St. Nicholas Antiochian Orthodox Church

a parish of the Antiochian Orthodox Christian Archdiocese of North America
His Eminence Metropolitan SABA, Archbishop of New York &
Metropolitan of all North America
His Grace Bishop THOMAS, Auxiliary Bishop of the Diocese of Oakland & MidAtlantic
The Very Reverend Father Samuel Haddad, Pastor
Deacon Matthew Benefield
211 South Heber Street ☙ POB 5026 ☙ Beckley, WV 25801
Parish (304) 252-5821 - Cell (304) 541-8550 (*use this to contact Fr. Samuel*)
fr.samuel@att.net **www.orthodoxbeckley.org**

Tone 7 **July 26, 2026** Eothinon 8

The Holy Righteous Martyr Paraskeva of Rome & Eighth Sunday of Matthew

Hieromartyrs Hermolaus, Hermippus, and Hermocrates of Nicomedia

Today's Reader: Varic Meiggs

Next Sunday – August 2, 2026

Reader for August 2, 2026: **Michael Cacic**

Commemorations and Bread Offering for August 2: **The Benefield Family**

The Luncheon next Sunday is Pot-Luck—Bring a Lenten Dish to Share

Bread for the Holy Oblation is offered for the Health and Salvation of Gia, Stephen, Varic, Winter, Pierce, Willow and members of the Meiggs and McDonald Families.

It is also Given In Loving Memory of the departed members of the Meiggs and McDonald Families.

"the Disciples were first called Christians in Antioch" (Acts 11:26)

Please note that **Holy Communion is reserved for members of the Holy Orthodox Church** who have prepared themselves through prayer, fasting and confession. However, all are welcome to partake of the blessed bread at the dismissal.

Please join us during our fellowship at the Coffee Hour immediately after the Divine Liturgy.

Make Note of the Following Dates

July 26 (Sun) 1:15 TODAY: Women of the Holy Myrrh Bearers (in the Church)

Aug 1 (Sat) Beginning of the Dormition Fast (Aug 1 ~ Aug 14)

Aug 2 (Sun) 1:30 pm ~ Meeting of the Men's Fellowship of St Seraphim of Sarov

Aug 3 (Mon) 5:00 pm Paraklesis Service (Supplication to the Theotokos)

Aug 5 (Wed) 6:00pm ~ Divine Liturgy for the Feast of the Transfiguration

Aug 7 (Fri) 5:00 pm ~ Paraklesis Service (Supplication to the Theotokos)

Aug 10 (Mon) 5:00pm ~ Paraklesis Service (Supplication to the Theotokos)

Aug 12 (Wed) 5:00pm ~ Paraklesis Service (Supplication to the Theotokos)

Aug 14 (Fri) 5:00pm ~ Great Vespers for the Feast of the Dormition

Aug 15 (Sat) 10:00am ~ Divine Liturgy for the Feast of the Dormition

Aug 16 (Sun) 1:30pm ~ Parish Council Meeting

"Blessings Box" Collection Update

Beloved in Christ,
This year, we are collecting non-perishable food for our new BLESSING BOX! PLEASE KEEP BRINGING FOOD so that we may continue to stock our shelves and have food to stock adequately. We need to continue our efforts in providing food for those who are truly Hungry. God bless everyone for your holy efforts!

Tone 7 Eothinon 8

The Holy Righteous Martyr Paraskeva of Rome & Eighth Sunday of Matthew

Hieromartyrs Hermolaus, Hermippus, and Hermocrates of Nicomedia

Troparion of the Resurrection, *in the Seventh Tone*

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

Troparion for St. Paraskeva, *in the First Tone*

Showing a diligence befitting thy calling, O namesake of preparedness, thou hast gained, as thy dwelling, a faith worthy of thy name, O prize-winning Paraskeva. Hence, thou pourest forth healings and intercedest for our souls.

Troparion of St. Nicholas, *in the Fourth Tone*

Thy righteous acts have manifested thee to thy flock as a model of faith, a reflection of humility, and a teacher of abstinence, O Father Bishop Nicholas. Therefore, through humility thou hast achieved exaltation, and through poverty riches. Intercede thou with Christ to save our souls.

Kontakion for Ordinary Sundays, *in the Fourth Tone*

O Undisputed intercessor of Christians, the mediatrix who is unrejected by the Creator, turn not away from the voice of our petitions, though we be sinners. Come to us in time with aid, as we cry unto thee in faith; for thou art good. Hasten to us with intercessions O Theotokos, who dost ever intercede for those who honor thee.

Epistle

Galatians 3:23-4:5

Prokeimenon: God is wondrous in His saints. Bless God in the congregations.

Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

Gospel

Matthew 14:14-22

The At that time, when Jesus went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to Him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to Him, "We have only five loaves here and two fish." And He said, "Bring them here to Me." Then He ordered the crowds to sit down on the grass; and taking the five loaves and the two fish He looked up to Heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then Jesus made the disciples get into the boat and go before Him to the other side, while He dismissed the crowds.

Gospel *con't on following insert*

Holy Virgin Martyr Paraskevi
July 26

Holy Virgin Martyr Paraskevi (Paraskevḗ) of Rome was the only daughter of Christian parents, Agathon and Politia, and from her early years she dedicated herself to God. She spent much of her time in prayer and the study of the Holy Scriptures. After the death of her parents Saint Paraskevi distributed all of her inheritance to the poor, and consecrated her virginity to Christ. Emulating the holy Apostles, she began to preach to the pagans about Christ, converting many to Christianity.

She was arrested during the reign of Antoninus Pius (138-161) because she refused to worship the idols. She was brought to trial and fearlessly confessed herself a Christian. Neither enticements of honors and material possessions, nor threats of torture and death shook the firmness of the saint nor turned her from Christ. She was given over to beastly tortures. They put a red-hot helmet on her head and threw her in a cauldron filled with boiling oil and pitch. By the power of God the holy martyr remained unharmed. When the emperor peered into the cauldron, Saint Paraskevi threw a drop of the hot liquid in his face, and he was burned. The emperor began to ask her for help, and the holy martyr healed him. After this the emperor set her free.

Traveling from one place to another to preach the Gospel, Saint Paraskevi arrived in a city where the governor was named Asclepius. Here again they tried the saint and sentenced her to death. They took her to an immense serpent living in a cave, so that it would devour her. But Saint Paraskevi made the Sign of the Cross over the snake and it died. Asclepius and the citizens witnessed this miracle and believed in Christ. She was set free, and continued her preaching. In a city where the governor was a certain Tarasius, Saint Paraskevi endured fierce tortures and was beheaded in the year 140.

Many miracles took place at the saint's tomb: the blind received sight, the lame walked, and barren women gave birth to children. It is not only in the past that the saint performed her miracles, but even today she helps those who call on her in faith.

THE DORMITION FAST – AN OUTLINE
August 1-14

DAYS	THE HOLY CANONS SPECIFY THE FOLLOWING:	
	Abstinence of:	No Abstinence of:
Monday Tuesday Wednesday Thursday Friday	Meat & Meat products Dairy products Fish Wine Oil	Fruit Shellfish Vegetables & vegetable products
Saturdays and Sundays		Wine and oil are permitted.
August 6 Feast of the Transfiguration		Fish, wine and oil are permitted

If the Feast of the Dormition falls on a Wednesday or Friday, the fasting guidelines for that day apply, *except* that fish, wine and oil are permitted.

TAKE NOTE! The commemoration of the **Beheading of Saint John the Baptist**, August 29th, is a day of **STRICT FAST**.

IT IS IMPORTANT TO REMEMBER THAT FASTING IS INCOMPLETE WITHOUT PRAYER AND ALMSGIVING.

Fasting, to whatever extent, should be undertaken after consultation and with a blessing from your spiritual Father.

FASTING PRIOR TO RECEIVING HOLY COMMUNION
(Throughout the year)

Sunday Morning Divine Liturgy	Complete fast from all food and drink from bedtime or midnight on Saturday evening. Saturday evening should be a quiet time of prayer and preparation for Communion.
Evening Liturgies	Complete fast from all food and drink after lunch. Any (very light) breakfast or lunch meal taken should include only fasting foods.

It is understood that those desiring to partake of the Mystery of the Eucharist frequently and regularly, must also keep the Wednesday and Friday fast.

Calendar: July-August 2026

7/26/2026	1:30 pm	WHMB Meeting
Dormition Fast 8/1/2026 - 8/14/2026		
8/2/2026	1:30 pm	Men's Fellowship of St Seraphim of Sarov Meeting
8/3/2023 (Mon)	5:00 pm	Paraklesis Service (Supplication to the Theotokos)
8/5/2026 (Wed)	6:30 pm	Eve Divine Liturgy—Transfiguration of Our Lord
8/6/2026 (Thu)		Transfiguration of Our Lord
8/7/2026 (Fri)	5:00 pm	Paraklesis Service (Supplication to the Theotokos)
8/10/2026 (Fri)	5:00 pm	Paraklesis Service (Supplication to the Theotokos)
8/12/2026 (Wed)	5:00 pm	Paraklesis Service (Supplication to the Theotokos)
8/14/2026 (Fri)	5:00 pm	Great Vespers for the Feast of the Dormition
8/15/2026 (Sat)	10:00 am	Divine Liturgy—Feast of the Dormition of the Theotokos
8/16/2026 (Sun)	1:30 pm	Parish Council Meeting
8/20/2026		The Prophet Samuel
8/29/2026		The Beheading of John the Baptist

Please Note

Important Announcement about the Parish Library:

- Temporarily, we will be pausing the lending of books from the library as we add new books to our collection. It is my hope that we will complete our work and open it back for lending around September 1.
- If you have books that you have borrowed and are finished reading them, please bring them back and leave them on the Conference Room table so we can include them in our inventory accounting.

Calendar for the Week of July 26, 2026	Saints of the Day
Sunday— July 26, 2026 9:20 am Orthros 10:30 am Divine Liturgy 1:30 pm Women of the Holy Myyrhbearers Meeting (In the Church)	Holy Martyr Pariskevi
Monday— July 27, 2026	Great Martyr and Healer Panteleimon
Tuesday—July 28, 2026	Prochorus, Nicanor, Timon, & Parmenas the Apostles
Wednesday—July 29, 2026 Fast No Daily Vespers Today	Callinicus the Martyr; Theodote the Martyr
Thursday—July 30, 2026	Silas, Silvanus, Crescens, & Andronicus of the Seventy
Friday—July 31, 2026 Fast	Joseph of Arimathea; Eudocimus the Righteous
Saturday— August 1, 2026 5:00 pm Great Vespers Confessions afterward	The Seven Maccabean Children, their Mother Salome, & their Teacher Eleazar
Sunday—August 2, 2026 9:20 am Orthros 10:30 am Divine Liturgy 1:30 pm Men's Fellowship of St Seraphim of Sarov Meeting (In the Church)	Translation of the Bones of Protomartyr and Archdeacon Stephen

Please note that Confessions are heard at the time noted above in the coming week's schedule, or by appointment by calling Fr. Samuel at: (304) 254-0470, (304) 562-9129, or (304) 541-8550.