



The Sunday Messenger

HOLY TRINITY ORTHODOX CHURCH - WILKES BARRE, PA

July 6th, 2025 + 4th Sunday after Holy Pentecost + Venerable Sisoos the Great



On this day Thou didst rise from the tomb, O Merciful One, leading us from the gates of death. On this day Adam exults as Eve rejoices; with the Prophets and Patriarchs they unceasingly praise the divine majesty of Thy power.

In asceticism thou wast revealed to be an earthly Angel, continually enlightening the thoughts of the faithful with divine signs. Therefore we honor thee with faith, venerable Sisoos.

Please Sing Along!
Singing the hymns and responses to the litanies along with the choir throughout the Divine Liturgy is encouraged!

Epistle Reading - Romans 6:18-23

And having been set free from sin, you became slaves of righteousness. I speak in human terms because of the weakness of your flesh. For just as you presented your members as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness. For when you were slaves of sin, you were free in regard to righteousness. What fruit did you have then in the things of which you are now ashamed? For the end of those things is death. But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Gospel - Matthew 8:5-13

Now when Jesus had entered Capernaum, a centurion came to Him, pleading with Him, saying, "Lord, my servant is lying at home paralyzed, dreadfully tormented." And Jesus said to him, "I will come and heal him." The centurion answered and said, "Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed. For I also am a man under authority, having soldiers under me. And I say to this one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my servant, 'Do this,' and he does it." When Jesus heard it, He

Hymns for This Week

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm. He has trampled down death by death. He has become the first born of the dead. He has delivered us from the depths of hell, and has granted to the world great mercy.

O dweller of the wilderness and angel in the body, thou wast a wonderworker, O our God-bearing Father Sisoos. Thou didst receive heavenly gifts through fasting, vigil, and prayer, healing the sick and the souls of those drawn to thee by faith. Glory to Him Who gave thee strength! Glory to Him Who granted thee a crown! Glory to Him Who grants healing to all!

DEAR GUESTS AND FRIENDS: A most sincere and heartfelt welcome to you from our community. According to the ancient traditions of the Orthodox Church, the Sacrament of Holy Communion is to be administered only to Orthodox Christians who have prepared to receive the Holy Sacrament through prayer and fasting. If you have questions please let us know!

marveled, and said to those who followed, "Assuredly, I say to you, I have not found such great faith, not even in Israel! And I say to you that many will come from east and west, and sit down with Abraham, Isaac, and Jacob in the kingdom of heaven. But the sons of the kingdom will be cast out into outer darkness. There will be weeping and gnashing of teeth." Then Jesus said to the centurion, "Go your way; and as you have believed, so let it be done for you." And his servant was healed that same hour.



This Week's Schedule

Holy Trinity Orthodox Church

THIS WEEKEND

4th Sunday after Pentecost

Saturday, July 5th

Great Vespers @ 5 PM

Sunday, July 6th - Divine Liturgy

Matins @ 8 AM, Hours @ 8:40 AM,

Divine Liturgy @ 9 AM, Coffee Hour

Hospitality Committee Meeting

Sunday, July 6th - Parastas

In Memory of William & Julia Talpash

Offered by Marie Talpash

In Memory of Leanne Kuehnle

Offered by the Doreen & Christina Cherkis

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THIS WEEK

Wed @ 10 AM - Bible Study

Wed @ 11 PM - 1 PM Church Open for Prayer

Wed @ 6 PM - NO Akathist this week

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NEXT WEEKEND

Saturday, July 12th

Friends of the Poor @ 9 AM

NO Great Vespers - Fr. Innocent out of town

Sunday, July 13th

NO MATINS, Hours @ 8:40 AM,

Divine Liturgy @ 9 AM, Coffee Hour

Please welcome Fr. David Hester



ANNOUNCEMENTS

& Upcoming Parish Events

+++ Weekly / Monthly +++

Bible Study Wednesdays at 10 AM. Everyone is welcome. We are reading through the Acts of the Apostles with discussions.

ORTHODOXY 101 Saturdays @ 3:30 PM: Orthodoxy 101 is for visitors, inquirers, catechumens or anyone interested in learning more about the foundations of our faith. 1 hour followed by Great Vespers. **Orthodoxy 101 is currently on break.**

Parish Potlucks are usually the last Sunday of each month. Our next potluck is **July 27th.**

Friends of the Poor is usually the second Saturday of each month. **Next Friends of the Poor is July 12th**

Holy Trinity Parish Council is usually the second Sunday of each month. Our next meeting is **SUN, July 20th @ 11:30 AM.**

The Blessing of Homes Check in with Fr. Innocent as to when there is availability for your visit.

WANTED: Coffee Hour Teams - Sponsor a Sunday Coffee Hour with a friend. Speak with Joanne Dutko to learn more and sign up.

Appalachia Service Project - Thank you to all who have offered support for Ephraim Neal to participate in his upcoming mission trip with the Appalachia Service Project. If you would like to learn more or offer a donation please see Ephraim.

BLESSING OF VEHICLES - SUN, JULY 20th: Vehicles are traditionally blessed on or near the Feast of St. Elijah (July 20th) who was taken up by God into the heavens in a fiery chariot. We are all accustomed to having our homes blessed around the Feast of Theophany, yet we also spend a great deal of time in OR on our vehicles traveling through town, on vacations, for work, and for recreation. This blessing is a request to Our Lord that He send a Guardian Angel to protect and keep both drivers and passengers in safety, and to bless our vehicles given to us by God for their good use. **Bring your vehicles, motorcycles, bicycles or any other form of transportation on Sunday, July 20th to be blessed immediately following Divine Liturgy.**

Community Fundraising Event - Wyoming Valley Challenger - July 22/11AM - 5PM: The Wyoming Valley Challenger is an adaptive baseball program designed

for children with physical and intellectual challenges. This year, as part of the annual Little League World Series (held in Williamsport PA) our own team from Miners Mills has the opportunity participate in the Little League Challenger Exhibition. Our team is ready and excited to participate. To cover expenses for this 4-day/3-night event the team is actively fundraising. **Holy Trinity is excited and proud to be able to lend a hand** with raising funds by hosting a food sale on July 22 at our pavilion. Menu will include clam chowder, potato pancakes and pulled porketta sandwiches.

Sign up sheets for those able to help with the food sale or to donate towards the purchase of supplies is on the stand in the vestibule. Please consider giving of your time, talents and/or treasures for this wonderful cause. If you have any questions, please feel free to contact Jason King or Sandy Serafin.

Sunday July 27th - Annual FOCA Family Picnic @ Knoebels - Once again The FOCA of Central Pennsylvania is having our annual Picnic dinner at Knoebels. **This year it will be Free** (you will still need to buy tickets for rides). Our Annual Picnic outing is sponsored by The Central Pennsylvania District of the FOCA. Arrive after Liturgy and stop by Pavilion D (near the Giant Ferris Wheel) to check in and spend the afternoon at the Park. At 6pm there will be a Picnic Dinner in Pavilion D. Hamburgers, hotdogs, sodas and side dishes will be served. FREE for Everyone! See you there!

Birthdays & Anniversaries

July Birthdays: Christina Cherkis (7/2), Marley Willis (7/10), Xenia Clark (7/11), Luke Ausin (7/15), Diane Welgus (7/18), Rachael Talpash (7/24), Damian Rosencrans (7/24), Katrina Zbegner (7/26), Chris Yanovich (7/26) Donna Stankiewkz (7/27), Christopher Dutko (7/28), Shannon Bisset (7/28), Deborah Mills (7/31) **July Anniversaries:** Lisa & Scott Harvey (7/15), Marianne & Jeremy Haugh (7/18), Marie & Vladimir Dutko (7/26), Tom & Alexanne Conklin (7/27), Kristin & Bill Resnick (7/31)

This Week: **Birthdays** - Marley Willis (7/10), Xenia Clark (7/11) **Anniversaries:**



Words of Wisdom From the Saints & Teachers

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The Venerable Sisoes the Great

Saint Sisoes the Great (+ 429) was a solitary monk, pursuing asceticism in the Egyptian desert in a cave sanctified by the prayerful labors of his predecessor, Saint Anthony the Great (January 17). For his sixty years of labor in the desert, Saint Sisoes attained to sublime spiritual purity and was granted the gift of wonderworking, so that by his prayers he once restored a dead child back to life.

Extremely strict with himself, Abba Sisoes was very merciful and compassionate to others, and he received everyone with love. To those who visited him, the saint first of all always taught humility. When one of the monks asked how he might attain to a constant remembrance of God, Saint Sisoes remarked, "That is no great thing, my son, but it is a great thing to regard yourself as inferior to everyone else. This leads to the acquisition of humility." Asked by the monks whether one year is sufficient for repentance if a brother sins, Abba Sisoes said, "I trust in the mercy of God that if such a man repents with all his heart, then God will accept his repentance in three days."

When Saint Sisoes lay upon his deathbed, the disciples surrounding the Elder saw that his face shone like the sun. They asked the dying man what he saw. Abba Sisoes replied that he saw Saint Anthony, the prophets, and the apostles. His face increased in brightness, and he spoke with someone. The monks asked, "With whom are you speaking, Father?" He said that angels had come for his soul, and he was entreating them to give him a little more time for repentance. The monks said, "You have no need for repentance, Father." Saint Sisoes said with great humility, "I do not think that I have even begun to repent."

After these words the face of the holy abba shone so brightly that the brethren were not able to look upon him. Saint Sisoes told them that he saw the Lord Himself. Then there was a flash like lightning, and a fragrant odor, and Abba Sisoes departed to the Heavenly Kingdom.

A collection of St Sisoes, from *The Evergetinos*:

+ A certain brother asked Abba Sisoes:

PARISH PRAYER LIST Living: Homebound - Evelyn, Vladimir, Jeri, David, Paul, Archpriest Theodore, Mat. Elizabeth, Mary, Patricia, Barbara, Jeri, Joan, Irene, Alice **Sick & Suffering** - Cynthia Dulsky, Nadine Breisch, Elizabeth Hutz, Mary Hutz, David Lezinsky, Bob Lutzick, Gregory Krevko, Tom Vaskalis, Tom O'Brian, David, Delores Tressa, Sylvia Dreater, Patricia Sohoski, Raven, Pearl Tutko **Departed:** Marsha Shaffer, Mike Brown, Joshua, Leanne Kuehnle, Natalie Gripp

"Counsel me, Father, for I have fallen to sin. What am I to do?" The Elder said to him:

"When you fall, get up again."

With bitterness the sinning brother continued:

"Ah! Father, I got up, yet I fell to the same sin again." The Elder, so as not to discourage the brother, answered:

"Then get up again and again."

The young man asked with a certain despondency:

"How long can I do that, Father?"

The Elder, giving him courage, said to the brother:

"Until the end of your life, whether you be found in the commendable attempt at lifting yourself up from sin or falling again to it. For wherever it is that a man is found at the last moment of his life on earth, whether it be in things good or evil, there he will be judged, going forth either to punishment or to reward."

+ Abba Sisoes said: "He who knowingly possesses humility fulfills the whole of Scripture."

+ A brother once visited Abba Sisoes on the mountain of Abba Anthony; while they were conversing, he asked the Elder: "Father, have you not by now attained to the stature of Abba Anthony?" "If I had a single one of Abba Anthony's thoughts," answered Abba Sisoes, "I would be entirely ablaze."

+ Another brother asked him: "Abba, I perceive that the remembrance of God remains with me." It is not important that your mind is with God," replied the Elder. "What is important is that you see yourself as being below all other creatures. This is why physical labor leads to humility."

+ Three Elders once visited Abba Sisoes, after having heard of him. The first of them said to him: "Father, how can I be saved from the gnashing of teeth and the unsleeping worm?" Abba Sisoes did not give him an answer. The second asked: "Father, how can I be saved from the gnashing of teeth and the unsleeping worm?" Abba Sisoes did not reply to him, either. The third one said: "Father, what am I to do, for from my fear of the recollection of the outer darkness, I cannot even breathe?" The Elder then said to them: "I do not think about any of these things, but I hope that God, compassionate as He is, will have mercy on me." On hearing this reply, the Elders were upset and got up to leave. But Abba Sisoes, since he did not want to let them go away in distress, said to them: "You are blessed, brothers. Truly, I envy you; for if your minds are always dominated by such thoughts, it is impossible for you to sin."

+ Abba Sisoes used to say that the way that leads to humility is abstinence, unceasing prayer to God, and the struggle to be lower than every man.

+ He also said: "It is written in the Old Testament that idols have a mouth, but will not speak, they have eyes, but do not see; ears have they, but they do not hear. This is how a monk should also be. Just as idols are an abomination, so also should he think that he is an abomination."

+ On one occasion, some Arian [heretics] went to Abba Sisoes, on the mountain of Abba Anthony, and immediately began to denounce the Orthodox. The Elder did not say anything to them; he merely called his disciple and said to him: "Bring the book by St. Athanasios and read it." They remained silent as their heresy was disclosed, and Abba Sisoes subsequently dismissed them, after wishing them a good journey.

+ A certain brother, who had been wronged by another, went to Abba Sisoes and said to him: "I have been wronged by a certain brother, and I want satisfaction." The Elder pleaded with him, saying: "No, my child, it is better for you to leave vengeance to God." But the brother insisted: "I will not rest until I have avenged myself." "Let us pray, brother," the Elder suggested. After they had stood up and were praying, the Elder said: "My God, we no longer need Thee to take care of us, because we are taking vengeance by ourselves." On hearing this, the brother fell at the Elder's feet and said to him: "I no longer have any case against my brother; forgive me, Abba."

+ A brother asked Abba Sisoes: "I wish to guard my heart and I cannot." The Elder replied to him: "How are we to guard our heart when we keep our tongue, the door of the heart, wide open?"



The Treasury

"... but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. + Jesus Christ

<p>Monthly Cost to Keep the Church Open: \$12,305 Weekly Cost to Keep the Church Open: \$2,840 Last Week's Collection (6/29/25) : \$2,220</p>
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