

spacing of the previous regulations. This Wuhan Virus is no joke and for those who are compromised can be deadly. One Lab in France have determined the damage is neurological and so more potentially harmful than thought. For safety's sake, please wear a mask.

We have extra face masks on the back table for all. Col. Diederich sent out an email notice of the latest solemn chats from the Governor. Very nicely political.

The "**Bread of Hospitality**" must be suspended during Plague.

Parishioners with August birthdays are . The practice of signing up for snacks and letting Matushka Deborah know is suspended.

*Thanks to our dear Church Family for their generous donations during this challenging time.*

The Vestry have placed a collection plate at the back of the church & a button on the westernorthodox.com site for the technically savvy.

New ICON above the Altar is St. Thomas the Apostle and the other icons have moved around so they are all still there in new locations. The iconographer, Mary Gay Sullivan Coit, has a plan for locating the icons of the Apostles closest to the Altar. We have Sts. Peter, Paul, Thomas, Andrew, and plan to finish the whole number -Fr. John

Please get your bulletin notices to Matushka Deborah by 12 noon on Thursday. Her email:

matushka.deborah@gmail.com

*Dear Heavenly Father,* We praise You for who You are... our good and blessed Father. We affirm that You are Holy and Almighty, and that You reign, Lord over heaven and earth. Father, we come to You as Your children, concerned, distressed and even frightened, about the corona virus and its effects on all of us throughout the world. However, we also come to You in trust, for You have prom-

ised us "I will never leave you; or forsake you." We acknowledge our dependence on You. O Lord Jesus during your ministry on earth, You healed in spirit, soul and body, people of all ages and stations in life. Please be present now to all affected by COVID-19. Have mercy on us and all of the whole world. *Amen.*

The appeal for our Sister Diocese has attracted over \$ 400.00 so far. We can add to that.

Matushka Elizabeth sends her love to all our Parish family. She is recovering from a fall at home.

From a letter of Fr. Henri Neuwen on the daily struggle with distraction and faint heartedness:

**"The first and most important task we have is to keep our eyes on God and Him alone. We will never overcome the demons by analyzing them, but only by forgetting them in our all-consuming love for God. God is simple, demons are complex. Demons like to be analyzed, because that keeps our attention directed to them. God wants to be loved. I am more and more convinced that the first commandment indeed needs to be first: to love God with all our heart, all our soul, and our entire mind."**

Welcome to St. Mark's Online Church. We may produce a Sunday Matins at 9:45 and Internet Mass at 10:00 AM today:

[www.WesternOrthodox.com](http://www.WesternOrthodox.com)

THIS WEEK, THE MASSES OFFERED ARE:

Thursday : The Transfiguration of our Lord Jesus Christ

Mass at 12:00 Noon & 6:00 PM

SATURDAY Mass (Latin) at 9:00 o'clock this week. Confessions by appointment.

# SAINT MARK'S CHURCH

An Orthodox Parish in the Western Rite Vicariate, Diocese of Wichita, Antiochian Orthodox Christian Archdiocese of North America

Established 1875 ☩ 1405 South Vine Street ☩ Denver, Colorado 80210

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Archbishop of New York: Metropolitan Joseph, Diocese of Wichita: Bishop Basil, Antiochian Western Rite Vicariate: Vicar Bishop John, Monsignore Gianni, Father James, Archdeacon Vladimir, Deacon John Satorus

## VII TRINITY, August 2, 2020

All parishes are encouraged to collect alms for our "Sister Diocese" of Bosra-Hauran,

In the week of the

Feast day of St Timon. For resources for "St Timon Sunday" visit [www.antiochian.org/hauran](http://www.antiochian.org/hauran) Please commemorate the following clergy of our

Sister Diocese:

*His Eminence Metropolitan SABA*

*Priest George (who serves Dara'a)*

*Priest Peter (who serves Znebe)*

*Priest Philip (who serves Al-Osilha, A-Dara and Shahba)*

*Priest George (who serves Salkhad, Aramman, Malah, Anz, and Om Aromman)*

*Priest Simeon (who serves Al-Korayya, Tisiya, and Maarbeh)*

*Priest Elia (who serves Izraa and Mothbeen)*

*Priest Timon (who serves Kharabaa and Ira)*

*Priest Nicola (who serves Al-Sweda)*

*Priest Paul (retired)*

*Deacon Spyridon (who serves Al-Sweda)*

*Novice Ora (al-Frehat)*

*Novice Basem (al-Frena)*

Please remember to protect your loved ones from contracting the Covid-19 virus by proper hand-washing, body distancing, and WEARING FACE COVERINGS. These are the best ways to reduce the spread of the virus. So, let's do the right thing and keep Dad and Mom and others safe!

Holy Communion in both kinds (the sacred Host, the Body of Christ) and precious Blood from the chalice will be combined by the Deacon or Priest "dipping" the people's Host in the Chalice and placing the Sacrament on the tongue of the communicant. For the 'Gluten issue' folk we are preparing four separate chalices. Please space out at the Altar rail.

Mucho thanks to Mary Rench for Altar Guild work this past month to make the Church beautiful, clean, and safe for all our Church family. Also, thanks to Mary for making Priest Hosts last month.

Today's Altar Flowers are given in loving memory of Bill Van Zandt and in thanksgiving for my son, Kurt by Lisa Taylor.

The Altar Guild will accept Sunday flower donations today for flowers on future Sundays.

THE Blessed Virgin Mary Shrine Candle is given in loving memory of Maryalice Western, by Matushka Deborah. We will always remember Maryalice for her many "good works" and for blessing St. Mark's with a generous donation in her Will.

The Vestry approved more video/audio equipment for the church. If members in attendance need a boost for the audio we have a simple amplifier that can blast the human voice across the space of viral separation.

The Colorado policy about 'essential' services including churches as well as grocery stores and big box shops and the Orthodox hierarchy direct that we keep the 25% rule for attendance and all the