



Newsletter June 2017

Christ is in our midst!

St. Michael the Archangel Serbian Orthodox Parish

Saturday Vespers 6:00 PM Sunday Divine Liturgy 10:00 AM

Website: www.stmichaelshsv.org/

[Click here for St. Michaels Website Calendar](#)

Sunday, June 4th – Pentecost – Trinity Sunday

†8:45am Orthos
†10:00am Liturgy

Sunday, June 11th – Sunday of All Saints

†8:45am Orthos
†10:00am Liturgy

Wednesday, June 14th – Vespers

†6:00pm

Sunday, June 18th – Fathers of the Holy Mt Athos And Fathers Day

†8:45am Orthos
†10:00am Liturgy

Wednesday, June 21st – Vespers

†6:00pm

Thursday, June 25th –

†8:45am Orthos
†10:00am Liturgy

Wednesday, June 28th – Vespers

†6:00pm



[June 2nd & 3rd Church Retreat @ Monte Sano.](#)

Friday June 2nd – Vespers 6:00 pm followed by meal

Saturday June 3rd – Orthos 8:45 and Divine Liturgy at 10:00

BBQ Picnic following Divine Liturgy!

[Coffee Hour:](#) (* Apostles Fast)

June 4th – Bergantz

June 11th – Cox

*June 18th – Zarzaur

*June 25th – Ellis/Fontane

*July 2nd – Gulas

*July 9th – Haddock

July 16th – Hartley

July 23rd – Harwell/Couch

July 30th – Hogan/Schultz

Note: If you cannot be at church on your Sunday, please arrange to trade places with someone from the coffee hour list that can.

[Birthdays:](#)

1st – Father Gregory Schultz

2nd – Olga Gulas

3rd – Fr. Seraphim Joa

6th – Chris Sweeney

7th – Helen Bergantz

11th – Robbie Cox

15th – Tamara Huron

19th – Chase Baker

24th – Justin Novak

26th – Vicki Kendall

28th – Hal Pastrick

28th – Serena Harwell

30th – Leslie Hargrave

[Anniversaries:](#)

3rd – Hal & Vivienne Pastrick

12th – Joe & Helen Bergantz

25th – Marc & Kathy Couch

[Fr. Gregory is available for house blessings by appointment](#)

– Luke 10:5 “Whatever house you enter, first say, ‘Peace be to this house!’”

St. Michael's News

Lots happening in the merry month of May! We started off the month by receiving the Holy Fire from Jerusalem! Thanks to Rick & Adrienne Bowling and their family for bringing it to us courtesy of St. Elizabeth's Orthodox Church in Murfreesboro, TN. We also celebrated the baptism of Chris C. who's traveling abroad with his job. James Manley and Elena Meagher were his sponsors. Sadly, we said farewell to our parishioner, Ron Waskerwitz. He passed away peacefully at the age of 80 and we held a funeral service for him attended by his son Tim, sister Peggy and her husband Robert and Ron's good friend Sally as well as many St. Michael's parishioners. May his memory be eternal! The St. Michael Nature Club went on another hike to Green Mountain Nature Trail with the help of Marc and Kathy Couch. Fr. Gregory led a few prayers and gave a short talk on God and Nature in the outdoor chapel there.



The Apostle's Fast

Excerpted from an article on the St. Nino Orthodox Church website

Dear Brothers and Sisters,

The Holy Spirit has Descended! From Heaven to Earth! After celebrating the Great Feast of Pentecost, the Holy Church grants us a 'fast-free' week as we contemplate the joy of receiving the Holy Spirit with the Apostles and Disciples. One week from the Monday after Pentecost, we begin the Apostle's Fast, one of the four fasting seasons of the year. The following are some excerpts about the history of the Apostle's Fast to help guide us in this time:

The fast of the Holy Apostles is very ancient, dating back to the first centuries of Christianity. In his letter to Emperor Constance, St. Athanasius the Great (†373) writes: *"During the week following Pentecost, the people who observed the fast went out to the cemetery to pray."*

"The Lord so ordained it," says St. Ambrose (†397), "that as we have participated in his sufferings during the Forty Days, so we should also rejoice in his Resurrection during the season of Pentecost. We do not fast during the season of Pentecost, since our Lord Himself was present amongst us during those days ... Christ's presence was like nourishing food for the Christians. So too, during Pentecost, we feed on the Lord who is present among us. On the days following his ascension into heaven, however, we again fast."

St. Leo the Great (†461) says: *"After the long feast of Pentecost, fasting is especially necessary to purify our thoughts and render us worthy to receive the Gifts of the Holy Spirit ... Therefore, the salutary custom was established of fasting after the joyful days during which we celebrated the resurrection and ascension of our Lord, and the coming of the Holy Spirit."*

St. Symeon of Thessalonica (†1429) explains the purpose of this fast in this manner: *"The Fast of the Apostles is justly established in their honor, for through them we have received numerous benefits and for us they are exemplars and teachers of the fast ... For one week after the descent of the Holy Spirit, in accordance with the Apostolic Constitution composed by Clement, we celebrate, and then during the following week, we fast in honor of the Apostles."*

Keeping the fasts that the Holy Church has handed down to us is a way of practicing our Orthodox Faith and demonstrating our obedience to God. It is a way to strengthen our spiritual life and help us in the ongoing struggle against the passions. In our modern times, the individual will of each person is elevated to almost 'godlike' status. Many people today take great pride in not submitting to anyone or anything, thinking that by doing whatever they want, whenever they want it will bring them freedom, peace and happiness. However, the Lord told us that "...You shall know the Truth and the Truth shall make you free." He also instructed us to pray the "Our Father" as a model of prayer. Remember the lines *"Thy will be done, in earth as it is in heaven."* Our goal as followers of Christ is to do God's will, not our own will.

When we give up a little bit of our own will by observing the fasting times, it helps strengthen our ability to obey God's will through the Holy Church that He has given us. Saying 'no' to meat and dairy products puts the higher part of our will into action, when our stomach tries to push us to satisfy itself. May our Lord grant us His great mercy as we begin the season of the Apostle's Fast, that we too may be blessed to fulfill His Holy Will as those first Apostles and Disciples did.

Glory be to God!

Activities in June 2017

St. Michael's Annual Retreat & Picnic: Please mark your calendars for the Annual St. Michael's Retreat and Picnic at the Monte Sano Campground Pavilion. This year, we will be serving a Vespers service around sunset on **Friday evening, June 2nd** followed by a seafood dinner. Then on **Saturday, June 3rd**, the Orthos service will begin at 8:45am and the Divine Liturgy at 10am. This will be followed by our BBQ potluck picnic. Many of St. Michael's parishioners will be camping in cabins, RV's and/or tents at Monte Sano campground and park. This is really the best way to experience the retreat and you should contact the park to make reservations as soon as possible, as they tend to fill up. Go to their website: <http://www.alapark.com/Monte-Sano-State-Park-Camping> or call 256-534-6589. If possible, please consider reserving campsites near the Pavilion. If you're not able to camp out, please come to as many of the services and meals as possible!

Prayer List: Living: [Church Members & Orthodox Friends](#) Please pray for God's help with building the future church and hall on our new property on Madison Blvd.; Chris C. Loren Capsapoulos, Steve Cox, Pat Darzi, Dolores Gelemny, Jim Cesari, Lisa Craft, Ivan Fontane, Angela Gafton, Olga Gulas, Leslie Hargrave, Harris family, Phil Harwell & family, Kathe Hoyer, Mat. Julie Joa, Weston Letson, Allen Morgan, Justin Novak, Sean Perry & family, Chris Sweeney, Tim Waskerwitz, Kurt Weber. [Friends of Members:](#) Pamfilis Family, Cheryl Brown, Anna Kobasa (mother of Helen Bergantz), Mahasin Tadros, Martin Gureasko, Danny, Jean, Donna, Doug, John, Rachel, Demi, Anne, Joanne, Kara, Glen, Todd McCaffery, Steve McCreary.

Reposed: Ron Waskerwitz, Christopher Pamfilis, Alexa & Hayden Hannig, Nicolae Caracalean, Valentina, Vangie Pamfilis, Milan Petrovic, Boris and Mary Kochoff, Mary, Sam, Frances, Joe, Anne, Stan, Daniel, Anna, Fryni, Nelia, Natalie.

Committees/Chairpersons:

Choir Director – Sandy Ellis
Ass't Choir Director – Matushka Ann
Sisterhood President – Iryna Haddock
Sunday School Director - Matushka Ann
Sunday School Teacher—Serena Harwell
Library & Bookstore – Matushka Ann
Building Maintenance – Bob Zarzaur & Rick Kaiser
Welcoming Committee Coordinator – Charles Malmede
Capital Campaign – Hal Pastrick and Joe Bergantz
Website – Charles Malmede
Newsletter Bulletin – Rick Kaiser
Candle/ Supplies – Rick Kaiser

Church Council – 2016 to 2017

Father Gregory Schultz – Parish Administrator
Bob Zarzaur– President
Michele Platt – Vice President
Joe Bergantz – Treasurer
Pavel (Elliot) Sievers – Secretary

Members at large – Kathy Couch, Rick Kaiser, Charles Malmede, Hal Pastrick