

## Holy Scripture Lessons for the Day

### Epistle Lesson: Letter of the Holy Apostle, Paul to the Hebrews (11:33-40; 12:1-2)

BRETHREN, all the saints through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated - of whom the world was not worthy - wandering over deserts and mountains and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfection of our faith.

### Gospel Lesson: Gospel According to St. Matthew 10:32-33; 37-38; 19:27-30

The Lord said to his disciples, "Every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny him before my Father who is in heaven. He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me." Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold, and inherit eternal life. But many that are first will be last, and the last first."

**Farewell to the Moss Family.** Sadly we say "farewell" to the Moss family: Sara, Andrew, Elijah and Esther who found their way into our community in August of last year coming from the west coast. Brought to the area by work obligations they are now taken from us by work obligations. A couple of our parishioners helped the Mosses and their extended families with packing and loading yesterday and the group is en route this morning to Ann Arbor, MI where they will make their new home. For those that would like to stay in touch with the Mosses their contact details are available through Fr. Iakovos.

**Welcome Back Snowbirds!** With Memorial weekend we give a hearty "welcome home" to our snowbirds who wintered in the sunny south. Back with us are: Ellie and Dwight Demitz, Mickie and Casey Kewitch, Nancy and John Kokoinakes, and Theresa and Bob Underwood. There are still a few more to return and we are hopeful that everyone will be back together again soon. Please take a moment to pick up the phone and welcome our snowbirds back to Traverse City!

*Devote yourself to stillness and know that I am God - Psalm 45:10 (LXX)*

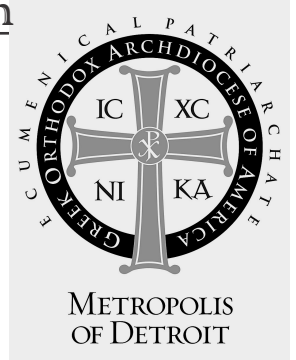
## Archangel Gabriel Greek Orthodox Church

*Traditional Worship for Modern Life*

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### PARISH CALENDAR OF EVENTS

Sunday, 30 May	<b>2nd Sunday Of Pentecost Feast of All Saints</b> 9 AM Orthros 10 AM Liturgy of St. Chrysostomos 11:15 AM Church School 11:30 AM Fellowship Hour
Monday, 31 May	<b>Hermias the Martyr. Apostles Fast Begins. National Memorial Day.</b> Fast Day—Fish, Wine and Oil Allowed 10 AM Community Memorial Day Observance
Tuesday, 1 June	<b>St. Justin the Philosopher</b> Fast Day—Fish, Wine and Oil Allowed
Wednesday, 2 June	<b>St. Nikephoros the Confessor</b> Strict Fast Day
Thursday, 3 June	<b>St. Lucillian of Byzantium</b> Fast Day—Fish, Wine and Oil Allowed 5:30 PM Philoptochos Monthly Meeting
Friday, 4 June	<b>SS. Mary and Martha the Sisters of St. Lazaros</b> Strict Fast Day
Saturday, 5 June	<b>St. Dorotheos the Martyr</b> Fast Day—Fish, Wine and Oil Allowed Services at St. George Church—Sault Ste. Marie, MI
Sunday, 6 June	<b>3rd Sunday After Pentecost. 2nd Sunday of St. Matthew.</b> Fast Day—Fish, Wine and Oil Allowed 9 AM Orthros 10 AM Liturgy of St. Chrysostomos 11:15 AM Church School 11:30 AM Fellowship Hour



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**Apostles' Fast Begins Tomorrow.** The third period of fasting in the liturgical year begins tomorrow (or at sundown tonight) as we prepare for the Feast of SS. Peter and Paul. Having rejoiced for fifty days following Pascha, the Resurrection of Jesus Christ, the Apostles began to prepare for their departure from Jerusalem to spread Christ's message. According to Sacred Tradition, as part of their preparation, they began a fast with prayer to ask God to strengthen their resolve and to be with them in their missionary undertakings.

The scriptural foundation for the Fast is found in the Synoptic Gospels, when the Pharisees criticized the apostles for not fasting, Jesus said to them, "Can the children of the bridal chamber mourn, as long as the Bridegroom is with them? But the days will come, when the Bridegroom shall be taken from them, and then shall they fast." In the immediate sense, Christ was referring to his being taken to be crucified; but in the wider sense it is understood in terms of his Ascension into heaven, and his commission to preach the Gospel, which can only be accomplished with prayer and fasting.

The tradition of the Fast has existed at least since Pope Leo I (461 AD), as is evidenced by his homilies, though it has subsequently been forgotten in the West. The Fast is thought to have been instituted out of thanksgiving to God for the witness of the apostles of Christ. With this Fast, believers express their thanks for the apostles' endurance of persecution during their mission.

The Apostles' Fast is not as severe as Great Lent or the Dormition Fast, but entails fasting from red meat, poultry, meat products, eggs, dairy products, fish, oil, and wine. Fish, wine and oil are allowed on Saturdays and Sundays (as well as some other days) and oil and wine are allowed on Tuesdays and Thursdays. These fasting rules are much the same as those observed during the Nativity Fast.

The length of the Fast is variable, being determined by the date of Pascha. Eight weeks after Pascha comes the Sunday of All Saints. The next day, Monday, the Fast of the Holy Apostles begins. The Fast lasts until June 29, the Feast of the Holy Apostles Peter and Paul. In other words, depending on the date of Pascha, the Apostles' Fast can begin as early as May 18 or as late as June 21. Thus, it may be as short as eight days or as long as forty-two days in duration.

**Memorial Day Observed Tomorrow.** In towns and cities across America as well as where Americans gather over-seas, a day for commemorating the war dead of our nation will be celebrated on Monday. In our own town there will be a community observance at Oakwood Cemetery beginning at 10 AM. Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day. There is also evidence that organized women's groups in the South were decorating graves before the end of the Civil War: a hymn published in 1867, "Kneel Where Our Loves are Sleeping" by Nella L. Sweet carried the dedication "To The Ladies of the South who are Decorating the Graves of the Confederate Dead" (Source: Duke University's [Historic American Sheet Music, 1850-1920](#)). While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day. It is more likely that it had many separate beginnings; each of those towns and every planned or spontaneous gathering of people to honor the war dead in the 1860's tapped into the general human need to honor our dead, each contributed honorably to

the growing movement that culminated in Gen Logan giving his official proclamation in 1868. It is not important who was the very first, what is important is that Memorial Day was established. Memorial Day is not about division. It is about reconciliation; it is about coming together to honor those who gave their all. Memorial Day was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11, and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 (P.L. 90 - 363) to ensure a three day weekend for Federal holidays), though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 (Jefferson Davis' birthday) in Louisiana and Tennessee.

Be sure to retain the significance of this day by attendance at a Memorial Day observance in your area. We pray for the repose of the souls of all those soldiers, sailors, airmen and marines who paid the ultimate price for the freedoms that many of us take for granted.

**Philoptochos to Meet on Thursday.** The local chapter of the Ladies' Philoptochos will meet this Thursday at 5:30 PM in the church's community centre. Officers and all members are welcome to attend this regular monthly meeting.

**Services in the Soo.** Fr. Iakovos will be conducting services at St. George's Church in Sault Ste. Marie, MI this coming Saturday with the liturgy beginning at 10 AM. Following that service there will be a light luncheon and a planning meeting with the community to develop some religious education offerings for them. Everyone is welcome to travel north and join in the celebration. Due to the travel times and distances, Father will not be offering Saturday evening vespers on that day. Parishioners are encouraged to read the stichera for the vespers which can be found on line at <http://www.oca.org/MDtexts.html>.

**Prosfora, Incense, Charcoal, Olive Oil and Wine.** Thanks to Martha Ealy and Helen Knapp who provided the prosfora for this morning's liturgy. Our freezer is empty so those that participated in the prosfora baking class have an opportunity to practice their trade. You are asked to bake a large prosfora, wrap is instructed in your class and label with your name placing it in the freezer. Also we are very short on incense, charcoal and olive oil. Our incense is from Mt. Athos; normally the Rose or Byzantinos or Nazareth "flavours." The charcoal we use is "Three Kings" from Holland. Both are available through the St. Nektarios Greek Orthodox Monastery of Roscoe, NY bookstore. Please contact Father for details. Persons wishing to donate olive oil are asked to purchase only "extra virgin" olive oil; it burns cleaner than any other oil. Finally, anyone wishing to donate wine for the holy Liturgy is asked to purchase Commandaria St. John (from Cyprus). The wine used for the zapifka (oblutions) after communion is Manischewitz concord grape.