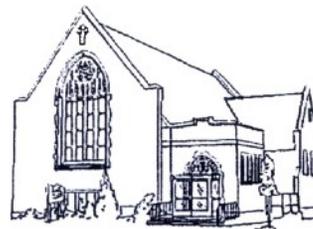


Envelope Offerings

Last Sunday \$1,745.00
Two Weeks Ago \$700.00
Three Weeks Ago \$1,950.00



The Sign of the Theotokos Orthodox Church
750 St Joseph East in Montréal, QC
www.signorthodoxchurch.ca
Mailing Address: 4829 rue Resther, Montréal H2J 2V6
Archpriest Gregory Nimijean 514-893-4416
pastor@signorthodoxchurch.ca

BUILDING FUND & ICON FUND

The Building Fund of The Sign of the Theotokos Orthodox Church has \$10,150.13. Please make The Sign one of the beneficiaries in your Last Will and Testament soon!

The Icon Fund of The Sign of the Theotokos Orthodox Church has \$4,940.80.

Donations are always welcome, and tax-deductable.

The Young Adults of the Sign would like to thank everyone who attended their Spring Fest fundraiser on June 2nd 2018 and all those who helped plan, set up, clean up and who donated raffle prizes. Constantina and Anastasia would like to especially thank Kristina, Romy, Alex, Dimitri, George, Elijah, Maria, Lesley-Ann, Norha, Joanna, Arianne, Carlos, Generosa, Anna, Haroula, Milena, Gilbert, John, Vassili, Olivier and all the Orpheas Dancers. We raised \$2,611 for the Iconography Campaign! Thank you everyone!

Pledge update: Summer is approaching, and so is our "slow season" for financial contributions. Please consider bringing your 2018 pledge up to date before leaving for vacation — and perhaps even making advance contributions for the Sundays you'll be gone. Info: Rita Savtchenko: rita@savtchenko.com

PLEASE FILL-IN, and place in collection basket, if you would like to:

- _____ have your name/address/phone added/corrected on our mailing list
- _____ have the pastor call or visit the person named below
- _____ volunteer your time to help our parish fulfill its mission

Name _____ Phone (____) _____

Address _____

City _____ Postal Code _____

Email Address _____

No. 1985 The Lord Himself will give you a sign..."

July 01, 2018

5th SUNDAY AFTER PENTECOST — Tone 4.
Holy and Wonderworking Unmercenaries Cosmas and Damian

Tone 8 Troparion (for Saints Cosmas and Damian)

Holy Unmercenaries and Wonderworkers, Cosmas and Damian, heal our infirmities!
Freely you have received; freely you give to us.

Tone 2 Kontakion (for Saints Cosmas and Damian)

Having received the grace of healing,
you grant healing to those in need.
Glorious wonder-workers and healers, Cosmas and Damian,
visit us and put down the insolence of our enemies, //
and bring healing to the world through your miracles!

On Holy Communion at The Sign: We welcome everyone joining us in worship today. One of those sad results of the schisms among Christians is that we can offer Holy Communion only to Orthodox Christians. We believe that the Eucharist is a final sign of union among Christians (and not a way that such unity might be achieved). We are glad that you attended, and invite you to partake of the antidoron (the blessed bread) offered at the conclusion of the Liturgy.

Coming Up

Our pastor is away 8-15 July, during which Fr Dimitri Choueiry will serve. (Thank you, Fr Dimitri). In case of emergency for a priest, call Deacon Anthony (438) 887-0352 and he will contact one immediately.

Spring Cleaning: our yearly grand nettoyage du printemps of God's Temple. Date To Be Announced Please sign-up downstairs (next to the kitchen). The more volunteers the more we will accomplish. Merci! For info: Deacon Anthony: 438-887-0353

Our garden is cared for by Andreas Koutsoufis - thank-you, Andreas

Our prosphora are baked & prepared by Mariana Grimanis, Artemis Daskalakis and Mat. Catherine Mitchell. Many thanks to you from all!

A worthwhile podcast: The Poor Are Given to Us for Our Salvation Fr. Barnabas Powell welcomes the Executive Director of FOCUS North America Seraphim Danckaert to talk about the theology of caring for the poor and how it relates to our salvation. www.ancientfaith.com/podcasts/faithencouragedlive/the_poor

The Orthodox Christian Mission Center is looking for folks to join their summer teams...especially the Ghana Youth Work summer camp which will be August 8 to 21, 2018. If you or anyone you know might be interested, please contact them by phone at 1-877-463-6784, or by e-mail at missions@ocmc.org.

Leave no valuables unattended anywhere here at The Sign: wallets, purses, briefcases, handbags, keys, and including expensive coats or jackets (leather or fur)! Things can disappear in “the blink of an eye”.

Doors to the Sign: are normally *opened 45 minutes* before any service, and *locked 30 minutes* after a service finishes (usually you may still leave by the St. Joseph door afterwards, but not re-enter unless someone holds the door for you).

Key Holders: the Resther Door is to be left UNLOCKED (from inside) whenever anyone is in the building ~~~ this is an Emergency Exit!!! LOCKED from/on outside at all times!

PREPARATION FOR FREQUENT RECEPTION OF HOLY COMMUNION

HOW TO PREPARE for Holy Communion? Examine yourself, says St. Paul. This can mean many things. Examine your love for God (do you pray, have you skipped Liturgy and other services?), your love for your neighbour and the practical ways in which you manifest that love; examine whether or not you love your enemies. Have you forgiven each person, and just as importantly, have you asked to be forgiven for your sins, whether new ones or ancient ones still on “your account?” Examine if you complain, if you have resentments or anger, if you swear, judge others in thought, word and deed; if you give thanks to God daily, to ask for His divine mercy and help. In order to give yourself some self-discipline, which helps one to avoid sin and demonstrates obedience to the Lord and not the belly, abstain from meat and dairy on Wednesdays and Fridays (truly, it is not so difficult!); keep a total fast from midnight Saturday until Communion on Sunday. As for prayer: yes, daily prayer is critical. Pray the Prayers before Communion in the prayer book during the week. Certainly confess at least once a month, and more frequently if sins weigh on your conscience. Read the Holy Scriptures regularly, so you may be familiar with the Saviour’s words. Trust in Jesus Christ and the Church and the teachings of the Church—which is His Body. “Take, eat: this is My Body which is broken for you, for the remission of sins. Drink of it, all of you: this is My Blood of the New Testament, which is shed for you and for many, for the remission of sin.” - *Protection of the Virgin/St. Seraphim Orthodox Church bulletin*