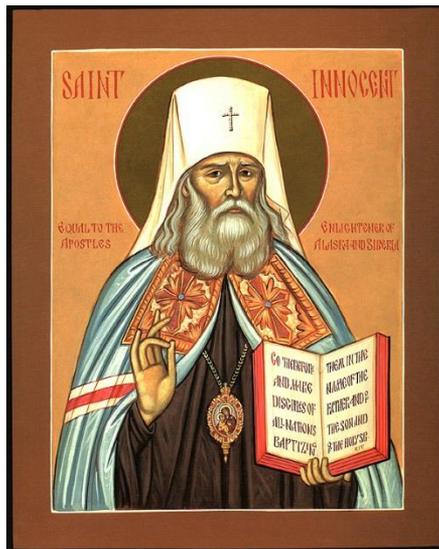


DIocese of Eastern Pennsylvania + Wilkes-Barre Diocese

**ELEVATION OF THE HOLY CROSS
ORTHODOX CHURCH
WILLIAMSPORT, PA.**



**ST. INNOCENT OF MOSCOW
APOSTLE TO THE AMERICAS
OCTOBER 5TH, 2019**

ELEVATION OF THE HOLY CROSS ORTHODOX CHURCH

1725 Holy Cross Ln
Williamsport, Pennsylvania 17701-2749

Rev. Fr. Seraphim Reynolds, Pastor
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Mr. Michael (Cory) Chelko, Parish Warden
Mr. Dan Thetford, Asst Warden

Today's Scripture Readings:

Epistle: 2 Corinthians 6:1-10

Gospel: St. Luke 7:11-16

Welcome to ALL of our visitors and guests this morning! Please join us over in the Parish Hall after the Liturgy for some food & fellowship!

Services, Events & Announcements

*Special Parish Meeting **TODAY** to discuss landscape proposal of Church Property. (3rd Announcement)

++Wednesday Oct 9th Daily Vespers @ 6pm

++Saturday Oct 12th – Great Vespers @ 5pm

++Sunday Oct 13th – Divine Liturgy @ 10am (Hours @ 9:40)

*Sunday Oct 6th – **TODAY** Life Chain 2:30 – 3:30

*Sunday Oct 13th – CROP Walk

*Men's Group – Monday Oct 14th 6pm

*Ladies W(h)ine Fest – Thursday Oct 24th 6pm

+His Eminence, Archbishop MARK will be with us on Oct 27th

*Trunk or Treat Oct 31st – Parish parking lot, time TBA

*Our *Annual Parish Meeting* will be on Nov 3rd during Fellowship Hour.

LAST SUNDAY – **September 29th**
Attendance 45 - Regular Offering - \$1083.00
Candles - \$62.00 / Memorial - \$1050.00

NEXT SUNDAY – **Oct 13th**
Reading of the Epistle – Anthony A.

**Please check the bulletin board in the Hall for information concerning Parish News and Meetings.

From Your Pastor . . .

Did you invite anyone this past week to come along with you to Church?

“To deny oneself means to give up one’s bad habits; to root out of the heart all that ties us to the world; not to cherish bad thoughts or desires; to suppress every evil thought; not to desire to do anything out of self-love, but to do everything out of love for God.” *St. Innocent of Moscow*

Regarding Holy Communion: Only those faithful who are Orthodox Christians and have properly prepared themselves by fasting, prayer [i.e. *Prayers Before Communion*], recent confession, and who were at least present for the reading of the Epistle and Gospel should approach to receive the Holy Eucharist. ***We should all be at peace with each other too.*** ☺

Anything that is quickly obtained is also easily lost

Americans are not a particularly patient people, as demonstrated by the fact that the fast food industry began with us. We don’t tolerate slow service, thus much of the food we consume is prepared before we order it. We drive our car to a window, order our food, and expect it to be ready, without delay, at the next window. If we be church goers, we expect the service to end within

one hour, on the dot. Our gardens are filled with flowers that come fully grown, are dropped into the soil, and look good from the very first watering. No waiting around for the germination of seeds, we want instant beauty.

If an appliance breaks down, we buy a new one, rather than wait a week for repairs. We throw ourselves into the latest fad diet promising fast weight loss, only to see the weight come back after we've tired of the menu. We don't apprentice for a career, but walk out of a university with the expectation our career will begin on day one. Many of our children are allowed to dress in adult pop fashion, resulting in the loss of innocence, and the precious sweetness of childhood is transformed into a sort of miniature adult.

Since we have grown accustomed to having everything happen quickly, and without delay, we also expect our spiritual lives to be on the same quick time line. We don't have the patience to build upon the knowledge of the holy fathers, so we don't practice regular spiritual reading. Our church attendance is limited to the essential Sunday Liturgy, and even then we arrive late and perhaps leave before the Thanksgiving Prayers have been concluded. If fasting is difficult for us, we don't fast at all. If keeping a Prayer Rule is tedious, we don't try at all to develop a set time for our prayers. If our mind wanders during prayer, we let it, avoiding even the least amount of struggle.

If we hope to make progress in the spiritual life, it is good to remember the words of Saint Isaac the Syrian, "For anything that is quickly obtained is also easily lost, whereas everything found with toil is also kept with careful watching."

With Love in Christ, Abbot Tryphon

All Merciful Saviour Monastery, Vashon Island, WA.