon

The Lord is my strength and my song; He has become my salvation.

Matthew 6:22-33 (*Gospel*)

The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness! No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon. Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

What do you do in the church building during an earthquake?

prepare your church before an earthquake occurs:

- Pick "safe places". A safe place could be under a sturdy bench or against an interior wall away from windows, bookcases or tall shelves that could fall on you. The shorter the distance to move to safety, the less likely that you will be injured. Injury statistics show that people moving as little as ten feet during an earthquake's shaking are most likely to be injured.

Practice drop, cover, and hold-on in each safe place. Drop under a sturdy bench and hold on to one leg of the bench. Protect your eyes by keeping your head down.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. A basic emergency supply kit could include the following recommended items: Water - one gallon of water per person per day for at least three days, for drinking and sanitation. Food - at least a three-day supply of non-perishable food. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert. Flashlight. First aid kit. Extra batteries. Whistle to signal for help. Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place. Moist towelettes, garbage bags and plastic ties for personal sanitation. Wrench or pliers to turn off utilities. Manual can opener for food. Local maps. Cell phone with chargers and a backup battery

Calendar of Events – Starting today: July 07

Sunday	07/07	9:10am - Hours; 9:30am - Divine Liturgy
Monday	07/08	
Tuesday	07/09	
Wednesday	07/10	
Thursday	07/11	
Friday	07/12	
Saturday	07/13	6:00pm - Great Vespers / confessions
Sunday	07/14	9:10am - Hours; 9:30am - Divine Liturgy

Weekly announcements, looking ahead:

- ◆ Office Hours: This month, Father has not scheduled any specific hours. If there is anything you would like to discuss with him, or if you would like to meet, don't forget you can call him at 425-999-0407.
- ◆ Confessions are available every Saturday evening after Vespers. If you would like to make a special appointment during the week, please contact Fr Michael.
- ◆ As announced previously, Father and Matushka's last Sunday with us is July 28th. After Vespers on the 27th, we will be hosting a dinner in their honor. Please RSVP to Dn George if you will be able to attend.

Please keep our brothers and sisters in your prayers this week:

For good health and healing: Mother Susanna, Juan, Ruth, Peter(Ron), Debrutu, Souraya, Alice, Basil, The child of God Penny, Jo-Ana, Christina, Nicholas, Denise, Traci and Elizabeth, and the children to be born of them, Jamison, Joseph, Marlene.

Memory Eternal: Stan, Martin, Laila, Carol.

List of Supplies we NEED:

- ◆ Garden clippers - 1
- ◆ Scissors - 4