



3820 Moores Lake Rd.
Dover, FL 33527

In case of emergency: Call Father Harry Lisinbigler, (813) 406 – 2620. If there is no answer, leave a message. Then call Pani Carrie at (813) 451-9829



“Christ is in our midst!”
“He is and ever shall be!”

Schedule:

Sunday, July 3:

10:00 am Divine Liturgy:

Sunday, July 10:

10:00 am Divine Liturgy

Ven. Anthony of the Kiev Caves

Sunday, July 17:

10 am Divine Liturgy

Fathers of the 1st Six Ecumenical Councils

Royal Passionbearers, Tsar Nicholas and his family

Sunday, July 24:

10:00 am Divine Liturgy

Martyrs and Passionbearers Boris and Gleb

Sunday, July 31:

10;00 am Divine Liturgy

Forefeast Procession of the Life-giving Cross

Coffee Hour Update:

Coffee Hour will not have a sign up until after summer. Every Sunday will be a Pot Luck contribution for fellowship following Liturgy. Don't forget to plan for August 21, when Pot Luck will be Ukranian style foods for our fundraiser for Ukrania.

Supplies Needed: Wrapped snack items Drinks, paper supplies and plastic utensils are welcome if you cannot prepare a dish.

“The National Bird of Ukraine:
The White Stork”

A Message from Father Harry:

Guidelines for Holy Communion:

One remains a member in good standing of the Orthodox Church by regular and prepared participation in and reception of Holy Communion in the unity of the Christian Orthodox Faith.

Be Prepared! One of the first principles for partaking of Communion comes directly from Scripture:

--Whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a person examine himself, and so let him eat of the bread and drink of the cup. (Holy Scripture: 1 Cor. 11.27,28)

The following are proper points of examination that must be intact to receive in a proper manner:

General Conditions:

1. One must try to live a Christ-centered life, following the precepts of Scripture to the best of one's ability.
2. One must be a Baptized and Chrismated Christian that has been received into the Communion of the Orthodox Church.
3. One must believe in God the Father, the Son, and the Holy Spirit, adhering to the Creed and Scriptural precepts, and the efficaciousness of the Mysteries/Sacraments of the Church.

4. One must live a Christian life, abiding by God's commandments and repenting when one fails to do so.
5. One must not be living in a state of mortal or unrepented sin, of violating the Great or the Ten Commandments.

One must go preparedly (doing an examination of conscience first) to sacramental confession at least once a year, but preferably more often, such as during the four fast periods and at other times when sin has taken hold. One must not hold anything against another per Christ's precepts: "So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar. First go and be reconciled to your brother; then come and offer your gift. Reconcile quickly with your adversary, while you are still on the way to court. Otherwise, he may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison." (Matt. 5.23-25).

Strong's Greek: 1435. δῶρον (dóron) a gift, present, spec. a sacrifice

6. One must regularly pray and practice lovingkindness and justice (fairness) towards others, and repent when failing to do so. Repentance involves contrition, acknowledgement of wrongdoing, and acts of reparation toward one whom we have offended as much as possible, and periodic confession. All of the former acts of repentance required should be done before approaching for communion.

Specific Conditions:

Specific conditions for taking Communion are also governed by the Canons of the Church and include:

1. To partake of Communion on Sunday morning or any other morning Liturgy, one must be sober, fasting from the middle of the night before partaking for at least 9 hours, not eating or drinking anything until reception of Holy Communion in the

morning (the canons give dispensation to drink water to those who will be singing, but not during Liturgy itself). For those who are in ill health or need to eat something with medication, eat a small amount of fasting foods (no meat, etc.) that is enough to maintain health, but still restrained eating, and soberly. Pregnant women are exempt from fasting the Eucharistic fast.

2. Evening Liturgies on fast days such as Presanctifieds have different preparation, eating one midday meal (no meat and no alcohol), and collations (mini meals) as needed for health, but altogether no eating or drinking for four hours prior to Communion.

3. Regularly attending Church. The Canons state that those who, without a just cause (illness, travel, etc.), miss a month's worth of Church, must come preparedly to sacramental confession before returning to Communion.

4. Showing up on time. We are to arrive on time for Liturgy, but if we are late *must* be in Church to hear the Holy Gospel in order to take Communion. This is *unless there is an irregular legitimate delay beyond that*, including travel issues, if coming from work, or urgent family concerns (such as needs of small children, elderly, disabled, etc.) on a given Sunday or other day. The priest should be made aware of the need for repeated occurrences, since he is responsible before God for dispensing against the canons, and I am sure you would not want him to go to hell because you broke the rules and wanted him to do it anyway.

5. Those who work during a midweek Liturgy if coming directly may show up after the Gospel and still partake if otherwise prepared.

6. Periodic Confession during the periods of repentance (Nativity Preparation, Apostles' fast after All Saints, Dormition fast during August), but above all, Great Lent (i.e. BEFORE Lazarus Saturday).

7. No one in a state of mortal sin (generally speaking full violation of one of the ten commandments) should partake of Communion without first partaking of confession and fulfilling the spiritual acts of reparation for the restoration of the state of the soul.

8. Also one should practice fasting on some level (at least some restraint in eating) on most Wednesdays and Fridays throughout the year (with the exception of Fast-Free weeks). Those who live with non-Orthodox family or are travelling can still perhaps do one meal a day that is in accordance with fasting practices on these Wednesdays and Fridays.

Reader Schedule:

	<u>Reader</u>	<u>Backup</u>
July 03	Brian	SubDcn. Peter
July 10	Ellen	Brian
July 17	Linda	Ellen
July 26	SubDcn Joseph	Linda
July 03	Arlene	SubDcn Joseph

Counter Schedule:

July 3 - Nancy	Brian
July 10 - Tracy	Brian
July 17 - Ellen	Brian
July 24 - Cynthia	Brian
July 31 - Mike	Brian

Parish Council:

President: Brian Delp, (813) 763-5226
Vice President: Paula Karagounis, (813) 838-4554
Secretary: Rebecca Delp, (813) 7635225
Treasurer: Tom Moore, (813) 244-7670
Financial Secretary: Natalie Brennan (508) 272-0395
Member, Ellen Flynn, (863) 242-4865

News: A Church Directory is being planned. More information will be forthcoming.

Church Directory:

The church council is putting together a church directory. Forms are in the narthex for everyone to complete and bring back to church. Contact Ellen Flynn if you have and questions. (863) 242 - 4865.

**“National Flower of Ukraine:
The Sunflower”**

Outreach:

Over the summer months we will look forward to a fund raiser for Ukranian Refugee Relief. On August 21st we will have a potluck of all Ukranian Foods. Everyone is asked to dress in Ukranian style clothing or Ukranian colors (light blue and yellow). You may invite family and friends to join us. There will be no charge, but donations for the Ukranian Refugees will be appreciated. A special basket for donations will be available the Sunday before at Church and in the hall on the day of the event.

Some suggested food items to bring for potluck are:

- Beet salad
- Potato pancakes
- Perogies
- Kapusta
- Borsht
- Kielbasa
- Kielbasa and sauerkraut
- Stuffed cabbage
- Chicken Kiev
- Halushki
- Honey Cake
- Nut Roll

Prayer Corner:

Contact Cynthia Brown to add or delete names from the Prayer Corner lists. Cynthiaann36@live.com or (863) 223-6775.

Living: Please pray for the ailing: Pearl, (grandmother) Mike, Stella, Amanda, Darla, Trevor, Stacy, Bruce, Arlene, Vilma, Dan, John, Sherrie, Chuck, Rick, Tony, Avi, Michelle, Bradley, Jeffery, Reagan, Jana, Roy, Erin, Cynthia, Rebecca, Petya, Stephanie, Denise, Cletus, Steven, Nora, Keith, Kassey, Clay, and Alyssa.

Reposed : Please pray for the departed: Pavel, Subdeacon John, Jack, Nathaniel, PJ, and Vera.

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Prophet Ezekiel

Commemorated on [July 21](#)

[Troparion & Kontakion](#)

The Holy Prophet Ezekiel lived in the sixth century before the birth of Christ. He was born in the city of Sarir, and descended from the tribe of Levi; he was a priest and the son of the priest Buzi. Ezekiel was led off to Babylon when he was twenty-five years old together with King Jechoniah II and many other Jews during the second invasion of Jerusalem by the Babylonian king Nebuchadnessar.

The Prophet Ezekiel lived in captivity by the River Chebar. When he was thirty years old, he had a vision of the future of the Hebrew

nation and of all mankind. The prophet beheld a shining cloud, with fire flashing continually, and in the midst of the fire, gleaming bronze. He also saw four living creatures in the shape of men, but with four faces (Ez. 1:6). Each had the face of a man in front, the face of a lion on the right, the face of an ox on the left, and the face of an eagle at the back (Ez. 1:10). There was a wheel on the earth beside each creature, and the rim of each wheel was full of eyes.

Over the heads of the creatures there seemed to be a firmament, shining like crystal. Above the firmament was the likeness of a throne, like glittering sapphire in appearance. Above this throne was the likeness of a human form, and around Him was a rainbow (Ez. 1:4-28).

According to the explanation of the Fathers of the Church, the human likeness upon the sapphire throne prefigures the Incarnation of the Son of God from the Most Holy Virgin Mary, who is the living Throne of God. The four creatures are symbols of the four Evangelists: a man (St Matthew), a lion (St Mark), an ox (St Luke), and an eagle (St John); the wheel with the many eyes is meant to suggest the sharing of light with

all the nations of the earth. During this vision the holy prophet fell down upon the ground out of fear, but the voice of God commanded him to get up. He was told that the Lord was sending him to preach to the nation of Israel. This was the beginning of Ezekiel's prophetic service.

The Prophet Ezekiel announces to the people of Israel, held captive in Baylon, the tribulations it would face for not remaining faithful to God. The prophet also proclaimed a better time for his fellow-countrymen, and he predicted their return from Babylon, and the restoration of the Jerusalem Temple.

There are two significant elements in the vision of the prophet: the vision of the temple of the Lord, full of glory (Ez. 44:1-10); and the bones in the valley, to which the Spirit of God gave new life (Ez. 37:1-14). The vision of the temple was a mysterious prefiguring of the race of man freed from the working of the Enemy and the building up of the Church of Christ through the redemptive act of the Son of God, incarnate of the Most Holy Theotokos. Ezekiel's description of the shut gate of the sanctuary, through which the Lord God would enter (Ez. 44: 2), is a prophecy of the

Virgin giving birth to Christ, yet remaining a virgin. The vision of the dry bones prefigured the universal resurrection of the dead, and the new eternal life bestowed by the Lord Jesus Christ.

The holy Prophet Ezekiel received from the Lord the gift of wonderworking. He, like the Prophet Moses, divided the waters of the river Chebar, and the Hebrews crossed to the opposite shore, escaping the pursuing Chaldeans. During a time of famine the prophet asked God for an increase of food for the hungry.

Ezekiel was condemned to execution because he denounced a certain Hebrew prince for idolatry. Bound to wild horses, he was torn to pieces. Pious Hebrews gathered up the torn body of the prophet and buried it upon Maur Field, in the tomb of Sim and Arthaxad, forefathers of Abraham, not far from Baghdad. The prophecy of Ezekiel is found in the book named for him, and is included in the Old Testament.

St Demetrius of Rostov (October 28 and September 21) explains to believers the following concepts in the book of the Prophet Ezekiel: if a righteous man turns from righteousness to sin, he shall die for

his sin, and his righteousness will not be remembered. If a sinner repents, and keeps God's commandments, he will not die. His former sins will not be held against him, because now he follows the path of righteousness (Ez. 3:20; 18:21-24).

Halushki Recipe (Traditional Ukrainian Dumplings)

Course Main Course

Cuisine Ukrainian

Keyword Halushki, Halushki recipe, ukrainian dumplings

Prep Time 30 minutes

Cook Time 20 minutes

Total Time 50 minutes

Servings 12 Servings

Calories 371kcal

Ingredients

Halushki Dumplings

5 cups flour

1 tsp salt

4 eggs

1 cup lukewarm water

150 g Unsalted Butter for dough

Instructions

Halushki Dumplings

Prepare ingredients for the recipe.

Place the flour and salt in a large bowl. Make a little well in the middle. Place whisked eggs, water, and melted butter into it. Using a fork, work the ingredients together to form the dough. Finish up combining the ingredients by hand until you get a smooth, even texture.

Divide the dough into eight even pieces. On a floured surface, roll each piece into a long string. Dice each string into small pieces.

At this point, you can either freeze the raw dough for later use or move onto the next step to cook them.

Bring a pot of salted water to a boil. Toss in the raw dumplings and boil them until they float to the top.

Halushki Toppings

Gather the topping ingredients.

Dice mushrooms and sauté them in a buttered skillet for about 5 minutes. Dice the onions and add them to the skillet, cooking them until softened. Season with salt and pepper.

Stir in bacon pieces, sauté for 5 minutes.

Place dumplings into a nonstick skillet and add in sautéed mixture and butter. Cook until they turn golden brown.

Serve immediately and enjoy!