

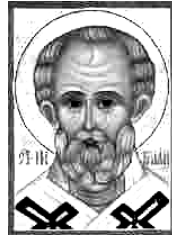
August 9, 2009  
Venerable Herman of Alaska

## St. Nicholas Orthodox Church

320 Munson Avenue  
McKees Rocks, PA 15136  
412-331-1053

Rev. Thomas Soroka, *Rector*  
(412) 299-3942  
Rev. Dn. Joseph Mell, *Attached*  
Ms. Doris Wasilko, *Choir Director*

<http://www.stnicholas-oca.org>  
[info@stnicholas-oca.org](mailto:info@stnicholas-oca.org)



### Ninth Sunday after Pentecost

#### Postfeast of the Transfiguration of Christ

Christ is in our midst! He is and always shall be!

#### Schedule of Services and Activities

**Wednesday, August 12<sup>th</sup> – 6:30 PM**

**Wednesday, August 12<sup>th</sup> – 7:00 PM**

**Friday, August 14<sup>th</sup> – 7:00 PM**

**Saturday, August 15<sup>th</sup> – 9:00 AM**

Great Feast of the Falling Asleep (Dormition) of the Mother of God (*note time change*)

**Saturday, August 8<sup>th</sup> – 5:00 PM**

**Sunday, August 9<sup>th</sup> – 9:30 AM**

**Daily Vespers**

**Bible Study**

**Great Vespers with Litiya**

**Festal Divine Liturgy**

**Great Vespers**

**Divine Liturgy**

**The St Nicholas Sisterhood** will meet after the Divine Liturgy today. All women are asked to attend!

**There are several light repair and maintenance tasks** that need to be completed around the church and we need your help! We'll be getting together this **Saturday, August 15<sup>th</sup> immediately after Divine Liturgy** for the feast of the Dormition of the Mother of God. We'll start with breakfast and then get to work! Among other tasks, a major activity will be to repair the front steps. If you can bring a trowel and other tools suitable for such work, this will be a big help. See John Kowalcheck or Paul Fuller for more info or to pledge your support!

**Our annual Wal-Mart Bake Sale** will be held at Wal-Mart at the Pointe on Sunday, August 16, from 11 a.m. to 4 p.m. In lieu of the regular Coffee Hour that Sunday, we will also have an array of baked goods available for purchase during Coffee Hour in the Church Hall. We are asking all bakers to bake their favorite baked goods and have the items wrapped and marked to sell. Items can be dropped off at the Church Hall by before Divine Liturgy or delivered to Wal-Mart after 11 a.m. Please support this fundraiser. All proceeds benefit the St. Nicholas Sisterhood. If you have any questions, please contact Michelle Bittner (412 771-0176). Thank you.

**Vacation Church School is almost here!** Tuesday, August 18<sup>th</sup> through Thursday, August 20<sup>th</sup> from 6:00 PM to 8:30 PM. Please see Matushka Joni if you can bring your children, and if you can help! Assistance is needed! See the registration form in today's bulletin.

**Our Hoagie/Wrap Sale** will be held on Wednesday/Thursday, August 19/20, 2009. Prices remain the same: \$5 for an Italian Hoagie or Wrap and \$5.50 for a Turkey Hoagie or Wrap. Orders need to be placed by 7 p.m. Monday, August 17, and can be called in to 412 771-0176, faxed to 412 771-2444 or emailed to [m.bittner@comcast.net](mailto:m.bittner@comcast.net). Thank you.

**Your generous financial donations** are imperative during the summer months. Please make sure to give regularly and consistently to the Church to allow us to meet expenses and keep our plans to grow in the future. May God richly bless you for your generosity.

**Mark your Calendar** – St Nicholas Picnic is back! Sunday, September 20<sup>th</sup> at Robinson Park. More information is forthcoming. We are seeking leaders to help chair various aspects of the picnic. Please see Michelle Bittner if you can help, as soon as possible!

**The Annual Archdiocesan Family Day** will be held on Sunday, August 16<sup>th</sup> beginning at 3:30 PM at the Archdiocesan Center in Cranberry Township. (See flier in today's bulletin.) Help is needed for setup on Friday, August 14<sup>th</sup> at 10:00 AM for breakdown Sunday after the picnic and for donating baked goods. Contact Lory Nescott (412-367-8264 or [lorynescott@gmail.com](mailto:lorynescott@gmail.com)) for more information. There are also tickets available for a drawing to be held on Sunday, August 16<sup>th</sup> (\$2 per ticket or 3 for \$5.)

**The Pennsylvania Labor History Society** will hold a commemoration of the 100<sup>th</sup> anniversary of the Pressed Steel Car Strike on Friday, August 21<sup>st</sup> and Saturday, August 22<sup>nd</sup>. A program of events has been posted on the bulletin boards both upstairs and downstairs. An ecumenical commemoration service will be held at St Mary Ukrainian Orthodox Church (one block away on Ella Street) at 10:00 AM on Saturday. For more information please see Jack Saban.

**Vigil Light Donations** (Please keep the following people in your prayers) **From Helen Cobb** for the departed servants, Ray Cobb, Fr. Vladimir & Mat. Olga, Darius Walat; for the health of George, Ruth, Vic, Todd, Aleisha, Dick, Jared, Helen March Shancey, Stephanie Kowal, the Tichy, Fuller, Kasnot, Speth, Wasilko, Barsom, Soroka and Mell families. **From Alexandria Tirpak** for the departed servants, (parents & grandparents) Amelia & John, Marie & Nicholas, Ann & Frank, (brother & nephew) Nicholas & Nicholas, Fr. Vladimir & Fr. Joseph; for the health of (children) Amelia, Andrea & Richard and their families, community of St. Nicholas, men & women serving our country; special intentions. **From John Kowalcheck** for the health of Carol Ann Kowalcheck. **From John & Carol Kowalcheck** for the health & salvation of our family. **From Carol Kowalcheck** in thanksgiving for God's great and rich mercy. **From Charles A. Wasilko** for the departed servant, Very Rev. Vladimir Soroka; for the health of Godmother, Carol Daniels and Christina Jonkhoff. **From Marsha Wasilko** for the departed servant, Fr. Vladimir; for the health of the Wasilko family. **From Doris M. Wasilko** for the departed servants, (parents) Charles & Mary; for the health of the Wasilko family, Carol Kowalcheck, Christina Jonkhoff and Mary Kubican. **From Christopher & Nadia Eckert** for the health of Adelaide.

Come to **Vacation Church School 2009**  
and celebrate

# OLD testament

# Heroes

at

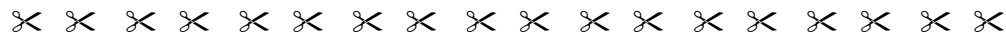
**St Nicholas Orthodox Church**

320 Munson Avenue  
McKees Rocks, PA  
www.stnicholas-oca.org

*Learning! Activities! Arts and Crafts! Games! Prayer! Fun!*  
for students from Pre-School to Grade 6

from Tuesday, August 18<sup>th</sup> to Thursday, August 20<sup>th</sup>, 2009  
6:00 PM to 8:30 PM

**Cost \$10 per student**



Student Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Shirt Size \_\_\_\_\_

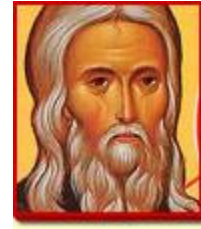
Student Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Shirt Size \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Phone number during VCS hours \_\_\_\_\_ Email address \_\_\_\_\_

Yes! I can volunteer to help with VCS! \_\_\_crafts \_\_\_food \_\_\_games \_\_\_anything

(circle days available)      Tuesday      Wednesday      Thursday



**Today we celebrate the glorification of St Herman of Alaska, North America's first Saint.**

### FATHER HERMAN'S WAY OF LIFE

Father Herman himself spaded the garden, planted potatoes and cabbage and various vegetables in it. For winter, he preserved mushrooms, salting or drying them. The salt was obtained by him from ocean water. It is said that a wicker basket in which the Elder carried seaweed from the shore, was so large that it was difficult for one person to carry. The seaweed was used for fertilizing the soil. But to the astonishment of all, Father Herman carried a basket filled with seaweed for a long distance without any help at all. By chance his disciple, Gerasim, saw him one winter night carrying a large log which normally would be carried by four men; and he was bare footed. Thus worked the Elder, and everything that he acquired as a result of his immeasurable labors was used for the feeding and clothing of orphans and also for books for his students.

His clothes were the same for winter as for summer. He did not wear a shirt; instead he wore a smock of deer skin, which he did not take off for several years at a time, nor did he change it, so that the fur in it was completely worn away, and the leather became glossy. Then there were his boots or shoes, cassock (podrasnik), an ancient and faded out cassock (riasa) full of patchwork, and his headdress (klobuk). He went everywhere in these clothes, and at all times; in the rain, in snowstorms, and during the coldest freezing weather. In this, Father Herman followed the example of many Eastern Ascetic Fathers and Monks who showed the greatest concern for the welfare and needs of others. Yet, they themselves wore the oldest possible clothes to show their great humility before God, and their contempt for worldly things.

A small bench covered with a time-worn deerskin served as Father Herman's bed. He used two bricks for a pillow; these were hidden from visitors by a skin or a shirt. There was no blanket. Instead, he covered himself with a wooden board which lay on the stove. This board Father Herman, himself called his blanket, and he willed that it be used to cover his remains; it was as long as he was tall. "During my stay in the cell of Father Herman," writes the creole Constantine Larionov, "I, a sinner, sat on his 'blanket'-and I consider this the acme of my fortune!" ('creole' is the name by which the Russians referred to the children of mixed marriages of native Indians of Alaska, Eskimo and Aleuts with Russians.)

On the occasions when Father Herman was the guest of administrators of the American Company and in the course of their soul-saving talks he sat up with them until midnight. He never spent the night with them, but regardless of the weather he always returned to his hermitage. If for some extraordinary reason it was necessary for him to spend the night away from his cell, then in the morning the bed which had been prepared for him would be found untouched; the Elder not having slept at all. The same was true in his hermitage where having spent the night in talks, he never rested.

The Elder ate very little. As a guest, he scarcely tasted the food, and remained without dinner. In his call his dinner consisted of a very small portion of a small fish or some vegetables.

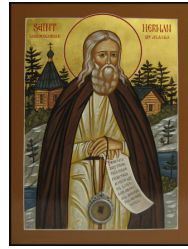
His body, emaciated as a result of his labors, his vigils, and fasting, was crushed by chains which weighed about sixteen pounds. These chains are kept to this day in the chapel.

Telling of these deeds of Father Herman, his disciple, the Aleut Ignaty Aligyaga, added, "Yes, Apa led a very hard life, and no one can imitate his life!" (Apa, Aleutian word means eider or grandfather, and it is a name indicative of the great affection in which he was held).

Our writing of the incidents in the life of the Elder deal, so to speak, with the external aspects of his labor. "His most important works," says the Bishop Peter, "were his exercises in spiritual endeavor in his isolated cell where no one saw him, but outside the cell they heard him singing and celebrating services to God according to the monastic rule." This witness of the Bishop is supported by the following answers of Father Herman, himself, "How do you manage to live alone in the forest, Father Herman? Don't you ever become lonesome?" He answered, "No I am not there alone! God is here, as God is everywhere. The Holy Angels are there. With whom is it better to talk, with people, or with Angels? Most certainly with Angels."

# St Nicholas Orthodox Church

320 Munson Avenue  
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A parish of the Orthodox Church in America  
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August 9, 2009

## Ninth Sunday after Pentecost Postfeast of the Transfiguration of Christ

### **Tone 8** Troparion of the Resurrection

Thou didst descend from on high, O Merciful One!  
Thou didst accept the three day burial to free us from our sufferings!  
O Lord, our Life and Resurrection: Glory to Thee.

### **Tone 7** Troparion of the Feast

Thou wast transfigured on the mount, O Christ God,  
Revealing Thy glory to Thy disciples as far as they could bear it.  
Let Thine everlasting light shine upon us sinners!  
Through the prayers of the Theotokos, O Giver of Light, glory to Thee!

### **Tone 7** Troparion of St Herman of Alaska

Joyful North Star of the Church of Christ,  
guiding all people to the Heavenly Kingdom;  
teacher and apostle of the True Faith;  
intercessor and defender of the oppressed;  
adornment of the Orthodox Church in America:  
blessed Father Herman of Alaska,  
pray to our Lord Jesus Christ for the salvation of our souls!

### **Tone 3** Kontakion of St Herman of Alaska

Joyful North Star of the Church of Christ,  
guiding all people to the Heavenly Kingdom;  
teacher and apostle of the True Faith;  
intercessor and defender of the oppressed;  
adornment of the Orthodox Church in America:  
blessed Father Herman of Alaska,  
pray to our Lord Jesus Christ for the salvation of our souls!

### **Tone 7** Kontakion of the Feast

On the mountain wast Thou transfigured, O Christ God,  
and Thy disciples beheld Thy glory as far as they could see it;  
so that when they would behold Thee crucified,  
they would understand that Thy suffering was voluntary,  
and would proclaim to the world,

that Thou art truly the Radiance of the Father!

### **Tone 8** Prokeimenon of the Sunday (Psalm 76)

Pray and make your vows before the Lord our God!

### Epistle (I Corinthians 3:9-17)

For we are God's fellow workers; you are God's field, you are God's building. According to the grace of God which was given to me, as a wise master builder I have laid the foundation, and another builds on it. But let each one take heed how he builds on it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if anyone builds on this foundation with gold, silver, precious stones, wood, hay, straw, each one's work will become clear; for the Day will declare it, because it will be revealed by fire; and the fire will test each one's work, of what sort it is. If anyone's work which he has built on it endures, he will receive a reward. If anyone's work is burned, he will suffer loss; but he himself will be saved, yet so as through fire.

Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

### Gospel (Matthew 14:22-34)

Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away. And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary.

Now in the fourth watch of the night Jesus went to them, walking on the sea. And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear.

But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid."  
And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water."

So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!"

And immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased.  
Then those who were in the boat came and worshiped Him, saying, "Truly You are the Son of God."

### Communion Hymns

Praise the Lord from the heavens! Praise Him in the highest! O Lord, we shall walk in the light of Thy countenance, and exult in Thy name forever! The righteous shall be in everlasting remembrance. He shall not fear evil tidings.

*While Holy Communion is reserved for Orthodox Christians who prepare themselves by prayer and fasting, non-Orthodox visitors are welcome to come forward to venerate the cross and receive the Antidoron (blessed bread) at the conclusion of the service. Please join us downstairs for coffee hour following the Divine Liturgy.*