

The Archangel

ARCHANGEL MICHAEL ORTHODOX CHURCH

www.StMichaelsCleveland.org | 5025 E. MILL ROAD | BROADVIEW HEIGHTS, OHIO 44147 | 440.526.5192

August 2025

“Be Imitators of God.”

(Ephesians 5:1)

By Very Rev. Fr. John Memorich

Children learn from their parents' example thus, imitating them is the most natural thing in the world. This is why children will often dress up and pretend to be their parents. It is an important part of our educational development by which we learn how to behave, to interact with others, to be respectful and polite; as well as manners: how to share, to love, to take care of our bodies, homes, and possessions. It is also how we learn to deal with conflict, adversity, suffering, pain, and sorrow.

In the Bible, the word translated as imitators or followers in English, is *mimetai* in Greek, the root of our word “mimic.” It denotes the positive connotation of emulating a mentor; a positive, righteous role model or guide.

Therefore, as Children of God, Christians are called upon...literally “expected,” to model their lives upon Jesus', imitating His life, works, and words, as well as His relationship with the Father. This is how we honor God most – by emulating Him in all situations. Imitation is the highest form of praise...and a parent's example is the best teaching tool!



REQUESTING CANDLES & PRAYERS

Parishioners are able to request Candles & Prayers for their loved ones. This means a candle will burn in their honor or memory, they will be prayed for during Liturgy and their name will be listed in the Weekly Bulletin.

Vigil Light - \$3 each

These candles are the standard beeswax, and are offered in “Memory & Blessed Repose” and “Health & Well-being”.

Seven-Day Vigil Light - \$15 each

These candles will burn for one week. They are offered in “Memory & Blessed Repose” and “Health & Well-being”. In all, we light 12 of these each week.

Specialty Candles are also available, ranging in price from \$15 to \$30.





**ARCHANGEL MICHAEL
ORTHODOX CHURCH**

5025 East Mill Road
Broadview Heights, OH 44147
Office: 440.526.5192
info@stmichaelscleveland.org
www.StMichaelsCleveland.org

**Woodside Event Center
at St. Michael's**

Office: 440.526.9696
info@woodsideeventcenter.com
www.WoodsideEventCenter.com

Metropolitan Tikhon
Primate
Orthodox Church in America

Archbishop Daniel
Diocese of the Midwest

V. Rev. Fr. John Memorich
Rector
Cell: 216.548.8757
FrJohn@stmichaelscleveland.org

Protodeacon Daniel Kovalak
Deacon Noah Klembara

Darlene Dimitrijevs
Parish Council President
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Mat. Lu Timko
Administrative Assistant
info@stmichaelscleveland.org

SubDeacon Ben Wharton
Choir Director
benwharton19@gmail.com

Angelika Mindala
Sunday School Director

Greg Mindala
Woodside Board President

**Helen Gaborick, &
Patricia Patrick**
Labeling

FROM THE PRESIDENT

Fr. John and I attended the 21st All-American Council of the Orthodox Church in America last month in Phoenix, Arizona. The theme of the Council was "Gathered Together by Christ." Prior to the start of the Council, we participated in our Diocesan Assembly. While both gatherings addressed the business of the Church, the All-American Council had a particularly full agenda.



The Council featured six plenary (business) sessions, a variety of workshops, a Panikhida, choir rehearsals, committee meetings, receptions, three Liturgies, the FOCA convention, and a grand banquet. Over 700 attendees, including clergy and laypeople from across the United States and Canada, gathered in fellowship and prayer.

A highlight of the week was the hierarchical liturgy, served by the entire Holy Synod, in dedication to the newly canonized Saint, Mother Olga of Kwethluk. A beautiful vigil was held in her honor, and her relics were presented for veneration. Another inspiring moment was the presentation of Sacred Alaska, a documentary sponsored by FOCA. The film explored the deep spiritual roots of Alaskan Orthodoxy, tracing the legacy of the Russian monks who first brought the faith to Alaska.

On our very first day, I experienced a joyful reunion—running into acquaintances I hadn't seen in over 30 years, since our time in Columbus, Ohio. They are now living in Florida and were representing their parish.

Having never attended an Orthodox gathering of this scale (outside of a Diocesan Assembly), I was in awe of the sheer number of faithful present. Participating in the choir was especially moving—the beauty of the voices surrounding me was indescribable. I got goosebumps as the women's choir sang during Liturgy and I'm deeply grateful for the opportunity to have shared in such a profound and uplifting experience.

In Christ
Darlene

RECEIVE IMPORTANT PARISH UPDATES VIA TEXT

In an ongoing effort to keep our parish community informed and up-to-date with very important information, you can now receive TEXT MESSAGE updates from the church. These updates are not sent frequently, but rather when there is information that needs to be distributed quickly.

TEXT AMOC TO (833) 455-0695

You'll receive a confirmation text message. Standard message and data rates apply. The church cannot add your number, you need to "opt-in" to start receiving the messages.



The Beatitudes

Over the next several months, we will take an in-depth look at the Beatitudes through the lens of Orthodox Christianity. The Beatitudes are the series of blessings pronounced by Christ in Matthew 5:1-12. Each post will focus on one blessing, how we can apply the meaning of Christ's words to our lives. In this first one, we'll provide some much needed background information on the Beatitudes.

- Blessed are the poor in spirit, for theirs is the Kingdom of Heaven
- Blessed are those that mourn, for they shall be comforted
- Blessed are the meek, for they shall inherit the earth
- Blessed are those that hunger and thirst after righteousness, for they shall be filled.
- Blessed are the merciful
- Blessed are the pure in heart
- Blessed are the peacemakers
- Blessed are those who are persecuted for righteousness' sake
- Blessed are you when men shall revile you and persecute you
- Rejoice and be exceedingly glad for great is your reward in heaven

Blessed are you when men shall revile you, persecute you, say all manner of evil against you for My sake.

Christ's words in Matthew 5:10-11 constitute the crown of all the Beatitudes, their inevitable conclusion: martyrdom for Christ. Not all martyrdom results in physical death, but all results in the complete and total devotion of ourselves and our lives to the Lord, even (and especially) in the face of persecution.

Many non-Christians find it strange that someone could feel joy while enduring oppression and persecution. For them, suffering results only in sorrow and despair. But the Christian travels a different path and thus sees this differently. The Beatitudes, if we pursue them as Christ wants us to, will prepare us for our suffering and revilement.

It is natural for us to avoid pain and suffering, and to dislike it. However, it is important to understand that tribulations are not only unavoidable in life because of our fallen world. Tribulations are, in fact, necessary. Remember our Savior's words: "In the world you have tribulation; but be of good cheer, I have overcome the world" (John 16:33).

Rejoice and be exceedingly glad for great is your reward in heaven" (Mt 5:11).

What does it mean to rejoice, to feel joy? Christian joy is not earthly happiness, pleasure or fun. It is the "joy in believing" (Rom 15:13), of knowing the freedom of truth in the love of God (cf. Jn 8:32). It is the joy of being made worthy to "share in Christ's sufferings" (1 Pet 4:13).

Thus Saint James can say that Christians should "count it all joy" when they "meet various trials," knowing that the "full effect" of their steadfast faith is that they may be "perfect and complete, lacking in nothing" (Jas 1:2-3). And this is the firm conviction of Saint Paul as well.

... we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us (Rom 5:2-5).

PARISHIONERS LIVING IN NURSING HOMES & INDEPENDENT LIVING

Please see the list below of our parishioners living in nursing home facilities.

Marie Bartlett	The Renaissance	26376 John Road, Apt #227	Olmsted Township, OH 44138
Andrew Buswell	Longmeadow Care Center	565 Bryn Mawr Street	Ravenna, OH 44266
Helen Ksenyak	Danbury Senior Living	9500 Broadview Road	Broadview Hts., OH 44147
Raymond Kogler	The Atrium of Aurora	800 N. Aurora Road	Aurora, OH 44202
Marge Kormos	Danbury Senior Living	9500 Broadview Road #102	Broadview Hts., OH 44147 440.262.2617
Alexandra Mikulicz	Independence Village Senior Living	505 S. Chillicothe Rd., Apt. 265	Aurora, OH 44202 330.995.3712
Irene Pollock	Enclave of Newell Creek		Mentor, Ohio



AROUND THE PARISH

SPECIAL PARISH MEETING Sunday, August 10

A special parish meeting will be held on Sunday, August 10, as a follow-up to the discussion at our annual meeting in February regarding the proposed change in the business model for Woodside Event Center. This special meeting will provide an update on our progress and may include a vote on a course of action. We encourage all parish members to attend and participate in this important discussion.

PHIL TESAR SET TO RIDE IN VELOSANO FOR THE 6TH STRAIGHT YEAR

Phil Tesar is once again riding in VeloSano - the Cleveland Clinic's annual cycling fundraiser, where 100% of the donations and funds raised go directly to cancer research at the Cleveland Clinic. This year's ride is on Saturday, September 6th and he will be once again riding 75 miles. Through the generosity of donors over the five years, he has raised \$18,968!



To learn more, visit <https://give.velosano.org/philtesar2025>

In his FIVE years, Phil has raised **\$18,968** supporting cancer research!

2020 - \$3,925
2021 - \$3,085
2022 - \$5,260
2023 - \$4,240
2024 - \$2,458

SCHOLARSHIP RECIPIENTS:

The AMOC Scholarship Committee is pleased to announce that the following students have been awarded scholarships:

- Andrew Kovalak is a sophomore information systems major at The Ohio State University.
- Nikolai Kovalak is a senior at the University of Akron majoring in surveying.
- Nina Kovalak is a senior majoring in accounting at The Ohio State University.
- Rebekka Kovalak is a sophomore, special education major at Kent State University.
- Jason Pfeiffer is a senior majoring in accounting at Baldwin-Wallace University.
- Robert Reilly is a senior majoring in political science at Ohio University.

Congratulations and best wishes for a successful school year from your parish family!

SUNDAY SCHOOL STAFF NEEDED

Thank you for your interest in serving as part of our Sunday School team! Your dedication and willingness to share your faith with our children are a true blessing to our parish. We appreciate you stepping into this important role in nurturing the next generation of Orthodox Christians.

OUTREACH - COOKING & SERVING MEALS

We will be cooking and serving dinner at St Herman's the 3rd Monday of every month. If you can donate a few hours each month to cook and/or serve dinner for the men at St. Herman's, please contact Kathy Kovalak, 440-842-6639. Also we will be starting a list of people willing to cook a meal or 2 for one of our parishioners who might be ill, in hospital, wonderful it would be to help each other. Please contact Kathy Kovalak at 440-842-6639 if you are interested.

A colorful bingo event poster for St. Vladimir's Camp Designer Purse. The word "BINGO" is written in large, multi-colored letters. Above it are several bingo balls with numbers like 42, 26, 12, 15, 30, and 44. The text "St. Vladimir's Camp Designer Purse" is written in a stylized font. Below the title, it says "Join us for an exciting afternoon of fun and the thrill of the win at Designer Purse BINGO! Each of our 10 games will feature a different designer purse for the winner." There are three yellow boxes with event details: "Sunday October 5", "Lunch 1pm Games 2pm", and "Brooklyn Heights Community Center 225 Tuxedo Ave." A white box contains ticket information: "Tickets: \$35 16 and older please", "Purchase tickets at: http://stvladscamp.betterworld.org/events/purse-bingo-2025", and "Questions: Melissa mjtesar@gmail.com". A QR code is also present with a "SCAN HERE" button.

BINGO

St. Vladimir's Camp
Designer Purse

Join us for an exciting afternoon of fun and the thrill of the win at Designer Purse BINGO! Each of our 10 games will feature a different designer purse for the winner.

**Sunday
October
5**

**Lunch 1pm
Games 2pm**

Brooklyn Heights
Community Center
225 Tuxedo Ave.

**Tickets: \$35
16 and older please**

Purchase tickets at:
<http://stvladscamp.betterworld.org/events/purse-bingo-2025>

Questions: Melissa mjtesar@gmail.com





CLEVELAND
5K Walk/Run
for IOCC

Saturday, September 6, 2025

Check In 8:15 am • Opening Prayer/Photo 8:45 am
Walk/Run begins 9:00 am

Join us for a 5K walk/run to support the humanitarian work of IOCC! Make your steps count and impact the life of a person in need.

Lakewood Park

14532 Lake Ave • Lakewood OH 44107

Individuals \$25 • Families \$50

Register online at

ioccc.org/Cleveland

If you have any questions, please feel free to contact Sophia Kayafas 440-525-6914



IOCC[®]

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



AUGUST BIRTHDAYS

Cristina Hornik.....	1
Marina Biegacki.....	2
Augustin Mindala.....	2
Jani Memorich.....	5
Nadia Deyling.....	7
John Cook.....	7
Patricia Andrasek.....	8
Kathy Nestor.....	9
Bob Kovalak.....	10
Mary Jane Patrick.....	10
Cynthia Yurch.....	11
Charles Noll.....	11
John Niezgoda.....	11
Alexandria Hudeck.....	12
Lynda Kostura.....	13
Jaimie Hasenohrl.....	13
Barbara Smith.....	13
Sabrina Cojocar.....	14
Tina Geffert.....	15
Robert Horbaly.....	15
Theodore Zajac.....	16
Michael Wtulich.....	17
Christopher Svihlik.....	17
Sarah Page.....	17
Mary Demchak-Degross.....	18
Joseph Zvara.....	18
Christine Leibold.....	21
Deborah Ramsay.....	22
William Herzak.....	22
Russ Alford.....	22
David Visocky.....	23
Elaina Muenster.....	23
Natalie Boyd.....	25
Joseph Deyling.....	25

AUGUST BIRTHDAYS

(cont'd)

Jackie Sipko.....	25
Katya Kovalak.....	27
Jacob Polcen.....	27
Michael Strongosky.....	27
Nicholas Gaydos.....	27
Michael Merick.....	27
Gerald Severns.....	29
Angelika Mindala.....	29
Sonja Cojocar.....	30
Morgan Merrill.....	31
Monica Visocky.....	31
Mark Dwenger.....	31

AUGUST ANNIVERSARIES

Jim & Jean Mehalik.....	1
Martin & Sandra Uhrina.....	9
Matthew & Christina Hollabaugh.....	18
James & Maureen Naymik.....	20
Nick & Natalie Memorich.....	23
Mark & Tina Geffert.....	24
Gregory & Sandy Turk.....	29
Tim & Paula Gaydos.....	30
Phil & Judi Wienclaw.....	31
Tim & Frances Kormos.....	31
Joel & Barbara Neilsen.....	31

ST. JAMES PRAYER LIST

“The prayer of the righteous has great power in its affects” | James 5:1

WITH CHILD – Andrew & Kim Weaver, Thomas & Ashley Rigby, Jeff & Melissa Schlekke, Dn. Noah & Mat. Jennifer Klembara, Elizabeth & Mason Baker

PARISHIONERS

Marie Bartlett	Danny Herzak	Robert Lucak	Kristina Polcen
Sandy Bohurjak	Daniel Hornik	Jean Mehalik	Irene Pollock
Andrew Buswell	Anne Kallay	Pauline Mehalik	John Sabo
Laurie Cook	Gayle Klich	Sandy Mehalik	Christia Schutt
Brett Deyling	Ray Kogler	Alex Meklus	Joseph Sentelik
Jane Fedohnk	James Kormos	Morgan Merrill	Pat Sima
Robert Gaborick	Kathleen Kormos	Paige Merrill	George Strongosky
John Glosik	Margaret Kormos	Alexandra Mikulicz	Donna Tesar
Luke Hanchuk	Kathy Kovalak	Bill Peshina	Sandra Turk
Timothy Hanchuk	Helen Ksenyak	Kristen Peshina	Edward Visocky
	Mary Jane Lucak	Jennifer Pishko	Judi Wienclaw

SPECIAL INTENTIONS & PRAYERS

Archpriest Daniel Kovalak.....	(Brother/Bob Kovalak)
Archpriest Myron Manzuk.....	(Cousin/Fr. John)
Archpriest Rade Merick.....	(Friend/Fr. John)
Mat. Anna Andrew.....	(Cousin/Fr. John)
Mat. Myra Kovalak.....	(Sister-in-law/Bob Kovalak)
Protonica Anna Stepanov.....	(Jacqueline Sipko)
Laura Alford.....	(Wife/Russ Alford)
Jamie Arrango.....	(Friend of many FOCA members)
Mike Conroy.....	(Cousin/Natalie Boyd & Family)
Panagiotis Delimaris.....	(Father/Angel Mindala)
Thomas Eismon.....	(Friend of John/Jacque Sabo)
Emily Estrada.....	(Friend/Rebecca Timko)
Thomas Foster.....	(Fr. John)
Michelle Zdinak Frampton.....	(Friend of the parish)
Jasper France.....	(Friend of Joe/Cindy Tonic)
Allen / Megan Henley.....	(Friends/Phil Tesar)
Geraldine Irvin.....	(Friend/Donna Tesar)
Frank Jakubec.....	(Father/Amanda Malinowski)
Philip Kall.....	
Michelle Karnes.....	(Friend of Tim/Paula Gaydos)
Mikolaj Kormos.....	(Brother/Helen Sekerak)
Scott Krisinski.....	(Woodside Worker/Marge Dzmura)

John Kules.....	(Friend/Kathy Kovalak)
Judi Linden.....	(Neighbor/Jackie Sipko)
Porsha Martinez.....	(Friend/Marge Dzmura)
Tina McNees (w/child).....	(daughter/Len/Darlene Dimitrijevs)
Raquel Mehalik.....	(D-I-L of Bill/Pauline Mehalik)
Donna Newton.....	(Friend/Donna Tesar)
Jill Olecki.....	(Neice/Sue Schlekke)
Gino Palladino.....	(Son/Rebecca Timko)
Mat. Theodora Ressetar.....	(Former Parishioner)
Jason Sabo.....	(Son/John-Jacque Sabo)
Jennifer Sabo.....	(D-I-L/John-Jacque Sabo)
Anthony Schultz.....	(Friend of FOCA)
Joey Shalaha.....	(Grandson/Ed-Karen Visocky)
Elaine Sudnick.....	(Mother/Joy Pfeiffer)
Nina Sudnick.....	(Sister/Joy Pfeiffer)
George Takla.....	(Friend of Joe Sentelik)
Janet Teebagy.....	(Friend of Fr. John)
Vincent Thomas.....	(Family friend/Herzak Family)
Enid Voytilla.....	(Friend/Schlekke's)
Mark Weaver.....	(Brother/Jeff Weaver)
Kathy Yacobian.....	(Friend/Jackie Sipko)
Betty Zabawski.....	(Aunt/Darlene Dimitrijevs)

SERVING IN THE ARMED FORCES

Jon Farragher.....	(George & JoAnn Farragher's son)
Nicholas Polcen.....	(Parishioner)
Jacob Stankiewicz.....	(Donna Tesar's neighbor)

NEWLY DEPARTED

Donna Cirino +6/24/25 (sister of Phil Wienclaw)

ARCHANGEL MICHAEL ORTHODOX CHURCH

August - 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Dormition Fast – August 1 - 15	Procession of the Holy Cross	Protomartyr Stephen 5pm –Vespers/Confession
3	4	5	6	7	8	9
9:30am-Divine Liturgy		TRANSFIGURATION 9:30am – Divine Liturgy w/Blessing of Fruit	SOLOS-Music Cruise / Dinner @ Portage Lakes		St. Emilian the Confessor	Ven. Herman of Alaska 5pm –Vespers/Confession
10	11	12	13	14	15	16
9:30am-Divine Liturgy		St. Tikhon / St. Maximus 9:30am-Mollieben / Samaritans		7pm-Vespers	DORMITION 9:30am-Divine Liturgy w/Blessing of Flowers, Herbs and Spices	5pm –Vespers/Confession
17	18	19	20	21	22	23
9:30am-Divine Liturgy Back to school blessing of students & backpacks	5pm-Dinner/Serve @ St. Herman's	6pm-Woodside Board Mtg	Prophet Samuel 7pm/BOT ZOOM Meeting		7pm-Pet Blessing Service	5pm –Vespers/Confession
24	25	26	27	28	29	30
9:30am-Divine Liturgy	Apostle Bartholomew 10am/Proshphora Baking	Martyrs Adrian And Natalia		Ven. Job of Pochaev 7pm-Vespers	Beheading of St. John the Baptist	5pm –Vespers/Confession
31					Strict Fast 9:30 am – Divine Liturgy	5pm –Vespers/Confession
9:30am-Divine Liturgy						

THE MORE YOU KNOW

The Lost Idea of “Dressing-up” for Church

Written by Subdeacon Daniel Manzuk

While it is true that, over the years, dress in general has become more casual. The days when pretty much every male (teens and grown-ups) went about in suit, tie and hat and every female (teens and grown-ups) went about in a dress with a hat and gloves are looong gone. What was once “business casual” has largely become “business standard”; while jeans (even shorts) and t-shirts have become the new “business casual”. Nevertheless, there are still situations when “dressing up” is called for.

There are some who would use the Parable of the Wedding Banquet (Matthew 22:1-14; Zechariah 3:3-5) teaching on this subject. However, this is dangerous as literal application of the Parable can lead to parishioners becoming “fashion police” and judging the appearance of others.

There is a short homily attributed to the ever-memorable Metropolitan ANTHONY (Bloom) of Sourozh (the Russian Diocese covering the British Isles): “Last night, a woman with a child came to this church. She was wearing trousers and had no headscarf. Someone scolded her. She left. I do not know who among you did this, but I impose upon this person the duty to pray for this woman and her child until the end of their life, asking God for their salvation. Because of them, she may never come to church again.”

He bowed his head and entered the sanctuary. That was his entire homily.

Do not judge other people’s clothing. You don’t know what they can afford, or what they are going through. If you feel someone’s dress is patently inappropriate, let the priest know; it’s his responsibility to deal with such things. Encourage others to dress appropriately by doing so yourself. Saint Symeon the New Theologian in his Discourse ‘Of Charity’ said, “The profit they [the disciples, followers of the one leading] derive from his words is not as great as that from being stirred up by his good works and compelled to do likewise”. Simply put, lead by example.

That Parable is about our ‘Baptismal/Wedding Garment’, which we received at Baptism, the “garment of [my] soul” (Exapostilarion of Bridegroom Matins). The guest did not simply arrive with it in poor condition - stained by sin; he arrived without it... a rejection of his Baptism. That is why he was expelled; the appearance of his soul, not his clothes. St. Alexios, the Man of God lived as a beggar at the front gate of his parents house. St. John the Baptist wore camel hair garments. St. Mary of Egypt wasn’t wearing anything when St. Zosimas first saw her. Yet these, and many others, were at the same time, wearing pristine Baptismal/Wedding garments. So it is the adornment of the soul, not the body with which the Parable is concerned. Then why, you ask, should we dress up for church?

Most of us were taught as kids that we should look our best for special occasions, like going to the grandparents on Thanksgiving. Who among us, as we’ve gotten older, whether we are going on a date, “on the town” (clubbing), to an award or other banquet or function, doesn’t want to look their best in clothes appropriate to the setting/function? If we do this for a (present/potential) love interest, or our peers/colleagues, how much more should we want to do this for the One Who made us, saved us, forgives us everything (short of blaspheming the Holy Spirit), gives us everything for our salvation and can grant us eternal life in His presence?

While we should absolutely feel comfortable in church - like a second home - it is still God the Father’s house, not ours’. While God is everywhere and there is no exclusive place to worship Him (John 4:21-24); the church is holy ground, a building consecrated/“baptized” for use as the gathering place of God’s children (Galatians 4:4-7). It is a unique house, it effectively has one room, a combination formal dining room and formal living/drawing room (no TV, games or other distractions). At the head of the room is Christ, physically present in the Reserve Sacrament; physically standing in for the Father, Who is spirit (John 4:24). At the Divine Liturgy, the room is the formal dining room, with Christ as the food (John 6) the Father offers us, the sacrificial Paschal Lamb offered for our sins (fulfilling the act prefigured by Abraham and Isaac). At non-Communion services, it is the formal living room, as stated before, no distractions, just Christ at the head of the room and the family gathered around Him for whatever celebration is taking place.

Regardless of the service, when we enter that holy building and the service begins, we are participating in heavenly worship with our fathers, mothers, brothers and sisters in Christ, on this earth and passed from this earth. It is not only in the Divine Liturgy that we experience a foretaste of the Kingdom - though it is the fullest foretaste; we experience it in every service. If it were only in the Divine Liturgy that we have this foretaste, then the other services (Vespers, Orthros, Compline, Hours, etc.) would be superfluous. In that spirit, just as the Elders are resplendently attired at Christ’s Throne (Revelation 4:4), we also should be dressed as well as we can. As stated in the ‘Prayer of the Thrice-holy Hymn’ (recited by the Priest just before the Hymn) and in the Cherubic Hymn, we join with and “represent” the angels, and therefore should try to present ourselves in a fitting manner. The clergy wear fine vestments, not because of personal glory/greatness, but to show the glory of the Kingdom; and that means the whole Kingdom, both the King (Christ) and His subjects (us) who are called to be as holy and perfect as He is (Leviticus 11:44;



THE MORE YOU KNOW

Matthew 5:48). Does that mean we have to go back to the style of dress I mentioned above? No, unless you want to. Just keep in mind those with whom you stand, and the One before Whom all stand - in Heaven and on earth.

One key aspect of appropriate dress is modesty. One of the reasons for women to cover their heads was to cover the extravagant hairstyles of ancient times as a sign of modesty. Regardless of gender, clothing that is skin tight, exposes too much and/or is extremely short (ex. muscle shirts, short shorts, mini-skirts) or sheer or adorned with non-religious imagery are inappropriate.

Modesty also applies to extravagant clothing and accessories. Christ cannot be impressed by signs of wealth... just ask the Rich Fool (Lk.12:16-21). God doesn't regard the status/wealth of people (Matthew 22:16). If we wear excessively extravagant jewelry, He may question our priorities (Luke 12:34). All that is asked is that we look nice and presentable. God is not impressed by labels or price tags; nor do you have to dress like an Old World peasant; there is a happy middle-ground.

One area where modesty is disappearing is in wedding gowns, which appear to be geared as much to showing those other than the groom what is going "off the market", as looking good for the groom.

A common term for church appropriate clothes was 'Sunday Best' (rooted in denominations for which the only day you went to church was Sunday, for us it would be 'Church Best'), meaning the best clothes we have/can afford. Dressing up for church should not be onerous, there shouldn't be a standard uniform that everyone has to have regardless of their means. Simply, the most presentable, formal clothing you have. Just as a rule of thumb, "business casual" (polo shirt and dockers, blouse with at least spaghetti straps on the shoulders and hemlines in the ballpark of the knee - at least long enough so you don't moon people doing a prostration - or slacks; for example) would be acceptable for every church service; though, an extra effort for the Divine Liturgy and Festal services is still desirable (i.e. business formal). Obvious exceptions could be: coming straight from work, school or another function. However, even there, an effort can still be made to look our best. I recently watched a high school baseball game on TV on a Saturday night. And the announcers mentioned that the seniors on one of the teams, as soon as the game was over, had little time to clean up, dress up and get to Prom (though one of their "walking wounded" was already dressed up, boutonniere and all). So effort can be made.

Another way to look at it is, proper clothes for the proper function. Most wouldn't wear a nice suit or dress for recreation (sports, biking, hiking, going to the gym, etc.) or just hanging out. Why wear recreational/"hanging out" clothes to God's House to stand with the Angels and the Saints to worship Him? We don't "hang out" in our Father's House, it's always a formal family function. In sum, when coming to church the ideal should be to put our best foot forward as we stand before God; not out of personal, narcissistic pride, or to influence Him Who is infinitely greater than everyone and everything combined; but because - as with a loved one - we'd like Him to see us at our best. Just as the widow gave the best she could (Mark 12:41-44), we should want to present ourselves in the best state we can. At the same time, never being judged or shunned if we cannot afford "nice" or designer clothes. The ideal remains to make ourselves as nicely and modestly presentable as we can.

While it should go without saying, it will be said. The effort made on the outside should go hand-in-hand with the effort made on the inside - the spiritual effort - to keep that baptismal garment as clean and pure and presentable as the day we received it.

"Question: If anyone fasting with a view to Communion, while washing his mouth, or in the bath, has swallowed water involuntarily, ought he to communed? Answer: Yes. Since Satan has found an occasion whereby to prevent him from partaking of Communion, he will keep on doing this more frequently." (16th Canon of Timothy of Alexandria)

In tandem with dress is grooming and hygiene. Coming to church unkempt and dirty is as bad as dressing inappropriately. There are some who, out of misguided piety, are afraid to wash, especially before the Liturgy, fearing that they might inadvertently break the fast by swallowing water (or mouthwash, etc.). As the Sacred Canon cited above makes clear, this view is invalid. God gave us our bodies as a gift, we are to take care of them as best we can.

When we enter church, we are entering the sovereign territory of the Kingdom of Heaven - it's embassy in the foreign land of this world, the House of God, the Courtroom of the Righteous Judge; where we commune, spiritually and physically, with our true Ruler and fellow subjects, receive forgiveness of our offences, and touch base with our true homeland (John 17:14-15; Hebrews 13:14; Galatians 4:26). Such a supra-special setting and activities deserve our best efforts. Our choice of dress is only a small part of these efforts of course, but it is one well within our control and generally easy to accomplish.

Addendum

In a related matter. After Vigil, the night Daylight Savings Time ended, the ever-memorable Archbishop JOB of Chicago (OCA) told the assemblage, "If you know of anyone who doesn't know to change their clocks back, don't tell them! They may show up before the Epistle." Striving to be at church when (ideally before) the service starts is just as important - if not more important - than striving to dress appropriately. Arriving "fashionably late" to a banquet may be a neat way to get noticed, but it is rarely appreciated by the Host. Likewise, arriving late to court is never appreciated by the Judge.



HEALTH HINT

Health Hint 200 - August 2025

By Kristen Dotson

Checking for Ticks

Tickborne diseases are on the rise, particularly in the spring, summer and early fall when ticks are most active. That means if you are outdoors, you need to take precautions for yourself, your family and your pets before, during and after your visit.

Steps to protect against ticks. Follow these whether you work outside, enjoy your yard or spend time on a national forest or grassland. You should:

- Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.
- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.
- Treat dogs for ticks. Dogs are very susceptible to tick bites and to some tickborne diseases. They may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect against ticks.
- Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Remove any ticks right away.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

Steps to remove a tick:

- The best way to remove a tick is to use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull away from your skin with steady, even pressure.
- Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth-parts easily with clean tweezers, leave it alone and let the skin heal.
- Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.
- Wash your hands and the bite area with soap and water.
- Do not use petroleum jelly, a hot match, nail polish, or any other 'folk' remedies to remove a tick.

Have a great Summer!



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Bake Sale
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