

HOLY ANGELS BYZANTINE CATHOLIC CHURCH



July 20, 2025

Sixth Sunday after Pentecost:
The Holy and Glorious Prophet Elias

July 20, 2025

Schedule of services for the week of July 21- July 27

Saturday, July 26 – *The Holy Hieromartyr Hermolaus and his Companions: Hermippus and Hermocrates, presbyters in Nicomedia*

9:00 AM – Divine Liturgy

4:00 PM – Confessions

5:00 PM – Great Vespers

Sunday, July 27 – *Seventh Sunday after Pentecost; The Holy Great Martyr and Healer Panteleimon*

8:40 AM – 3rd Hour

9:00 AM – Divine Liturgy

For all parishioners

O Physician of Souls and Bodies, we pray for:

Barbara Alexander, Maria Amaro, Janice Andre, Peter Andre, Fr. Christopher Andrews, Fr. James Babcock, Kim Birdsall, Harry and Virginia Bowden, Julia Camberos, Kim Camplisson, Fr. Andriy Chirovsky, Dennis Cline, Amy Cohn, Vivian Corr, Maria Cruz, Joe Danscuk, Ron Duffy, Gabriel Espedal, Ana Fandrey, Mary Fernandez, Karen Foto, Christine Galgano, Janet Greenwell, Robert Greenwell, Deborah Harris, Michael Havens, Martha Hill, Laura Hom, Doris Huber, Rebecca Huber, Gavin Hudspeth, Melissa Hunter, Kareen Ignacio, Taylor Kessler, Jacob, Jamie Kohanyj, Pauli Martin, Taleen Matrick, Mila Mina, Maryann Nagrant, Julia Ohnysty, Genevieve Paquette, Sylvia Pasnak, Fr. Lee Perry, Anthony Porrello, Nina Porrello, Fr. Robert Rankin, Margaret Raya, Michael Raya Jr. Rosemary Raya, Wyatt Russell, Ryne, Gretchen Sharpe, Karen Simonich, Debbie Stark, Sgt. Danny Tobin, Tava Tomc, Hong Truong, Pat Walsh, Maria Zhukova, Mark Zimmer, Gianna, Nicole, Subdcn Eddie and his wife Viane.

Please check out the Sunday Social Sign-up sheet in the hall. We are seeing a possibility of only coffee/juice at some socials without donors. We also need weekly Hosts. There is also a great need for clean up volunteers.

Please see Janet to find out more.

"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 602-861-9778 or email: vocations@ephx.org

EPARCHIAL APPEAL

The goal for our parish is \$25,000. 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 78 registered households so the average per household is \$321.00

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

Matching Challenge!

We have met the challenge! With the addition of the \$10,000 match our current total is: \$20,630.90 which is 82.52% of our goal.

The 10 Commandments of Driving

- I. Always begin a trip with prayer, making the Sign of the Cross and entrusting yourself to the Lord.
- II. Don't drive distracted: Never drink and drive; Never text and drive; Never use your phone except in hands free mode.
- III. Never try to shorten the time of a trip. If you started out late, you will arrive late. Do not speed.
- IV. Apologize to a driver whom you have interfered with, even when you did not intend to. After all, when we are walking, and bump someone, we apologize without thinking. So why should there be a different ethic behind the wheel?
- V. Always yield way to someone who is in a great hurry, or is driving aggressively. If you do not yield, he will still pass you, but the situation will be more dangerous.
- VI. Give a wave of thanks to a driver who makes way for you.
- VII. Drive in such a way that you won't fear seeing a police car. Remember that God is watching, even if the police are not.
- VIII. Stay as far away as possible from cars that have dents or show signs of accidents. But be careful not to judge, or you may share in their misfortune.
- IX. Never speed up when another driver tries to pass you, or to get into your lane. Do not treat your neighbor in a way you do not want to be treated.
- X. After every trip, thank God for its safe completion. Be thankful after any trip, and not just a successful one. After all, almost always it could have been worse!



Blessing of Automobiles

O Lord our God, Who makes the clouds Your chariot and Who walks on the wings of the wind, Who has sent to Your servant, the Prophet Elias, a chariot of fire, Who has guided man to invent this (car, truck, motorcycle, etc.) which is as fast as the wind. We thank You for You have provided Your servants with this vehicle to serve their various needs. Therefore, O Master, pour out now upon it Your heavenly blessings; assign to it a guardian angel to preserve it from all evil. And as You granted faith and grace by Your deacon Philip to the man from Ethiopia who was sitting in his chariot and reading holy Scripture, show the way of salvation to Your servants. So that helped by Your grace and always intent on doing good works, they may after all the trials of their pilgrimage on earth, attain to everlasting joys, through the intercessions of our Most-pure Lady, the Theotokos and Ever-Virgin Mary, by the power of the precious and life-giving Cross; through the prayers of the holy incorporeal Powers; of the Holy Glorious Prophet Elias; of St. Nicholas the Wonderworker, Archbishop of Myra in Lycia p and of all the Saints: For You are the Provider and Sanctifier of all things and to You do we ascribe glory, and to Your Only-begotten Son, and Your All-holy, good, and life-creating Spirit, now and ever and unto the ages of ages. Amen.

*This vehicle is blessed by the sprinkling of this Holy Water, in the Name of the Father, and of the Son, and of the Holy Spirit.
Amen.*

CONCERNING THE EFFECTS OF RECEIVING THE BODY AND BLOOD OF OUR LORD

There are at least four major benefits which may be expected after partaking of Christ's Body and Blood, namely:

1. Intimate union with Christ through His love.

Through this union we mingle with God and share with Him. As God is love, when we partake of Him through Holy Communion we become partakers of His love. It should be added that these Gifts from God are truly free. He compels no one to accept, just as in true love there is no compulsion, but absolute freedom to either accept or reject.

2. Strengthening of the body and soul.

Eating ordinary food only nourishes a person's body; but eating Christ's Flesh and Blood strengthens and nourishes both the body and soul. When the soul is nourished, a person is better able to live, grow and develop spiritually. This means that the ability to resist sin is greatly increased, thus enhancing the desire and capacity to be more virtuous, righteous, compassionate and considerate. We can be sure that this is so since Christ said: "I am the bread of life, he who comes to Me shall not hunger and he who believes in Me shall never thirst" (Jn 6:35), and then: "For My Flesh is true food and My Blood is true drink" (Jn 6:55).

With these statements Christ expounded the eternal nourishment value of His Flesh and Blood. Unlike ordinary food which only temporarily strengthens the body, true Divine food strengthens the soul eternally.

The strengthening effect of these Gifts, is another indicator of Christ's great love for us. Christ gave us certain Commandments to follow if we are able to inherit the Kingdom of Heaven. Scripture teaches that evil is spread through man by various demonic powers (Eph 6:12). Without Divine intervention man does not have the strength to fight these extremely powerful, fleshless creatures – as Christ said: "...for without Me you can do nothing" (Jn 15:5). Man alone does not have the strength to become perfect. Not wishing man to be condemned to hell, Christ nourishes us with His Body and Blood – giving us a Perfect Food with which to become perfect.

3. Preparation for eternal life with God.

Partaking in Communion prepares us to share with God, an eternally joyful life after the resurrection of the dead. Christ is God and therefore lives forever – by eating His Body and Blood, we are blended with Him and will likewise live forever. This is Christ's promise when He said: "He who eats My Flesh and drinks My Blood has eternal life; and I will raise him up on the last day" (Jn 6:54).

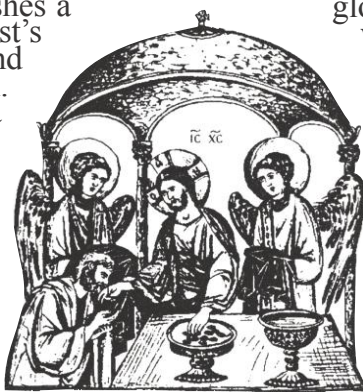
This "life" that Christ refers to is not related to the life here on earth, since it is obvious that all men "live" here, even nonChristians. Nor does He refer to "life" of the general resurrection. Rather, Christ refers to the

glorious life which some Christians will inherit as a reward for righteous living. How necessary it is for us to partake in Christ's Body and Blood; by being with Him, our souls are washed and transformed – made beautiful – then, after death, we would not expect punishment and hell, but the unspeakable rewards of the Heavenly Kingdom.

4. Unity through love with other Christians.

Christ has only one Body, by partaking of It, each and every one of us also becomes united into one body – the Body of Christ. Christ's love for us is made perfect in unity, since not only is it reciprocated between ourselves and Christ, but amongst ourselves as well. This is what Christ meant when He established the Church.

The Church is not a building, where people pray, it is the Body of Christ – a living organism, in which we all unite in love with Him and amongst ourselves, when we partake of Holy Communion (1 Cor 10:17). Christ is the head of His Body, the Church (Col 1:18). The Church is thus infallible, since Christ being God, is infallible; we can then be sure that our Divine nourishment can never be false or corrupted, even if those who perform this Sacrament are themselves imperfect or unworthy.



HOW TO PRAY WHEN YOU ARE NOT IN A GOOD MOOD

“When our soul’s not in a good mood and we can’t make prostrations, we should just say the Jesus prayer standing, or read or pray or do whatever we find appealing. When a child has no appetite, you can’t force him to eat. You give him whatever he wants. But afterwards, when he’s feeling better, you can feed him broccoli. That’s how it is with the soul. The whole heart has to participate in prayer. Spiritual labors need to come from the heart.”

– *Elder Paisios the Athonite*



ON THE SAINTS

St. Symeon the New Theologian

The Church is the body of Christ, His bride, the world to come, and the temple of God. The members of His body are all the saints. However, not all of the saints who will please God have yet appeared, nor yet is thus complete, nor the world to come yet filled. I say this about God's Church. There are, though, many unbelievers in the world today who will believe in Christ; many sinners and debauched who will repent and change their lives; many undecided who will be persuaded. There are many, a great many, up to the sound of the last trumpet, who will prove well-pleasing to God and who have not yet been born. All those who are foreknown by God must be born, come into being, before the world beyond our world, the world of the Church, of the first-born, of the heavenly Jerusalem, is filled up. Then shall the end come and the fullness of the body of Christ be complete.

A brother came to see Abba Macarius the Egyptian and said to him, ‘Abba, give me a word, that I might be saved.’ So the old man said to him, Go to the cemetery and swear at the dead.’

The brother went there, verbally abused them and threw stones at them; then he returned and told the old man about it. The latter said to him, ‘Didn’t they say anything to you?’

He replied, ‘No.’

The old man said, ‘Go back tomorrow and praise them.’ So the brother went away and praised them, calling them apostles, saints, and righteous men. He returned to the old man and said to him, ‘I have complimented them.’

And the old man said to him, ‘Did they say anything?’

The brother shook his head no.

Then Abba Macarius said to him, ‘You know how you insulted them and they did not reply, and how you praised them and they did not speak; so you too if you wish to be saved must do the same and become a dead man.

Like the dead, take no account of either the scorn of men or their praises, and you can be saved.’

Read this story and more on page 132 in *“The Sayings of the Desert Fathers”*

WHAT IS POSSIBLE WITH GOD’S GUIDANCE AND MAN’S GOODWILL

From the Writings of St. Augustine of Hippo

From the experience of his passionate youth, Blessed Augustine recognized the need for the soul to free itself from the enticements of the world before it could hope to grasp the things of the spirit. Much of his writing is devoted to exhorting his readers not to be conformed to the ways of the world: “With God’s guidance a man of good will can turn the troubles of this present life to the advantage of courage. Among abounding pleasures and temporal prosperity, he may prove and strengthen temperance. In temptations he may sharpen his prudence that he may not only be led into them, but may also become more vigilant and more eager in his love of truth which alone never deceives”.

ATTITUDES THAT ENABLE THE CHURCH TO GROW

"Church growth involves spiritual as well as numerical growth."

"Catholic Christianity is the faith for all mankind."

"As a steward, I must wisely manage the gifts God has given me and use them for the building up of the Church."

"I am called to work with Christ in reaching others."

"I want my parish to serve as the means by which others are brought to Christ and His Church."

"I must share God's love with others by sharing my faith with them."

"Evangelization is at the heart of the Church's life and experience."

"I am committed to Christ and His Church because I am convinced that He is truly the God and Savior of all."

"The Church is an organism made up of those who base their lives on Christ."

"I must help to make the Church more visible and to invite others to services and activities."

"Church growth begins with me."



... AND ATTITUDES THAT DON'T

"God is not concerned with how many members the Church has. All He cares about is quality."

"Eastern Christianity is just for 'our' people, not for everyone."

"Stewardship is just another gimmick to get more money out of the parishioners."

"God does not need me to make the Church grow."

"My parish exists to serve the needs of 'our people' and to preserve our heritage and culture."

"Religion is a private matter which I never discuss because I might offend someone else."

"Evangelization is a non-Catholic concept."

"Sure, I'm committed to the Church, after all, I pay my tithe."

"The Church is an organization made up of voting members."

"If outsiders are interested in the Catholic Church, they will take the initiative to find one."

"Church growth is not my concern."

Food for thought: Does my attitude enable Church growth?

All those requesting the Holy Mysteries of Initiation or Crowning must be registered parishioners for at least six months, attend Liturgical Services on Sunday and days of Precept, and support the work and growth of the parish.

Mysteries of Initiation: Requires Pre-Baptismal instruction. The Mysteries of Initiation are celebrated on Saturdays or Sundays within the Divine Liturgy. At least one sponsor must be a Catholic and the other a practicing Christian. Both sponsors must present documentation that they are in good standing with their church.

Mystery of Crowning: Requires Pre-Marriage instruction. Consult Fr. James at least six months prior to making wedding plans. Marriages cannot be celebrated during the fasting seasons of the Church.

Funerals: Contact Fr. James.

Liturgy, Panahida and Eternal Lamp Intentions: Schedule with Fr. James. It is “holy and wholesome thought to pray for the dead” (2 Maccabees 12:46) especially on the 9th and 40th days, and on the anniversary of their falling asleep in the Lord.

Holy Mystery of Confession: Confession is available Saturdays from 4:00 - 4:45 PM or by appointment.

Sick calls / Holy Anointing / Hospital Visits: Requested by parishioner, friend, or family. Call anytime in case of an emergency.

Please submit all Bulletin announcements to Fr. James for approval by Wednesday of each week.

Last Sunday’s bulletin is on our website and our Facebook page. There are several weeks of printed bulletins available in the narthex.

Office Hours: Fr. James is available for phone conversations Tuesday - Friday: 10AM - 5PM or call the office to schedule an in person meeting.

What is a First-Portion Giver?

A First-Portion Giver is a believer who offers a first-portion of his time, talent, and financial resources out of grateful recognition of the fact that all he has, he holds in trust from God.



TIME

A First Portion Giver offers a first portion of his *time*.

“Let us spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing. But let us encourage one another...”

Hebrews 10:24-25



TALENT

A First Portion Giver offers a first portion of his *talent*.

“There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord. There are different kinds of working, but the same God works all of them in all men.”

1 Corinthians 12:4-6



RESOURCES

A First Portion Giver offers a first portion of his *treasure*.

“Concerning the collection for the saints..., on the first day of the week, each one of you should set aside a sum of money in proportion to the income God has given you...”

1 Corinthians 16:2

Holy Angels Byzantine Catholic Church

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San Diego, CA 92123-3931

Fr. James Bankston, Administrator

Fr. Deacon Jonathan A. Deane

A parish of Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix

Bishop ARTUR (Bubnevych)

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Website: www.HolyAngelsSanDiego.com

Facebook: Holy Angels Byzantine Catholic Church

Parish Advisory Council:

Bruce Bitsko, Nelson Chase, Fr. Deacon Jonathan Deane, Joel Espedal, Bob Greenwell,
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: \$1510.00; Loose Change: \$75.25; Renovation Fund: \$500.00;; **Total: \$2085.25**

Vocation Icon:	This week:	Available
	Next week:	Huber Family

HOLY PROTECTION OF MARY 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. 205 - - Cell: (480) 745-0316
email: sbdcnkilroy@ephx.org