

HOLY TRINITY GREEK ORTHODOX CHURCH

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Antiphon I. Mode 2.

Verse 1: Bless the Lord, O my soul, and everything within me, bless His holy name.
Through the intercessions of the Theotokos, Savior, save us.

Verse 2: Bless the Lord, O my soul, and forget not all His rewards.
Through the intercessions of the Theotokos, Savior, save us.

Verse 3: The Lord prepared His throne in heaven, and His Kingdom rules over all.
Through the intercessions of the Theotokos, Savior, save us.

Antiphon II. Mode 2.

Verse 1: Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.
Save us, O Son of God, who did rise from the dead. We sing to You, Alleluia.

Verse 2: Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.
Save us, O Son of God, who did rise from the dead. We sing to You, Alleluia.

Verse 3: The Lord shall reign forever; your God, O Zion, to all generations.
Save us, O Son of God, who did rise from the dead. We sing to You, Alleluia.

Resurrectional Apolytikion 3

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy.

Small Entrance

Come, let us worship and bow down before Christ. Save us, O Son of God, who did rise from the dead. We sing to You, Alleluia.

Resurrectional Apolytikion 3

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιásthω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν

ἐγένετο· ἐκ κοιλίας ᾗδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Hymn of the Church

O Blessed are you, O Christ Our God, who by sending down the Holy Spirit upon them, made the fisherman wise and through them illumine the world and to You the universe was ever drawn all glory to You O Lord.

Kontakion

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἣ προστατεῦσά ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

Epistle Reading

St. Paul's Letter to the Romans 6:18-23

Prokeimenon. Mode 3

Psalms 46.6,1

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

The reading is from St. Paul's Letter to the Romans 6:18-23

Brethren, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now

ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Gospel Reading

The Gospel According to Matthew 8:5-13

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And he said to him, "I will come and heal him." But the centurion answered him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, he marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

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"Notes on the Orthodox Church in Kenya"
by Metropolitan Makarios (Tillyrides) of Kenya

The Orthodox Church in Kenya was established from the beginning of this century. First Greek emigrants brought the Orthodox faith to this country and then the Africans themselves discovered it and have embraced it since 1930.

The people of Kenya were officially accepted under the jurisdiction of the Patriarchate of Alexandria in 1946 and since then there has been a close relationship with the Apostolic See of St. Mark. Through the Patriarchate of Alexandria the Orthodox African people of Kenya are recognised internationally.

Today's Readings

Sunday July 6, 2025

4th Sunday of Matthew

During the emergency period the Orthodox Church of Kenya played a leading part in the struggle for the Independence of the country. The Mau Mau movement had many leaders from the Orthodox faithful especially in Kiambu. It was during this time that Orthodox Schools and Churches were closed by the colonial government and many Orthodox priests were imprisoned.

In 1958, because of the rapid development of the Orthodox faith in East Africa, a Metropolitan was appointed to care for the Spiritual needs of the three East African countries. The name which was given by the Holy Synod of the Patriarchate of Alexandria was the Holy Archbishopric of Irinoupolis which means the "City of Peace".

The late Archbishop and President of Cyprus Makarios III, a leading personality in the fight for the independence of his country was closely associated with the President and leader of the independence movement of Kenya, Mzee Jomo Kenyatta. Archbishop Makarios of Cyprus, on the invitation of the Mzee Kenyatta visited Kenya and was given the warm welcome of a national hero. His love for the African Orthodox people of Kenya is evident through the construction of a Technical School and a Theological Seminary for the education of the African people. The African Orthodox people of Kenya owe their spiritual growth in the Orthodox faith to the great generosity of the late Archbishop Makarios. The Orthodox Patriarchal Seminary today serves not only the needs of the people of East Africa but of Western Africa also.

The African Orthodox Church of Kenya under the canonical jurisdiction of the Holy Archbishopric of Irinoupolis is the only legitimate Church in the country. Today through the generosity of the Orthodox people from abroad (Greece, Finland, America, Cyprus) the Orthodox Church in Kenya is making a great contribution to the social, economic and educational development of the country. Many Secondary Schools, Clinics, Nursery Schools and hospitals are to be found throughout the country and hundreds of Scholarships are given to children of Kenya for their educational needs. The number of Orthodox faithful in Kenya is increasing daily and is estimated today at around 300,000 souls.

Prospora offered by Bitere Family for the health and well being of their family and for the parishioners of the Holy Trinity.

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Coffee Hour honoring 4th of July , Independence Day Celebration!

NEXT WEEK
Monday July 7, 2025
Byzantine Chant @5:30pm

Father Vasile is available for Orthodoxy 101—please call or txt him to get together.

July 6 Reading about Saint Sisoes

“This Saint, great and renowned among the ascetics of Egypt, lived in the fourth century in Scete of Nitria. After the death of Saint Anthony the Great, he left Scete to live in Saint Anthony's cave; he said of this, "Thus in the cave of a lion, a fox makes his dwelling." When Sisoës was at the end of his long life of labors, as the Fathers were gathered about him, his face began to shine, and he said, "Behold, Abba Anthony is come"; then, "Behold, the choir of the Prophets is come"; his face shone yet more bright, and he said, "Behold, the choir of the Apostles is come." The light of his countenance increased, and he seemed to be talking with someone. The Fathers asked him of this; in his humility, he said he was asking the Angels for time to repent. Finally his face became as bright as the sun, so that the Fathers were filled with fear. He said, "Behold, the Lord is come, and He says, 'Bring Me the vessel of the desert,'" and as he gave up his soul into the hands of God, there was as it were a flash of lightning, and the whole dwelling was filled with a sweet fragrance.”

English Phonics of the Greek LORDS PRAYER

Pá-ter i-món o en tis ou-ra-nís /a-gi-as-thí-to to o-no-má Sou,/ el-thé-to I ua-si-lí-a Sou,
ge-ni-thí-to to thé-li-má Sou, /os en ou-ra-nó ke e-pi tis ghis. /Ton ár-ton i-món ton e-pi-ou-si-on /dos i-
mín sí-me-ron ke á-fes i-mín ta o-fe-li-ma-ta i-món, /os ke i-mís a-fí-e-men tis o-fi-lé-tes i-món /ke mi i-
se-nég-kis i-más is pi-ras-món, /at-la rí-se i-más a-pó tou po-ni-roú.

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FAITH FACTS ABOUT KENYA
Unique Features:

The Orthodox Church in Kenya is notable for its emphasis on inclusivity and its adaptation to local culture. It promotes "inclusive fellowship" among its diverse membership and encourages the use of local languages in religious services.

Social Impact:

The Orthodox Church in Kenya plays a significant role in education and social welfare, operating numerous schools and shelters for children, many of whom are orphans. This commitment to social needs is a key part of the church's missionary work

Challenges:

The church has faced challenges, including the closure of Orthodox schools and the imprisonment of priests during the colonial era's emergency period. Economic hardships also affect the clergy and the church's ability to maintain its institutions, according to a St. Mary of Egypt Orthodox Church article

African Initiative:

The growth of the Orthodox Church in Kenya is largely attributed to African initiative and leadership, with African clergy playing a prominent role in its spread. The church's emphasis on local culture and language has contributed to its success in reaching various communities.

Η ΑΓΙΑ ΤΡΙΑC



Sunday July 6, 2025
4th Sunday of Matthew
Saint Sisoes the Great
Saints Archippus, Philemon, Onesimus