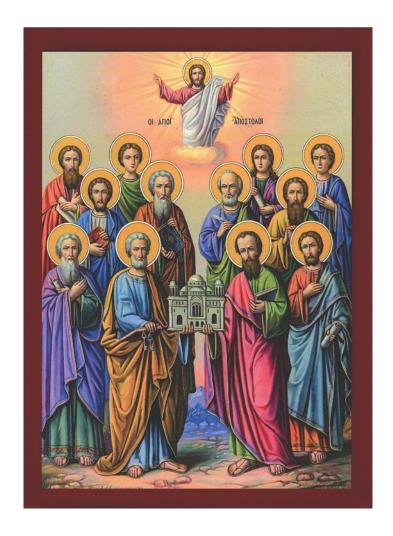
## HOLY ANGELS BYZANTINE CATHOLIC CHURCH



June 30, 2024

# 6th Sunday after Pentecost

Apodosis of Sts. Peter and Paul:

Synaxis of the Gwelve Moly, Glorious and All-Praiseworthy Apostles: Ghe Falling Asleep of the Blessed Confessor Vasyl Vsevolod Velychkovsky, secret Bishop: Ghe Falling Asleep of the (Darty and priest Zenon Kovalyk

## June 30, 2024

#### Schedule of services for the week of July 1 – July 7

Thursday, July 4 5:00 PM	<ul> <li>Our Holy Father Andrew the Jerusalemite, archbishop of Crete; Our Venerable Mother Martha, mother of the Holy Symeon of the Wondrous Mountain; Our Venerable Father Procopius of Sazava</li> <li>Moleben</li> </ul>
Saturday, July 6 9:00 AM 4:00 PM 5:00 PM	<ul> <li>Our Venerable Father Sisoes the Great</li> <li>Divine Liturgy and Panachida; + Harry Engel, req: Paul Washicko</li> <li>Confessions</li> <li>Great Vespers</li> </ul>
7:30 AM 9:00 AM	<ul> <li>7th Sunday after Pentecost; Our Venerable Fathers Thomas of Mount Maleum, and Acacius, who is mentioned in "The Ladder."</li> <li>Matins</li> <li>Divine Liturgy</li> </ul>

"Son, be of good cheer! Your sins are forgiven!" The faith of the friends of the paralytic brought healing and forgiveness. All of us can do the same in our own lives. Priests, deacons, monks and nuns are especially called to do this in the Church for the life of the world. If this may be something God is calling you or someone you know to consider, contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org

#### O Physician of Souls and Bodies, we pray for:

Pope Francis, Barbara Alexander, Maria Amaro. Peter Andre, Fr. Christopher Andrews, Harry and Virginia Bowden, Kim Camplisson, Fr. Andriy Chirovsky, Julia Camberos, Dennis Cline, Amy Cohn, Vivian Corr, Maria Cruz, Joe Danscuk, Fr. Daniel Dozier, Gabriel Espedal, Ana Fandrey, Karen Foto, Christine Galgano, Janet Greenwell, Deborah Harris, Michael Havens, Martha Hill, Karen Horn, Doris Huber, Rebecca Huber, Melissa Hunter, Taylor Kessler, Jamie Kohanyi, Juan Pauli Martin, Mila Mina, Linda Moffit, Lopez. Maryann Nagrant, Margaret Nguyen, Julia Ohnvsty, Genevieve Paquette, Sylvia Pasnak, Fr. Lee Perry, Anthony Porrello, Nina Porrello, Petter Porrello, Margaret Raya, Maha Salazar, Karen Simonich, Debbie Stark, Tava Tomc, Hong Truong, Pat Walsh, Maria Zhukova, Gianna, Nicole, Subdon Eddie and his wife Viane.

#### **EPARCHIAL APPEAL CONTINUES**

The goal for our parish is \$25,210.00. We ask all members of our parish to help contribute to the appeal. You will receive a large envelope with the Bishops letter and list of goals for the parishes of our Eparchy. If we make our goal 10% will come back to our parish and if we exceed our goal we will receive it back. Do whatever you can to help our Eparchy to do Christ's work!

We have 72 registered household so the average per household is \$350.00

If you cannot give the full amount, please give what ever you can so that we can have 100% participation.

#### Goal Reached!

We have met our Goal! Our current total now stands at: \$25,930.93 which is 103% of our goal.

#### **July Birthdays**

Jared Bitsko, Mila Deane, John Florko, Karl-Gregorij Jorgensen, Gabriel Kohanyi, Jessica Steinberg

Many blessed years!

Did I miss a birthday? Please let me know.

#### Mark your calendars - Thursday, July 4



Holy Angels traditional Moleben, barbecue, games, fireworks viewing, and *Smores*. We will also have a "Bouncy House" for the kids.

# THE MARK OF AN EFFECTIVE CHURCH IS NOT HOW MANY PEOPLE COME

HOW MANY PEOPLE WHO LIVE DIFFERENTLY AS A RESULT OF HAVING BEEN THERE.



Metropolitan Anthony Bloom (1914-2003) was once asked, "What shall we do with children in church? They interfere with our prayers."

He replied, "When you begin to pray, they will stop bothering you."

### Visit of the Relic of St. Jude!

This is an exciting opportunity for our parish!

We need all the help that we can muster to make this a success. There is a need for 54 volunteers throughout the day.

There are many volunteer opportunities but since this is a weekday (Tuesday) this presents additional challenges for volunteers. Please contact Fr. James or Angie Bitsko for more information.

#### From the Catechism "Christ our Pascha"

#### The Holy Mystery of Repentance

- 449. The Holy Mystery of Repentance (or Confession) is a marvelous manifestation of God's love and mercy towards us sinners. This is because the Lord does not reject us and does not turn away from us when we, having been washed of our sins in Baptism and endowed with divine grace, sin again through malice or weakness. Indeed, the Lord awaits our repentance. He forgives us if we repent and confess our sins (see Lk 15:12-32).
- 450. In the celebration of the Holy Mystery of Repentance, the Church actualizes the words of the Lord to the apostles: "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained" (Jn 20:22-23). Every priest continues the apostolic ministry in the Mystery of Repentance when he absolves the faithful of their sins and reconciles them with the Church. The priest pronounces the prayer of absolution (the loosing from the bondage of sin) and every penitent thereby receives Christ's forgiveness.

# Synaxis of the Holy, Glorious and All-Praised Twelve Apostles Commemorated on June 30

The Synaxis of the Glorious and All-Praiseworthy Twelve Apostles of Christ appears to be an ancient Feast. The Church honors each of the Twelve Apostles on separate dates during the year, and has established a general commemoration for all of them on the day after the commemoration of the Glorious and First-Ranked among the Apostles Peter and Paul.

The holy God-crowned Emperor Constantine the Great (May 21) built a church in Constantinople in honor of the Twelve Apostles. There are instructions for celebrating this Feast which date from the fourth century. For lists of the Apostles' names, see: Mt.10:2, Mark 3:14, Luke 6:12, Acts 1:13, 26.

The holy, glorious, all-laudable Apostle Andrew the First-called is also commemorated on November 30. He was the brother of Saint Peter (June 29).

The holy, glorious, all-laudable Apostle James is also commemorated on April 30. He and his brother John are the sons of Zebedee, and were called "sons of Thunder" (Mark 3: 17).

The holy, glorious, all-laudable Apostle and Evangelist, virgin, and beloved friend of Christ, John the Theologian is also commemorated on September 26 and May 8. He and his brother James are the sons of Zebedee, and were called "sons of Thunder" (Mark 3:17).

The holy, glorious, all-laudable Apostle Philip is also commemorated on November 14.

The holy, glorious, all-laudable Apostle Bartholomew is also commemorated on June 11 and August 25.

The holy, glorious, all-laudable Apostle Thomas is also commemorated on October 6 and on the Sunday after Pascha.

The holy, glorious, all-laudable Apostle and Evangelist Matthew is also commemorated on November 16.

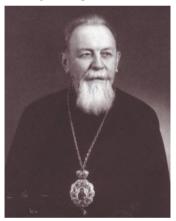
The holy, glorious, all-laudable Apostle James, the son of Alphaeus, is also commemorated on October 9.

The holy, glorious, all-laudable Apostle Jude is also commemorated on June 19. He is also known as Thaddeus (but should not be confused with Saint Thaddeus of the Seventy, who is commemorated on August 21), and was the brother of Saint James (October 23).

The holy, glorious, all-laudable Apostle Simon the Zealot is also commemorated on May 10.

The holy, glorious, all-laudable Apostle Matthias is also commemorated on August 9.

#### Worthy Acting Head



Bishop and Martyr Vasyl (Velychkovsky) was born 1 June 1903 in Ivano-Frankivsk. In 1920 he entered the seminary in Lviv. In 1925 in Holosko, near Lviv, he took his first religious vows in the Order of the Most Holy Redeemer and was ordained a priest. Fr. Vasyl became a missionary in Volyn. In 1942 he became the hegumen (prior) of the monastery in Ternopil, where he was arrested in 1945. He was then taken to Kyiv. His death sentence was soon commuted to ten years of imprisonment and hard labor. He returned to Lviv in 1955, where he continued his pastoral work. In 1963 he was secretly ordained an archbishop in a Moscow hotel by Metropolitan Josyf (Slipyj), who, on his way to exile in

Rome, passed Bishop Vasyl the responsibility for the catacomb Church. Predicting his own possible arrest, he ordained new underground bishops in 1964, among whom was his successor, Archbishop Volodymyr (Sterniuk), who eventually led the Church out of the underground. In 1969 Bishop Vasyl was arrested a second time but after three years of imprisonment he was deported outside the USSR. He died in Winnipeg, Canada on 30 June 1973 as a consequence of serious heart disease which began when he was in prison.

#### Fearless preacher

Priest and Martyr **Father Zenoviy** (**Kovalyk**) was born on August 18, 1903 in the village of Ivakhiv near Ternopil. He entered the Congregation of the Redemptorists and on 28 August 1926 he made his religious vows. His philosophical and theological education was received in Belgium. He returned to Ukraine and on 4 September 1937 was ordained to the priesthood. He served as a missionary in Volyn. On 20 December 1940 he was arrested in church while giving a homily. After terrible tortures he was murdered by the Communists in a mock crucifixion against a wall in a prison on Zamarstynivska Street, in Lviv in June 1941.



He died a martyr for the faith.

"[His] sermons made an incredible impression on the listeners. But in the prevailing system of denunciations and terror this was very dangerous for a preacher. So I often tried to convince Father Kovalyk ... that he needed to be more careful about the content of his sermons, that he shouldn't provoke the Bolsheviks, because here was a question of his own safety. But it was all in vain. Father Kovalyk only had one answer: 'If that is God's will, I will gladly accept death, but as a preacher I will never act against my conscience."— From the memories of Yaroslav Levytskyi

#### HOW TO PROPERLY FORM A CHRISTIAN CONSCIENCE

By Hieroschemamonk Ambrose (adapted)

A proper Christian conscience is created by the grace of our Lord Jesus Christ acting within us. It is difficult to form this conscience. But once a Christian acquires it, an alarm is sounded in his heart and mind whenever he comes close to improper actions, lack of charity toward others, false ideas, and deviations from the holy traditions of the Christian Fatih.

Here are the ways in which we can cooperate with God's grace and form this conscience within ourselves:

1. We are to have much love for our Saviour, with all our heart, mind, soul, and strength. We are not to divide our love between God and the world. For a beginner this means that when

we pray we should struggle mightily to concentrate and avoid distractions: we are to be wholly in God. Furthermore, as St. John of Kronstadt teaches:

"Love for God begins to manifest itself, and to act in us, when we begin to love our neighbor as ourselves, and not to spare ourselves or anything belonging to us for him, as he is the image of God: for he that loveth not his brother whom he hath seen, how can he love God Whom he hath not seen? (I John 4:20)."

St. John says that this is the only love which is real, and lasting:

"The purer the heart becomes, the larger it becomes; consequently it is able to find room for more and more loved ones; the more sinful it is, the more it contracts; consequently it is able to find room for fewer and fewer loved ones-it is limited by a false love; self-love."

2. We must pray often, both at church and at home. St. Gregory of Sinai says that the great gift which God gives us in Holy Baptism is buried by us, just as a treasure is buried in the ground – "and common sense and gratitude demand that we should take good care to unearth this treasure and bring it to light." One of the most important ways to do this is by acquiring the habit of prayer. Blessed Theophan the Recluse explains further:

"Those who only hear about spiritual meditation and prayer and have no direct knowledge

[experience] of it are like men blind from birth, who hear about the sunshine without ever knowing what it really is. Through this ignorance they lose many spiritual blessings, and are slow in arriving at the virtues which make for the fulfillment of God's good pleasure."

3. We must carefully read and study Holy Scripture. Although many saints had the habit of reading through the entire Psalter and New Testament every week, we should at least read the Gospel and Epistle appointed in the Church Calendar for each day. According to St. Seraphim of Sarov, "It is very profitable 'to occupy oneself: with the reading of the word of God in solitude, and to read the whole Bible intelligently ... in order that the whole mind of the reader

might be plunged into the reader of Holy Scripture, and that from this he might receive warmth."

4. Attendance at Divine Services and frequent reception of Holy Communion is vital to the development of a proper conscience. Of this, St. John of Kronstadt writes:

"The Divine Liturgy is truly a heavenly service on earth, in which God Himself, in a particular, immediate, and most close manner is present and dwells with men .... There is on earth nothing higher, greater,

more holy, than the Liturgy; nothing more solemn, nothing more life-giving."

St. Tikhon of Zadonsk observed: "The Christians of old frequently received communion as the cause and food of immortality, wherefore even up to our own time the Holy Church daily exhorts us to 'draw near with fear of God and with faith'. At the present day people have neither, as the facts abundantly prove; only once a year, and even then almost under compulsion, do they approach the Table of Immortality .... Men hasten joyfully to banquets, but to this spiritual and most Sacred Table to which Christ invites them they come under compulsion."

5. We should read the writings of the Holy Fathers of the Church and the Lives of the Saints.

Blessed Theophan the Recluse explained this to one of his spiritual children in the following way:

"The spiritual life is a special world into which the wisdom of men cannot penetrate ... This is a subject which embraces much and is lofty and sweet to the heart .... If you seriously desire to enter onto this path, then you won't have time to turn to the study of other subjects .. for human philosophizing cannot even be compared with spiritual wisdom."

Therefore, if we wish to learn ways that are pleasing to God, it stands to reason that we will set aside time in order to study the writings and lives of those who have drawn close to Him while still in this life, for according to St. John of Kronstadt there are rich and poor in the spiritual world just as there are in worldly society:

"As the poor ask charity of the rich, and cannot live without help from them, so also in the spiritual order the poor must have recourse to-the rich. We are the spiritually poor, whilst the saints, and those who shine even in this present life by their faith and piety, are the spiritually rich. It is to them that we needy ones must have recourse."

**6.** We are to practice the presence of God in our daily life. St. John of Kronstadt explains it in this way:

"Believe that God sees you as undoubtedly as you believe that anyone standing face to face with you sees you, only with this difference, that the Heavenly Father sees everything that is in you, everything that you are .... God is nearer to us than any man at any time. Therefore we must always set God before us, at our right hand, and there behold Him; we must be strong, and in order not to sin we must so place ourselves that nothing can thrust God from our thoughts and hearts, that nothing can hide Him from us, that nothing may deprive us of our beloved Lord, but that we may every hour, every minute, belong to Him, and be perpetually with Him, as He Himself is perpetually with us, as He constantly cares for us and quards us".

7. We should often, if not daily, examine our souls and repent of the sins we find there. St. Mark the Ascetic writes: "The conscience is nature's book. He who applies what he reads there experiences God's help." Thus, Elder Macarius of Optina wrote in a letter of spiritual direction:

"The Lord calls to Him all sinners; He opens His arms wide, even to the worst among them. Gladly He takes them in His arms, if only they will come. But they have got to make the effort of coming. They must seek Him, go to Him. In other

words, they must repent. It is not He that rejects those who do not repent. He still longs for them, and calls them. But they refuse to hear His call. They choose to wander away, in some other direction." Therefore, St. John of Kronstadt explains: "Conscience in men is nothing else but the voice of the omnipresent God moving in the heart-the Lord knows all .... Watch your heart throughout your life; examine it, listen to it, and see what prevents it from uniting itself with the Lord. Let this be your supreme and constant study .... Examine yourself more often; see where the eyes of your heart are looking."

And then, as Blessed Theophan the Recluse counsels:

"Repent, and turn to the Lord, admit your sins, weep for them with heartfelt contrition, and confess them before your spiritual father." St. Hesychios the Priest tells us that according to St. Basil the Great, "a great help towards not sinning and not committing daily the same faults is for us to review in our conscience at the end of each day what we have done wrong and what we have done right. Job did this with regard to both himself and to his children [cf. Job 1:5], These daily reckonings illumine a man's hour-by-hour behaviour."

**8. Struggle mightily to avoid judging others.** God alone has the right to judge, for as St. Tikhon of Zadonsk says:

"Do not judge others, for you cannot know what is inside the other man. Do not condemn, for he may still rise whilst you may fall. Beware of even talking about others, lest you start judging them. Enquiring into other people's sin is a curiosity hateful to God and man ... because, by judging, man usurps the powers of the only judge, Christ .... Above all, when judging another we cannot know whether perchance he has not already

If we are willing to arrange our lives in the above manner, resolving not to withdraw from this holy labor even if it means suffering and also death, then, from the very moment that we begin, grace starts to flow into us, according to Blessed Theophan the Recluse:

repented and been forgiven by God."

"The help of God is always ready and always near, but is only given to those who seek and work."

#### **Holy Angels Byzantine Catholic Church**

2235 Galahad Road San Diego, CA 92123-3931 Fr. James Bankston, Administrator Fr. Deacon Jonathan A. Deane

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Social Hall/Ethnic Foods: 858-268-3458

Email: PastorHASD@gmail.com

Website: www.HolyAngelsSanDiego.com

Facebook: Holy Angels Byzantine Catholic Church

#### **Parish Advisory Council:**

Bruce Bitsko, Nelson Chase, Fr. Deacon Jonathan Deane, Joel Espedal, Janet Greenwell, Daniele Laman, Olena Bankston

#### **Finance Council:**

Al Aparicio, Fr. Deacon Jonathan Deane, Bob Greenwell, Paul Washicko

#### Bless, O Lord, the worship and Stewardship of your faithful servants:

Adult tithes: \$864.00; Church Usage: \$200.00; Peter's Pence: \$110.00 Non-Parishioner: \$30.00;

Total: \$1204.00

Vocation Icon: This week: Chase Family Next week: John Barnes

Please sign up in the narthex to host the vocation icon.

#### THE BYZANTINE CATHOLIC EPARCHY OF PHOENIX

SUBSCRIBES TO THE

Charter for the Protection of Children and Young People

adopted by the United States Catholic Conference of Bishops.

The Eparchy, within all its parishes, institutions and programs, is committed to assuring a safe environment in ministry for its children and vulnerable adults that conforms to the Charter for Protection of Children and Young People.

For additional information regarding the eparchial Safe Environment Program or to report any incidents of concerns, please contact:

Fr. Dcn. Michael Hanafin Victim Assistance Coordinator Cell: (480) 307-5182 - - email: vac@ephx.org

- Or -

Sbdcn. Paul F. Kilroy Safe Environment Program Coordinator Office: (602) 861-9778 ext. 204 - Cell: (480) 745-0316 email: sbdcnkilroy@ephx.org