



HOLY TRINITY ORTHODOX CHURCH

Parish Newsletter

RESTON

New Parish Center: 20937 Ashburn Rd., #110, Ashburn, VA 25 July 2020

Readings for the
Seventh Sunday after Pentecost—Tone VI

READING FROM THE BOOK OF WISDOM:

Moses and Aaron said to the whole community of the sons of Israel, “In the evening you shall learn that it was the Lord who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, for he has heard your complaints against him—it is not against us you complain, for what are we?” Moses said, “In the evening the Lord will give you meat to eat, in the morning bread to your heart’s content, for the Lord has heard the complaints you made against him; your complaining is not against us—for what are we?—but against the Lord.” Moses said to Aaron, “To the whole community of the sons of Israel say this, ‘Present yourselves before the Lord, for he has heard your complaints.’” As Aaron was speaking to the whole community of the sons of Israel, they turned toward the wilderness, and there was the glory of the Lord appearing in the form of a cloud. Then the Lord spoke to Moses and said, “I have heard the complaints of the sons of Israel. Say this to them, ‘Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart’s content. Then you will learn that I, the Lord, am your God.’” And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all around the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, “What is that?” not knowing what it was. “That,” said Moses to them, “is the bread the Lord gives you to eat. This is the Lord’s command: Everyone must gather enough of it for his needs, one omer a head, according to the number of persons in your families. Each of you will gather for those who share

his tent.” The sons of Israel did this. They gathered it, some more, some less. When they measured in an omer what they had gathered, the man who had gathered more had not too much, the man who had gathered less had not too little. Each found he had gathered what he needed.

PROKIMENON

Reader: The prokimenon of the sixth tone: **O Lord, save your people* and bless your inheritance.** [v.9 OCA]

PSALM 27

NOTE: The psalmist prays that we not be punished with those who refuse to take God (Creator and Saviour) into account. And confident his prayer is heard, he adds a thanksgiving, concluding with a prayer for king—anointed prefigurement of Christ—and nation.

To you I cry out, O Lord! O my rock, be not deaf to me!...²Hear the sound of my pleading as I call for help, as I lift my hands in prayer to your holy of holies.

³Do not count me among the wicked, with evildoers who talk of peace to their neighbors, while their hearts are full of treachery...⁵For they ignore what the Lord does, and they pay no heed to the work of his hands....

⁶Blessèd be the Lord for hearing my prayer. ⁷The Lord is my strength and my shield;... with all my heart I give thanks to him.

⁸The Lord is the strength of his people, a fortress of saving help for his Anointed. ⁹[**O Lord,**] **save your people and bless your inheritance;** lead them and carry them forever!

Reader: **O Lord, save your people. People: And bless your inheritance!**

READING FROM PAUL'S EPISTLE TO THE ROMANS.

BRETHREN: ^{15.1} We who are strong ought to put up with the failings of the weak and not to please ourselves; ² let each of us please our neighbor for the good, for building up. ³ For Christ did not please himself; but, as it is written, *The insults of those who insult you fall upon me.* ⁴ For **whatever was written previously was written for our instruction, that by endurance and by the encouragement of the Scriptures we might have hope.** ⁵ May the God of endurance and encouragement grant you to think in harmony with one another, in keeping with Christ Jesus, ⁶ that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ. ⁷ Welcome one another, then, as Christ welcomed you, for the glory of God.

ALLELUIA

PSALM 90

NOTE: By means of various metaphors the psalmist invites the community to ponder the Messiah/Christ's model trust in God and the benefits that follow—tangling with Death and surviving. In the epilogue God himself speaks, confirming the psalmist's words.

He who lives in the shelter of the Most High, who dwells in the shadow of the Almighty ²says to the Lord: My fortress and my refuge, my God whom I trust!

³He rescues you from the snare of the hunter who seeks to destroy you; ⁴he covers you with the feathers of his wings, and under his wings you find refuge....

⁹If you call the Lord your refuge and make the Most High your stronghold, ¹⁰evil can never touch you,... ¹¹for he will command his angels to care for you, to care for you wherever you go.

¹²They will carry you about in their hands, lest you knock your foot against a stone. ¹³On the lion and the viper will you tread; you will trample the lion cub and the serpent....

[Now God and Father speaks:]

¹⁵When he calls, I will answer him. I will stay with him in time of trouble; I will rescue him and spread a feast for him. ¹⁶With long life will I content him, and I will make him enjoy my saving power. ²⁸I will maintain my favor toward him forever; and my covenant with him I shall never break.

READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW:

AT THAT TIME: ^{14.13}When Jesus heard of the death of John the Baptizer, he withdrew in a boat to a deserted place by himself. The crowds heard of this and followed him on foot from their towns. ¹⁴When he disembarked and saw the vast crowd, his heart was moved with pity for them, and he cured their sick. ¹⁵When it was evening, the disciples approached him and said, "This is a deserted place and it is already late; dismiss the crowds so that they can go to the villages and buy food for themselves." ¹⁶Jesus said to them, "There is no need for them to go away; give them some food yourselves." ¹⁷But they said to him, "Five loaves and two fish are all we have here." ¹⁸Then he said, "Bring them here to me," ¹⁹and he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. ²⁰They all ate and were satisfied, and they picked up

"So that we can put faith in you," they asked Jesus, "what sign are you going to perform for us to see? What is the work you do? Our ancestors had manna to eat in the desert. According to Scripture, 'He gave them bread from the heavens to eat.'" Jesus said to them: *"Amen, amen, I say to you, it was not Moses who gave you bread from the heavens; it is my Father who gives you the real heavenly bread. God's bread comes down from heaven and gives life to the world."* *"Sir, give us this bread always," they besought him.*

—John 6.30–34

TROPARION

Bulgarian Chant

DO
When Mary came in search of your
most pure body, * she found the
guards in shock and ter--ror, * and all
about your tomb * the radiant powers
of hea-ven. * To her you revealed
yourself, * after making hell a cap-
tive, * for it had tried in vain * to
overcome you. * Glory to you, O
risen Lord * and Source of Life!

KONDAKION

Bulgarian Chant

DO
With his life-giving hand, * Christ
our God raised the dead from the val-
ley of darkness, * bestowing the gift
of resurrection * on all mankind, *
for he is our God and Saviour, * our
very life itself!

THE ÉKTENY or FERVENT PRAYER

(Ancient Penitential Litany and Prayer)

Let us all say with our whole soul,
and with our whole mind let us say:
Lord, have mercy.

O Lord almighty! O God of our fathers!
We pray you. Hear us and have mercy.

Have mercy on us, O God,
according to your great mercy!

We pray you. Hear us and have mercy.

Again we pray:

For devout and Orthodox Christians.

For our Archbishop Tikhon.

For Emilia's daughter in hospital in Moscow, and for all
who have asked for our prayers: we pray for mercy, life,
peace, health, salvation, visitation, pardon, and remission
of their sins.

For Orthodox Christians who are made to suffer on account
of Christ, and we pray for those who persecute them.

For Orthodox Christians and indeed all men who are
victims of war and civil strife [and terror], of hunger and
want, of intolerance and injustice.

For physicians, nurses, care-givers, and all serving those
infected with the virus; and for the thousands who have
succumbed to the disease—and for all who will die today.

PRAYER OF THE ÉKTENY

Lord our God, accept this fervent prayer from your
servants, and have mercy on us according to the
greatness of your mercy. Send down your compassionate
help upon us and upon all your people awaiting the rich
mercy that comes from you.

For you are God, merciful and loving to man, and we
render glory to you—to the Father and to the Son and to the
Holy Spirit: now and ever, and unto ages of ages. Amen.



Welcoming Xenia Grace Mosholder, born 7 July 2020, a petite 7 lb 1 oz.