

APOSTLES FAST



On June 8th, after a Fast Free Week following Holy Pentecost, we begin the 'Apostles Fast', which concludes with the Feast of the Holy Apostles Sts Peter & Paul on June 29th. The Apostle's Fast isn't nearly as strict as compared to Great Lent; with Fish, Wine and Oil allowed on many days.

One might ask...didn't we just finish Great Lent!? Well yes, but in the Orthodox Life we constantly go through periods of Fasting and Preparation, which conclude with Feasting and Celebration.

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Parish Contacts

Fr. Gregory Wright, Rector
604-788-7546
frgregory@saintherman.net

Fr. Symeon Price, Attached
604-807-7451
fathersymeonprice@gmail.com

Fr. Dn. Theodore Matson
Deacon, Treasurer
604-897-2825
dntheodore@saintherman.net
treasurer@saintherman.net

Eric Gerbrandt, President
president@saintherman.net

Donations: E-Transfer to:
treasurer@saintherman.net

Weekly Services:

Every Saturday:
530pm Great Vespers

Every Sunday:
930am Hours
10am Divine Liturgy
12pm Potluck Lunch
1pm Catechism Classes

Feast Days:
Please Check our Calendar

7221 - 198B Street
Langley, BC V2Y 1R9



APOSTLES FAST

Continued...

It's quite appropriate that the Apostles Fast comes to us right after the Feast of Pentecost.

Holy Pentecost is considered as the 'birthday' of the Church.

With the Descent of the Holy Spirit upon the Apostles at Pentecost, they were given the Gift of the Holy Spirit, which empowered them to Preach the Good News (the Gospel) to the Nations, in fulfilling the commandment of our Lord given just before His Ascension: *"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you"*.

The Apostles prepared themselves by prayer and fasting, before heading out to spread the Good News of our Lord across the known world. We likewise prepare ourselves through prayer and fasting, in memory of the Holy Apostles, and in preparation for our own further growing in the Gift of the Holy Spirit which we received at our own Holy Chrismation...at our own experience of Holy Pentecost!

We prepare ourselves regularly through prayer and fasting.

Like an athlete preparing for a competition, or a soldier preparing for battle through exercise and physical training, we prepare for the Spiritual Arena through spiritual disciplines which include Fasting (which helps us to control the bodily passions), Prayer (which opens our hearts and souls to receive God's Love and Grace), and Charity / Almsgiving (which helps us to detach from materialism, while imitating the unconditional Love and Generosity of Christ).

Even on a weekly basis, we prepare ourselves to receive the Holy and Precious Body and Blood of Christ (Holy Communion) through regular (monthly) Holy Confession, through Fasting, through abstinence, through reading our Pre-Communion Prayers, through good works and prayer throughout the week.

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APOSTLES FAST Continued...

As much as the Holy Apostles went out into the world to Preach the Gospel, we are also called to share Christ's Love and Grace with the world around us.

What we have *freely received* from God in His Love and Grace, we too need to *freely* share this Gift.

Does this mean standing at a street corner with a sign preaching the Gospel...normally not...

There are many simple ways for us to share God's Love and Grace with the world.

When someone is sick, pray for them...visit them...bring them a meal.

When someone is lonely and depressed, comfort them...give them Hope...show them love.

When someone is struggling to find meaning in life and searching for God, share what you know about Christ with them.

When someone is struggling financially and not able to afford to feed their family, buy them some groceries...

When someone is sitting in the cold begging for a meal, consider giving them your sandwich...and maybe your jacket.

The Apostles Fast reminds us that we are all called to share Christ's Love, Grace, and Joy with the world around us. Not all of us will be able to evangelize such as Sts. Peter & Paul, but we are all capable to some degree or another to share a kind word of encouragement, to share a sandwich with someone who is hungry, to comfort someone who is sick or distressed. Doing this...sharing Christ's Love and Grace with others is where we truly find Blessings from the Lord.

"Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me...."

St. Herman's Men's night

THURS. JUNE 4TH

6:30 PM

5191 203rd St. Langley

**(in the clubhouse, next
to the playground of
Langlea Eastates)**

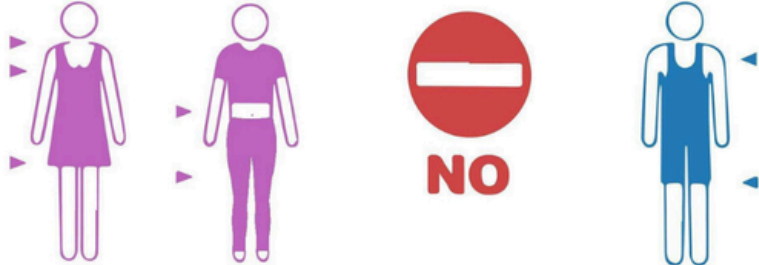
Call or text Sean for more details
778-875-4111

**please park in visitor parking
only or across the street

Please bring a snack and your choice of drink.

Church Etiquette... Clothing in Church

PLEASE DRESS MODESTLY



With Summer upon us, I have been asked by several members of our community to give some guidance as to what is considered appropriate attire when coming to Church Services. Doing some research, there seems to be varying standards from Parish to Parish in the OCA.

Some Parishes ask members to wear their 'Sunday Best,' while others maintain that all must dress modestly so as to not draw attention to oneself, while also dressing in such a manner as to honor the fact that we are coming to the Lord's House, to partake of His Sacraments.

Whenever we are preparing to come to church, we should remember that we will be entering the House of God. This requires that we dress modestly and with reverence.

This doesn't mean that we need to go out and buy new wardrobes to come to Church...it means we should use common sense and our best judgement.

For Men, wearing long pants and a shirt that covers your shoulders is appropriate. Graphic Tees with anti-Christian prints are distracting and not appropriate. Shorts and Hats in Church are likewise inappropriate.

For Women, modest dress is called for. Lululemon leggings, short skirts, crop tops, and revealing clothing do not belong inside the Church.

Some women have the pious tradition of covering their heads. Some women choose not to cover their heads. This is a personal choice and there should be no judgement either way.

Our Visitors often do not yet know what is considered appropriate dress. We should welcome them lovingly no matter what they are wearing.

"Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious" 1 Peter:3

ST.HERMAN OF ALASKA ORTHODOX
CHURCH

*We are looking
for volunteers!*

Want to help out at church, but
not sure what to do? Join our
garden crew!

WHEN? EVERY 4-5 WEEKS BEFORE VESPERS
SNACKS WILL BE PROVIDED



SIGN UP WITH SHERRY AT S.LYNN.100@GMAIL.COM

Sunday School

CORNER

Sunday school continues through June @ 9:30am

It is such a joy & blessing to have your children in class! Thank you parents!

—“Miss Kristy” ✨



“When we teach children to be good, to be gentle, to be forgiving (all these are attributes of God), to be generous, to love their fellow men, to regard this present age as nothing, we instill virtue in their souls, and reveal the image of God within them.”

— St John Chrysostom ✨



Youth Happenings

GRADES 7-12



✿ Post-liturgy Youth Connection every Sunday

IN YOUTH ROOM UNLESS OTHERWISE DETERMINED

✿ UPCOMING



PanOrthodox ✿

Youth Night

SATURDAY JUNE 6 5:30-7:30

ST. HERMAN'S FELLOWSHIP HALL

What: Local Orthodox Women's Conference

Speaker: Fr. Edward Jordan

*Associate priest at St. Aidan's Orthodox Church in Cranbrook, BC
and Oncological GP in Creston, BC*

Where: Holy Nativity Church Hall (4828 216A Ave, Langley)

When: Friday June 5 6-9pm & Saturday June 6 9am-5pm

Who: Open to all Orthodox Women and Seekers (16+ yrs)

Tickets: \$35

Register:



St. Silas Orthodox Prison Ministry Sanctuary Work Day!

Join us on Saturday, July 25th for a volunteer work day at the St. Silas Orthodox Prison Ministry Sanctuary as we prepare this home to serve men rebuilding their lives after incarceration.

We'll be tackling interior painting, cleaning, minor repairs, and outdoor yard work. No special skills are required—just willing hands and a generous spirit—though we welcome those with professional painting, flooring, electrical, and landscaping experience.

Lunch, supper, snacks, and drinks will be provided.

This is a practical way to support mercy, hospitality, and second chances in our community!

If you are interested, please contact frgregory@saintherman.net. More details to follow.

Fr. Richard Rene

June 2026

**Father Gregory's day
off is Tuesday
Emergency phone calls ONLY**














**Great Vespers start at 5:30pm
Sunday Hours start at 9:30am
Divine Liturgy starts at 10am
Children's Sunday School 9:30am Sundays (in Church Hall)
Youth Connection- after liturgy during lunch in the youth room**

Fr. Gregory Wright 604-788-7546 frgregory@saintherman.net

 **Strict Fast** (No meat, fish, wine, oil, dairy, eggs)

 **Fish, oil and wine** (No meat, dairy and eggs)

 **Wine & Oil** (No meat, fish, dairy, and eggs)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 9:30 Baptisms & Liturgy	8 ✙	9 	10 ✙	11 6:30pm - Men's night at Sean's 	12 ✙	13 5:30pm Great Vespers & Confessions 5:30 - Youth Event! 
14 9:30 Hours & Liturgy 	15 ✙	16 	17 ✙	18 	19 ✙	20 5:30pm Great Vespers & Confessions 
21 9:30 Hours & Liturgy 	22 ✙	23  6pm - Vigil - St. John the Baptist	24  8am - Liturgy - St. John	25 	26 ✙	27 5:30pm Great Vespers & Confessions 
28 9:30 Hours & Liturgy 6pm - Vespers w/ Litya Peter & Paul 	29 8am - Liturgy - Peter & Paul	30				

• Apostles Fast - June 8-29th