



## St. Vladimir Orthodox Church

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### 7 HOLY YOUTHS "SEVEN SLEEPERS" OF EPHEBUS August 4, 2024

#### TROPARION, KONTAKION & PROKEIMENON

##### **Troparion – Tone 5**

Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead// by His glorious Resurrection.

##### **Troparion – Tone 4**

Thy seven holy martyrs, O Lord, through their sufferings have received incorruptible crowns from Thee, our God. For having Thy strength, they laid low their adversaries, and shattered the powerless boldness of demons:// Through their intercession, save our souls!

##### **Kontakion – Tone 5**

Thou didst descend into hell, O my Savior, shattering its gates as Almighty, resurrecting the dead as Creator, and destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of man, // and we cry to Thee: "O Lord, save us!"

##### **Kontakion – Tone 4**

The Seven Holy Youths renounced the perishing comforts of this world, preferring the eternal things of Heaven. They were incorrupt after death and rose from the dead and buried the snares of the devils:// O faithful, let us then honor them, singing a hymn of praise to Christ!

##### **Prokeimenon – Tone 5**

Thou, O Lord, shalt protect us / and preserve us from this generation forever.  
*V. Save me, O Lord, for there is no longer any that is godly!*

#### LITURGICAL COMMEMORATION

##### **7 Holy Youths "Seven Sleepers" of Ephesus**

The Seven Youths of Ephesus: Maximilian, Iamblicus, Martinian, John, Dionysius, Exacustodianus (Constantine) and Antoninus, lived in the third century. Saint Maximilian was the son of the Ephesus city administrator, and the other six youths were sons of illustrious citizens of Ephesus. The youths were friends from childhood, and all were in military service together.

When the emperor Decius (249-251) arrived in Ephesus, he commanded all the citizens to offer sacrifice to the pagan gods. Torture and death awaited anyone who disobeyed. The seven youths were denounced by informants, and were summoned to reply to the charges. Appearing before the emperor, the young men confessed their faith in Christ.

Their military belts and insignia were quickly taken from them. Decius permitted them to go free, however, hoping that they would change their minds while he was off on a military campaign. The youths fled from the city and hid in a cave on Mount Ochlou, where they passed their time in prayer, preparing for martyrdom.

The youngest of them, Saint Iamblicus, dressed as a beggar and went into the city to buy bread. On one of his excursions into the city, he heard that the emperor had returned and was looking for them. Saint Maximilian urged his companions to come out of the cave and present themselves for trial.

Learning where the young men were hidden, the emperor ordered that the entrance of the cave be sealed with stones so that the saints would perish from hunger and thirst. Two of the dignitaries at the blocked entrance to the cave were secret Christians. Desiring to preserve the memory of the saints, they placed in the cave a sealed container containing two metal plaques. On them were inscribed the names of the seven youths and the details of their suffering and death.

The Lord placed the youths into a miraculous sleep lasting almost two centuries. In the meantime, the persecutions against Christians had ceased. During the reign of the holy emperor Theodosius the Younger (408-450) there were heretics who denied that there would be a general resurrection of the dead at the Second Coming of our Lord Jesus Christ. Some of them said, "How can there be a resurrection of the dead when there will be neither soul nor body, since they are disintegrated?" Others affirmed, "The souls alone will have a restoration, since it would be impossible for bodies to arise and live after a thousand years, when even their dust would not remain." Therefore, the Lord revealed the mystery of the Resurrection of the Dead and of the future life through His seven saints.

The owner of the land on which Mount Ochlon was situated, discovered the stone construction, and his workers opened up the entrance to the cave. The Lord had kept the youths alive, and they awoke from their sleep, unaware that almost two hundred years had passed. Their bodies and clothing were completely undecayed.

Preparing to accept torture, the youths once again asked Saint Iamblicus to buy bread for them in the city. Going toward the city, the youth was astonished to see a cross on the gates. Hearing the name of Jesus Christ freely spoken, he began to doubt that he was approaching his own city.

When he paid for the bread, Iamblicus gave the merchant coins with the image of the emperor Decius on it. He was detained, as someone who might be concealing a horde of old money. They took Saint Iamblicus to the city administrator, who also happened to be the Bishop of Ephesus. Hearing the bewildering answers of the young man, the bishop perceived that God was revealing some sort of mystery through him, and went with other people to the cave.

At the entrance to the cave the bishop found the sealed container and opened it. He read upon the metal plaques the names of the seven youths and the details of the sealing of the cave on the orders of the emperor Decius. Going into the cave and seeing the saints alive, everyone rejoiced and perceived that the Lord, by waking them from their long sleep, was demonstrating to the Church the mystery of the Resurrection of the Dead.

Soon the emperor himself arrived in Ephesus and spoke with the young men in the cave. Then the holy youths, in sight of everyone, lay their heads upon the ground and fell asleep again, this time until the General Resurrection.

The emperor wanted to place each of the youths into a jeweled coffin, but they appeared to him in a dream and said that their bodies were to be left upon the ground in the cave. In the twelfth century the Russian pilgrim Ighumen Daniel saw the holy relics of the seven youths in the cave.

There is a second commemoration of the seven youths on October 22. According to one tradition, which entered into the Russian *Prologue* (of Saints' Lives), the youths fell asleep for the second time on this day. The Greek *Menaion* of 1870 says that they first fell asleep on August 4, and woke up on October 22.

There is a prayer of the Seven Sleepers of Ephesus in the *Great Book of Needs* (Trebnik) for those who are ill and cannot sleep. The Seven Sleepers are also mentioned in the service for the Church New Year, September 1.

## **EPISTLE & GOSPEL READINGS**

### **Epistle: Romans 12:6-14**

Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love,

in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.

### **Gospel: Matthew 9:1-8**

So He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins" – then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.

### **PRAYERS FOR THE SICK, CAREGIVERS, AND DECEASED**

To add a name, please email Darice at [daricekeys@gmail.com](mailto:daricekeys@gmail.com).

#### **For the Sick / Caregiver**

Lynne (7/14)  
Matushka Mary (7/14)  
Father Paul (7/14)  
Alexandra (7/14)  
Bill (7/14)  
Fr. Paul Kucynda (7/14)  
Dale (7/14)  
Kelly (7/21)  
Liam (7/21)  
Athanasia-Trudy (7/28)

Carminie (7/28)  
Marianne (7/28)  
Anthony (7/28)  
Chris (8/4)  
Subdeacon Sergius (8/4)  
Melody (8/4)  
Michael (8/4)  
Charlotte (8/4)  
Nina (8/4)

#### **For the Deceased**

Pauline (7/14)  
Olga (7/14)  
Katherine (7/14)  
Edmund (7/14)  
Arthur (7/14)  
Herta (7/28)  
Pelageja (7/28)

### **SERVICES**

#### **Service Schedule for the Week of August 4**

**Sunday August 4** – 9:45 AM Hours, 10:00 AM Divine Liturgy followed by Coffee Hour in Daria Hall  
**Monday August 5 – TRANSFIGURATION** 7:00 PM Vespers with Litya  
**Tuesday August 6 – TRANSFIGURATION** 9:30 AM Divine Liturgy  
**Saturday August 10** – 5:00 PM Vespers followed by Confession  
**Sunday August 11** – 9:45 AM Hours, 10:00 AM Divine Liturgy followed by Coffee Hour in Daria Hall

### **DONATIONS**

#### **Weekly Giving**

July 28 – 49 adults, 10 youth, \$1,296

### **PARISH ANNOUNCEMENTS**

The Dormition Fast began August 1 and lasts through August 14, the eve of the holy day of Dormition.

There is sign-up sheet in the back of the church for Sunday School. Please sign your child(ren) up so we can start planning classes.

### **BIRTHDAYS THIS WEEK**

Zacharias Cassar – August 5  
Logan Berck – August 7  
Mark McDevitt – August 7  
Matthias Cassar – August 8  
Have a blessed birthday and may God grant you many years!

## COFFEE HOUR

Hosts are responsible for providing and setting up the refreshments in Daria Hall at 9:00 AM and after Holy Communion, cleaning up after Coffee Hour including washing, drying and putting away dishes, taking out the trash, wiping down the tables, and cleaning up the Coffee Room including turning off and cleaning the coffee and tea pots. Hosts will be informed in advance if cream cheese, butter, or milk is needed. **PLEASE NOTE: Your assigned Coffee Hour Support Person will provide guidance, however, the Support Person will leave Daria Hall at 9:55 AM to attend church services. If you have arrived late or are not finished, you will be provided the key to lock the Hall when you are leaving for church services.** If you have any questions, please contact Melody Stavisky or Alla Strauss.

### SUGGESTED MENU:

Bagels / Breads

Donuts / Pastries

Desserts are available to use from the two freezers in Daria Hall

Fruit

Salads

Tortilla chips & Salsa

Hummus

Sugar-free dessert

Oreos (non-dairy)

NOTE: Hosts may provide a luncheon for a specific event or holiday (panikhida, birthday, anniversary, holiday) **with advance notice to reserve the specific date to host the event.** The hosts will be responsible for all food preparation for such a luncheon.

- Aug. 4 **FAST** Luwam Tesfa, Nebiat Tesfa
- Aug. 11 **FAST** Nancy Mitsos, Darice Keyes
- Aug. 18 Ladies Assumption Altar Society
- Aug. 25 Olga & James Bates, Tanya & Walter Tribbey
- Sept. 1 Matthew Anderson, Awet Tesfa
- Sept. 8 Alex Godun, Blake & Jessica Kilgore
- Sept. 15 James & Monia Pitra, Anne Cheslock
- Sept. 22 **ANNUAL PARISH PICNIC – NO COFFEE HOUR**
- Sept. 29 Sami Bachir, Nour Ragab
- Oct. 6 Virgiliu & Gabriela Plesa, Mihaela & Tiberiu Milosav
- Oct. 13 **ANNUAL TURKEY SOCIAL – NO COFFEE HOUR**
- Oct. 20 Eleni Athanatos & Tom Sowanick, Alan & Mimi Berck
- Oct. 27 Sophie Dumas, Melissa Braun
- Nov. 3 Tyler Burger, Ludwin Lopez
- Nov. 10 Galina Shubina, Amber Touch
- Nov. 17 Fiyori Habtesillasse, Lemlem Woldearegay
- Nov. 24 **FAST** Peter Abdallah, Jim Galcik
- Dec. 1 **FAST** Natalia Kolomatskaia, Trudy Ellmore
- Dec. 8 **FAST** Germain & Tahara Ortiz, Hannah Dougherty
- Dec. 15 **FAST** Vera Pschenyczny, Amleset Gebrekvistas
- Dec. 29 Valeria & Timothy Srock, Guy Radcliffe
- Jan. 5 Darice Keyes, Bill & Margie DiCicco
- Jan. 12 Aftan Chowansky, Alex & Brittani Brasowski

*Have a healthy, blessed week!*