



**Saint Nicholas Romanian Orthodox Church Shrewsbury Massachusetts**  
**Biserica Ortodoxă Română Sfântul Nicolae Shrewsbury Massachusetts**

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**Parish Priest Vasile Aileni**

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**WEEKLY BULLETIN**  
**Sunday July 14, 2024**



***This Week's News***

**75<sup>th</sup> ANNIVERSARY** – Sunday, June 23, 2024 St. Nicholas community came together to celebrate 75<sup>th</sup> Anniversary. Our special guests: His Eminence, Archbishop and Metropolitan Nicolae; Fr. Ieremia, Abbot of St. Dimitrie the New in Midland, NY and Iuliana Roata-performing artist made the event special.

During the Divine Liturgy and at the memorial service we prayed for the founders and benefactors of our church, clergy and the lay people. During festive dinner Fr. Vasile acknowledged of the devotion of the Parish Council members and rewarded them with an anniversary trophy. We would like to thank you all of you that participated to our event and we already invite you to our PICNIC on SEPTEMBER 7.

**COFFEE HOUR SPONSORS** – are needed for the coming weeks. Please let Betty Anderson or Cristina Iusco Branco if you are interested in sponsoring one.



Archbishop of Shanghai and San Francisco, the Wonderworker – July 2



**The Third Sunday after Pentecost**  
**(The Fathers of the Fourth Ecumenical Council)**

Apostolic Reading: Romans 5:1-10

Gospel: Matthew 6:22-33

**(Concerning the Cares of Life)**

Tone 2 † Resurrection Gospel 3

**RESURRECTIONAL APOLYTIKION**

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

**APOLYTIKION OF THE HOLY FATHERS**

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

**MARK YOUR CALENDAR**  
**SEPTEMBER 7<sup>TH</sup> 2024**  
**PICNIC**



"I know that most of you are greatly alarmed at the sudden strengthening of anti-religious propaganda, and that you are grieved. Be not troubled, be not troubled! These things cannot touch you. And know, and believe that the little flock Christ's is invincible, no one can do anything to it, it is not afraid of anything, because it knows and always keeps the great words of Christ: "I will build My Church, and the gates of hell will not prevail against it".

Saint Hierarch Luke of Crimea



**Happy Birthday! God Grant  
You Many More Years!**

July 1 – Marina Vlad  
July 5 - Alexis George  
July 23 - Alex John Johnson

**Let us Pray for the good  
health of:**

Elizabeth, Rooney, Ekaterina, Psa Ileana, Luiza, Andrew, Margareta, Marius-Nicolae, VioricaLoredana-Anca, Teodora, Joanne, John, Deborah-Ann, Rebeka, Fr. Stefan and his son Andrei, Elena, Anca, Marius Nicolae for their helath and for their salvation!  
Amin!

**Dates to remember: June 2024**

**July 2** - Deposition of the Precious Robe of the Theotokos in Blachernae;  
**July 2** - Archbishop of Shanghai and San Francisco, the Wonderworker  
**July 2** - St. Stephen the Great, The Ruler of Moldavia  
**July 20** - Saint Elias the Prophet  
**July 31** - Dormition Fast Begins

***A Prayer of Fr. Laurence***

LET US PRAY TO THE LORD! We beseech you, Lord God of glory: Restrain us lest we fashion more and more idols to worship. Show us how idol-ridden we already are and help us to wipe them out, for though they are not statues of gold and silver, they are not any less idols, the by-products of our forgetfulness of you. Prevent us from worshiping honor, position, and possessions, homes, money, and yes, even our children and other loved ones. You be our only God, and let us glorify and worship you alone. For you are the one and only God, and we give you glory, Father, Son, and Holy Spirit: now and forever, and unto ages of ages. Amen!



**LITURGICAL SCHEDULE**

Day	Date	Time	Service Type
			July
Sunday	14-Jul	9:00	Matins
		10:00	Sunday 3 after Pentecost. Concerning the Cares of Life
Wednesday	20-Jul	9:30	Akhatist
		10:00	(†) Feast of Prophet Elias
Sunday	21-Jul	9:00	Matins
		10:00	The Fourth Sunday after Pentecost - (Jesus Heals the Centurion's Servant)
Sunday	28-Jul	9:00	Matins
		10:00	The Fifth Sunday after Pentecost - (Jesus Heals the Gadarene Demoniacs)
Wednesday	31-Jul		Dormition Fast Begins

# 75<sup>TH</sup> ANNIVERSARY IN PICTURES







## HOLY TRINITY NEWS

### July 14, 2024

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#### THIS WEEK AT HOLY TRINITY

Monday: Patio Time Social & Wii Fun 2:30pm  
Tuesday: Fitness Time 2pm & Bing Fun w Michael & Anthony 6pm  
Wednesday: **Divine Liturgy:** Every Wednesday at 9:30 am. All are welcome to attend and visit with the residents!  
Ice Coffee Bar Social & Patio time 1:30pm  
Thursday: Crafts, Drama Club, and Board Game Day All Day  
Friday: Culinary Club & Wine Social and Trivia 2pm  
Anyone is welcome to stop by and take part in our activities. If you have any questions or plan to stop by for an activity, please contact Isabelle Bouchard, at 508-852-1000.

#### Summer Safety Tips for Seniors:

##### **Reduce Strenuous Activities**

With hot temperatures, seniors should stay in air-conditioned or cool places and out of the sun. It is important to reduce any strenuous or physical activities as the more movement, the higher the body temperature.

##### **Keep Hydrated**

Drink plenty of water! As you increase your water intake, minimize your intake of caffeinated or alcoholic drinks, as these only dehydrate your body. Fresh fruits and vegetables are also recommended to help keep you hydrated. If you or a loved one shows signs of dehydration such as dry mouth, headache, or dizziness, it's important to rehydrate immediately and seek medical attention if symptoms persist.

##### **Protect Yourself in the Sun**

Use sunscreen when going outside, even on cloudy or overcast days. Reapply sunscreen after any water activities. Hats are also a great idea for protecting against the sun. When possible, stay in shaded areas.

##### **Watch For Heat Stroke**

Be mindful of signs of heat stroke, which include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and rapid pulse. Seek medical attention at once if you or someone you know experiences these symptoms.

**Share these tips with your friends and peers to ensure everyone can enjoy a safe and healthy summer. Peace of mind for you, a fulfilling life for your loved one.**

Let the Holy Trinity be your partner in senior care. As seniors aged 65 and above, caregivers, and family members, your role is integral. Call us today at 508-852-1000 to schedule a personalized tour and discover how we can enrich your loved one's golden years.

**STAY CONNECTED: Like our Facebook.**

St. Nicholas Orthodox Church

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*Sunday Services: Matins at 9:00 am and Divine Liturgy at 10:00 am*