

Parish Prayer List (Living)

(Parish)

Evangelos	Carolyn	Robert	Subdcn Jason
John B.	Maria	Anamay	Ron
Anthony	Paula	Kathleen	SJ
Beverly	David	Michael	Anastasia
Thomas	Gloria	Thecla	Michael
Reader John	Kimberly	Matthew	Levi
Sbdcn Maximus	Emilia	Photini	George S.
Magdalini	Constanka	Emil	George D.
Rita	John D.	Pam	Grace
Olga	Marina	Hesychios	Elizabeth
Sophia	Danny	Reader Mark	Evdokia
Nicholas	Mary	Rachel	Katherine
Lily	Theodora	Elizabeth	Joseph
Justine	David	Sabrina	Kay
Christopher	Crystal	Rosa-Jane	Ian
Gabriel	Marcia	John R.	Johannah
Patrick	Cathleen	John L.	

(non-Parish)

Alexandra	Rachael	Thomas Pappas	Lillian Pappas
Christopher	Fr. Michael	Paige and Paul	Jennifer
Gabriella	Josiah	Jacob	Catherine
Hugh	Raymond	Judy	Mike
Ron	Clint	Peter	Maria
Brian	Brian	Sean	Sara
Ruth	Janet H.	Pam	Ana
Roz	Krista	Marty	Margo
	Kera	Vanessa	Emma
Jane	Scott	Torin	Breanne

Parish Prayer List (Fallen Asleep)

James Bissonette (+1/26)

Joseph Visconti (+1/26)

Angelina Visconti (+2/14)

Fernando Cannaverde (+2/14)

Olga Specian (+2/19)

Pauline LoGalbo (+2/22)

Lorraine Solinko (+2/27)

Metropolitan Nicholas (+3/13)

Thoughts from the Fathers

Everyone baptized into Christ should pass progressively through all the stages of Christ's own life, for in baptism he receives the power to so progress, and through the commandments he can discover and learn how to accomplish such progression. To Christ's conception corresponds the foretaste of the gift of the Holy Spirit, to His nativity the actual experience of joyousness, to His baptism the cleansing force of the fire of the Spirit, to His transfiguration the

contemplation of divine light, to His crucifixion the dying to all things, to His burial the indwelling of divine love in the heart, to His resurrection the soul's life-quickenng resurrection, and to His ascension divine ecstasy and the transport of the intellect into God. He who fails to pass consciously through these stages is still callow in body and spirit, even though he may be regarded by all as mature and accomplished in the practice of virtue.

- *St Gregory of Sinai*

The most striking proof that there is a devil in the world is that men do not feel, or feel very little the mercies that God has bestowed upon them in the creation, guidance and redemption: the Devil is a powerful antagonist to everything good and righteous.

- *St John of Kronstadt, My Life in Christ*

The strength of those who wish to acquire the virtues is as follows: if they fall, let them not lose their courage, but let them be sure to make a new beginning at their endeavor. Insofar, then, as we put all our energy into practicing the virtues, let us await the Lord, showing Him a generous resolve and calling on His aid, and without fail He will strengthen us with His mercy and bestow His Grace on us in abundance, in which case we will accomplish every good easily and without exertion.

-- *Abba Moses*

Thirst for Jesus, so that he may inebriate you with his love. Blind your eyes to all that is held in honor in the world, so that you may be held worthy to have the peace which comes from God reign in your heart.

-- *Saint Isaac of Nineveh*

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Church Fathers: On the Publican and the Pharisee

- Proverbs 27:202:

Let a neighbor praise you, and not your own mouth; a stranger

and not your own lips.

- Sayings of the Desert Fathers:

An old man much given to simplicity questioned Father Ammonas: "Three thoughts occupy me, either, should I wander in the deserts, or should I go to a foreign land where no one knows me, or should I shut myself up in a cell without opening the door to anyone, eating only every second day?" Father Ammonas replied, "It is not right for you to do any of these three things. Rather, sit in your cell and eat a little every day, keeping the word of the publican always in your heart, and you may be saved."

- Sayings of the Desert Fathers:

Mother Syncletiki said: "Imitate the Publican and you will not be condemned with the Pharisee. Choose the meekness of Moses and you will find your heart which is a rock changed into a spring of water."

- Elder Ambrose of Optina:

Repentance and humility are more important and higher than all of the other virtues, continuing until the end of our life. Referring to the words of the Prophet David, Saint John Climacus writes, "I did not fast, I did not keep vigil, I did not sleep on the bare earth, but I humbled myself and the Lord saved me."

- Saint John of Kronstadt:

When the foolish thought of counting up any of your good works enters into your head, immediately correct your fault and rather count up your sins, your continual and innumerable offences against the All-Merciful and Righteous Master, and you will find that their number is as the sand of the sea, whilst

your virtues in comparison with them are as nothing.

- Saint Peter of Damascus:

If repentance is too much for you, and you sin out of habit even when you do not want to, show humility like the publican; this is enough to ensure your salvation.

- The Paradise of the Holy Fathers

BROTHER: Who is, indeed, the man of excellence?

OLD MAN: He who cries out always that he is a sinner, and asks mercy from on high, whose word is laden with the feeling of discernment, and his senses with the watchfulness of deeds; and who, being silent, yet speaks; and who, though speaking, holds his peace, and whose actions are wholly good fruits for the life of time and the revelation of Christ."

- Elder Anatoly of Optina

Have pity, and you will not condemn.

- Elder Nikon of Optina

Never condemn anyone. Greet everyone with a good disposition, whoever he may be, with the hope of finding in him only good, seeing before you the image of God.

-Elder Ambrose of Optina

Some people are prone to the sin of condemnation due to habit, others from remembering wrongs, others from envy and hatred, but for the most part, we are prone to this sin due to conceit and haughtiness....If we desire to be corrected of this sin of condemnation, we must in every way force ourselves to be humble before God and man and implore God for help in this.