

## ***Parish Prayer List (Living)***

Metropolitan Nicholas	Sharon	Bob	Reader Mark
Andrea	Amanda	Sherry	Joretta
Fr. Michael	Barry	Sean	Kristi
James	Nicholas B.	Karin	Andrea & Kirby
Nanette	Michael	Tatiana	Rachael
Michael	Helen	Susan K	
Victims of bombing in Egypt			

## ***Parish Prayer List (Fallen Asleep)***

Francis Dreyer (+2/1)

Mary Louise Blomeley (+12/10)

Josephine Urban (+12/15)

## **Thoughts from the Fathers**

"But seek first the Kingdom of God and His righteousness, and all these things shall be added to you." This commandment of the Lord, which conveys a complete and total trust in Divine Providence, is the ascetic's slogan and living practice.

The father Cherubim was a carefree ascetic (on Mt. Athos), filled with faith and hope. He was also a little hard of hearing, and one time he was isolated by snow in his impoverished hermitage for over a week without food. One day a stranger with a loaded mule knocked at his door. It was almost night. He asked whether he had time to reach St. Peter's Cave before dark and then return to St. Paul's Monastery.

Ascetic Cherubim said to him, "My brother, there is so much snow that you won't be able to get to St. Peter's Hermitage, even if you had ahead of you a whole day. Stay here tonight and you can go early tomorrow morning."

The stranger replied, "Geronda, I have brought some food supplies which I would like to sell and then return to my work tonight. If you like, you may do me a favor by keeping them, and just giving me a little money in return."

"Since you are in a hurry, leave them here in this corner,

and I will go and get for you the money which was given to me by a pilgrim." He went to his room while the stranger was unloading the goods, but when he returned he was not there. He had disappeared. Father Cherubim looked outside and called, but there were neither footprints nor animal tracks in the snow. Then he realized that it had all been the visible energies of the invisible Divine Providence, which looks after everything. He entered his little chapel and thanked the Lord. With gratitude he placed food supplies in his small storage space. They lasted him the whole winter.

*from An Athonite Gerontikon*

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***Quotes from St. Seraphim of Sarov***

"Acquire the spirit of peace, and around you thousands will be saved."

"Where there is God, there is no evil. Everything coming from God is peaceful, healthy and leads a person to the judgment of his own imperfections and humility."

"When a person accepts anything Godly, then he rejoices in his heart, but when he has accepted anything devilish, then he becomes tormented."

"The devil is like a lion, hiding in ambush (Ps 10:19, 1Pe 5:8). He secretly sets out nets of unclean and unholy thoughts. So, it is necessary to break them off as soon as we notice them, by means of pious reflection and prayer."

"It is necessary that the Holy Spirit enter our heart. Everything good that we do, that we do for Christ, is given to us by the Holy Spirit, but prayer most of all, which is always available to us."

"A sign of spiritual life is the immersion of a person within himself and the hidden workings within his heart."

"Excessive care about worldly matters is characteristic of an unbelieving and fainthearted person, and woe to us, if, in taking care of ourselves, we do not use as our foundation our faith in God, who cares for us! If we do not attribute visible blessings to Him, which we use in this life, then how can we expect those blessings from Him which are promised in the future? We will not be of such little faith. By the words of our Saviour, it is better first to seek the Kingdom of God, for the rest shall be added unto us (see Mt. 6:33)."

"True hope seeks the one Kingdom of God and is sure that everything necessary for this mortal life will surely be given. The heart cannot have peace until it acquires this hope. This hope pacifies it fully and brings joy to it. The most holy lips of the Saviour spoke about this very hope: "Come unto Me, all ye that labour and are heavy laden, and I will give you rest" (Mt. 11:28)."

"Oh, if you only knew what joy, what sweetness awaits a righteous soul in Heaven! You would decide in this mortal life to bear any sorrows, persecutions and slander with gratitude. If this very cell of ours was filled with worms, and these worms were to eat our flesh for our entire life on earth, we should agree to it with total desire, in order not to lose, by any chance, that heavenly joy which God has prepared for those who love Him."

"When I am dead, come to me at my grave, and the more often the better. Whatever is in your soul, whatever may have happened to you, come to me as when I was alive and kneeling on the ground, cast all your bitterness upon my grave. Tell me everything and I shall listen to you, and all the bitterness will fly away from you. And as you spoke to me when I was alive, do so now. For I am living and I shall be forever."

"The reading of the word of God should be performed in solitude, in order that the whole mind of the reader might be plunged into the truths of the [Holy Scripture](#), and that from this he might receive warmth, which in solitude produces tears; from these a man is wholly warmed and is filled with spiritual gifts, which rejoice the mind and heart more than any word."

"God is a fire that warms and kindles the heart and inward parts. Hence, if we feel in our hearts the cold which comes from the devil – for the devil is cold – let us call on the Lord. He will come to warm our hearts with perfect love, not only for Him but also for our neighbor, and the cold of him who hates the good will flee before the heat of His countenance."

"The body is a slave, the soul a sovereign, and therefore it is due to Divine mercy when the body is worn out by illness: for thereby the passions are weakened, and a man comes to himself; indeed, bodily illness itself is sometimes caused by the passions." -- *Spiritual Instructions*.

"Those who have truly decided to serve the Lord God should practice the remembrance of God and uninterrupted prayer to Jesus Christ, mentally saying: Lord Jesus Christ, Son of God, have mercy on me, a sinner."

"When despondency seizes us, let us not give in to it. Rather, fortified and protected by the light of faith, let us with great courage say to the spirit of evil: "What are you to us, you who are cut off from God, a fugitive for Heaven, and a slave of evil? You dare not do anything to us: Christ, the Son of God, has dominion over us and over all. Leave us, you thing of bane. We are made steadfast by the uprightness of His Cross. Serpent, we trample on your head."