

PRAYERS ARE REQUESTED FOR ...

The health and salvation of –

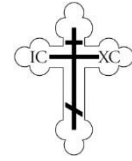
Metropolitan Onufriy + Ukrainian Orthodox Church	Vivian Randall
Metropolitan Neofitos of Eldoret	Thomas
Metropolitan Isaiah	James
Archbishop Benjamin	Matthew
Archpriest Matthew	Keith
Hieroschemamonk Ambrose	Rose
Priest Gabriel	Abi
Abbess Silouana	Gregory
Subdeacon James	John
Reader Timothy • Reader Aleksei	Robert
Matushka Natalia • Shamassy Ina	Alex
Phoebe • Anne • Longinus • Nina	Michael
Irene • Amal • Nicula • Maximus	Patricia
David • Irina • Nadejda • Photini	Philip
Herman • Mary • Susanna	Mari
Marie & family • Joanna	Atticus
	Reagan
Catechumens Rebecca, Kourtney, Elijah,	Grace
Lucy, Corey, Bryan, Damon, Samuel,	Matthew
Jack, Mckenna, Breana, Evan, Jake, Steven	John

The repose and salvation of –

Elizabeth (5/19)	Linda (5/3)
	Jack (5/23)
	Glenda (5/24)

Please let Father know if there are any names you would like added to the list.

*A mission parish under the omophorion of His Grace Vasily,
Bishop of San Francisco and the Diocese of the West,
Orthodox Church in America*



**ST. TIKHON ORTHODOX
CHRISTIAN CHURCH**



Sunday, May 31, 2026

**8th Sunday of Pascha: Pentecost
Feast of the Holy Trinity**



Kneeling Vespers at St. Nicholas Cathedral, Washington, DC

Sundays at 9:05 AM – Hours & Divine Liturgy

Next Saturday, June 13, 5:30 PM: Vespers + Confession

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Protodeacon John Manutes

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Homily On How the Holy Spirit Was Manifested and Shared Out at Pentecost

In what sense is the Holy Spirit the promise of the Father? He foretold Him through His prophets, saying through Ezekiel, "A new heart also will I give you, and a new spirit will I put within you: and I will put my spirit within you" (cf. Ezek. 36:26-27). Through Joel He proclaims, "And it shall come to pass in the last days, that I will pour out my spirit upon all flesh" (cf. Joel 2:28). Longing for the Holy Spirit, Moses cried out in anticipation, "Would God that all the Lord's people were prophets, and that the Lord would put his spirit upon them" (Num. 11:29). As the gracious will of the Father and His promise are one and the same as the Son's, Christ told those Who believed in Him, "Whosoever drinketh of the water that I shall give him, it shall be to him a well of water springing up into everlasting life" (cf. John 4:14), and, "He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water" (John 7:38). By way of explanation, the Evangelist says, "This spake He of the Spirit, which they that believe on him should receive" (John 7:39). As He approached His saving Passion He told His disciples, "If ye love me, keep my commandments. And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; even the Spirit of truth" (John 14:15-17). And again, "These things have I spoken unto you, being yet present with you. But the Comforter, which is the Holy Spirit, whom the Father will send in my name, he shall teach you all things" (John 14:25-26). And yet again, "When the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me" (John 15:26), and "he will guide you into all the truth" (John 16:13).

The promise was now fulfilled and the Holy Spirit, given and sent by both the Father and the Son, descended. He shone round about the holy disciples and with divine power kindled them all like lamps or, rather, He revealed them as heavenly lights set above the whole world, who had the word of eternal life, and through them He illuminated all the earth. If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit, is handed down through all generations and enlightens all who obey their spiritual shepherds and teachers.

Each hierarch in his turn comes to give the city this grace and gift of God and the enlightenment of the divine Spirit through the Gospel. Those who reject any of them, as can happen, interrupt God's grace, break the divine

succession, separate themselves from God and deliver themselves up to sinful rebellions and all kinds of disasters, as you are obviously aware from recent experience. If however, now that you have returned to the shepherd of your souls appointed by God, you obey my counsels for salvation, you will really and truly celebrate this annual commemoration of the Coming of the divine Spirit, Who of His unimaginable love descended for our salvation, just as the only-begotten Son of God, because of this same love and for the same purpose, bowed the heavens, came down and assumed our flesh.

St. Gregory Palamas, from mystagogyresourcecenter.com

Troparion – Tone 8 (Feast)

Blessed art Thou, O Christ our God, /
Who hast revealed the fisherman as most wise /
By sending down upon them the Holy Spirit; /
Through them Thou didst draw the world into Thy net. ///
O Lover of Man, Glorify to Thee!

Kontakion – Tone 8 (Feast)

When the Most High came down and confused the tongues, /
He divided the nations; /
But when He distributed the tongues of fire, He called all to unity. ///
Therefore, with one voice, we glorify the all-holy Spirit!

Epistle: Acts 2:1-11

Gospel: John 7:37-52; 8:12

Also this week: Day of the Holy Spirit; Martyr Justin the Philosopher and those with him (June 1); Third day of the Trinity; St Nicephorus the Confessor (June 2); Martyr Lucillian and those who suffered with him (June 3); St Metrophanes, First Patriarch of Constantinople; (June 4); Hieromartyr Dorotheus, Bp of Tyre (June 5); Ven Bessarion the Wonderworker of Egypt (June 6).

*** no fast this week ***

Each of us can discuss God inasmuch as he has known the grace of the Holy Spirit; for how can we think of or discuss what we haven't seen, or haven't heard of, or don't know? The saints say that they have seen God, but there are people who say that there is no God. Clearly, they say this because they haven't known God, but this does not at all mean that He is not. The saints speak of that which they have truly seen and know.

St. Silouan the Athonite