

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

*(Parish)*

Evangelos	Carolyn	Robert	Sharon
John	Maria	Anamay	Ron
Lawrence	Dianna	Efthalia	Denny
Anthony	Pauline	Nadja	Jerry
Beverly	David	Michael	Anastasia
Nina	Walter	Nathan	Mary
Joseph	Duncan	Thecla	Michael
Reader Mark	Jason	Silouan	Susan Mary
Maximus	Emily	Clint	George
Magdalini	Connie	Emil	Sophia
Barbara	Yevgeniya	Roman	Ilija
Olga	Marina	John	James S.

*(non-Parish)*

Alexandra	Rachael	Jessilyn	Amanda
Christopher	Fr. Michael	Paige	Sean
James	Nicholas B.	Karin	Meg
Barry Pierce	Rick P.	Susan K	Michael C.
Anna	Brian	Kathy Tanner	Salvatore
Josephine	Billy Ray	Alma	Charles Kahn
Peter	Maria	Michael	Timothy
Petrese	Mary	Astilee	Dan Brown
Tony	Donna	Joe and Jessie	Sherry
Pani Susan Rosco	Emily	Fr. Richard and Pani Debbie Zak	Maria
Steve Shuniak			

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

Alvin Dizon

Betty Pilja (+12/6)

Josephine Urban (+12/15)

Vladimir Rosco (+11/23)

William Matheson

Mary Louise Blomeley (+12/10)

Dominick LoGalbo (+12/25)

## ***Thoughts from the Fathers***

The merciful Lord has given us repentance, and through repentance are all things put right. Through repentance we receive forgiveness of sins; repentance brings the grace of the Holy Spirit, and thus we come to know God. If one among you has lost grace and things go hard with him, let him repent and the Lord will give him His peace. If a people or a nation are in tribulation, all must repent, and then God will set everything right.

*Saint Silouan of Mount Athos*

The birth which occurs through holy Baptism is connected with purification and illumination. Saint Gregory the Theologian says that Christ had no need for purification, since He is purification itself, but He was purified for us, that is to say, He entered the Jordan as also wearing flesh, while He was not carnal. Thus through His Baptism and Chrismation, Christ purifies and illuminates mankind. Purification from passions is preceded by doing the commandments and is followed by illumination by the energy of the Holy Spirit. Saint Gregory the Theologian says characteristically: “Where there is purification there is illumination, for without the former the latter is not given.”  
*Metropolitan of Nafpaktos Hierotheos*

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## **55 Maxims of the Christian Life**

Fr. Thomas Hopko

1. Be always with Christ and trust God in everything.
2. Pray as you can, not as you think you must.
3. Have a keepable rule of prayer done by discipline.
4. Say the Lord's Prayer several times each day.
5. Repeat a short prayer when your mind is not occupied.
6. Make some prostrations when you pray.
7. Eat good foods in moderation and fast on fasting days.
8. Practice silence, inner and outer.
9. Sit in silence 20 to 30 minutes each day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession and holy communion regularly.

13. Do not engage intrusive thoughts and feelings.
14. Reveal all your thoughts and feelings to a trusted person regularly.
15. Read the scriptures regularly.
16. Read good books, a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person, one of the human race.
19. Be polite with everyone, first of all family members.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, even a part of a day, at a time.
24. Be totally honest, first of all with yourself.
25. Be faithful in little things.
26. Do your work, then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and attentive, fully present where you are.
35. Think and talk about things no more than necessary.
36. Speak simply, clearly, firmly, directly.
37. Flee imagination, fantasy, analysis, figuring things out.

38. Flee carnal, sexual things at their first appearance.
39. Don't complain, grumble, murmur or whine.
40. Don't seek or expect pity or praise.
41. Don't compare yourself with anyone.
42. Don't judge anyone for anything.
43. Don't try to convince anyone of anything.
44. Don't defend or justify yourself.
45. Be defined and bound by God, not people.
46. Accept criticism gracefully and test it carefully.
47. Give advice only when asked or when it is your duty.
48. Do nothing for people that they can and should do for themselves.
49. Have a daily schedule of activities, avoiding whim and caprice.
50. Be merciful with yourself and others.
51. Have no expectations except to be fiercely tempted to your last breath.
52. Focus exclusively on God and light, and never on darkness, temptation and sin.
53. Endure the trial of yourself and your faults serenely, under God's mercy.
54. When you fall, get up immediately and start over.
55. Get help when you need it, without fear or shame.