

Parish Prayer List (Living)

Alexandra	Rachael	Jessilyn	Reader Mark
Andrea	Amanda	Sherry	Thekla
Fr. Michael	Barry	Sean	Susan Mary
James	Nicholas B.	Karin	Andrea & Kirby
Lawrence	Emil	Seraphim	Evdokia
Michael	Helen	Susan K	Bob Wedder
Anna	Brian	Carolyn	Monk Nicholas
Ashley & Ben	Kathy Tanner	Anthony	Pauline
Olga	Marina	Salvatore	Josephine
Nicholas (Nadja's brother)	Nina	Alma	

Parish Prayer List (Fallen Asleep)

Frances Dreyer (+2/1)	June Henn (+2/2)
John Beach (+2/27)	Angelina Visconti (+2/14)
Pauline LoGalbo (+2/22)	Lorraine Solinko (+2/27)
Metropolitan Nicholas (+3/13)	Laura Crikis (+3/17)

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The Prayer of St. Ephraim the Syrian (for Wednesday and Friday of Cheese Fare Week)

O Lord and Master of my life, take from the spirit of sloth, faint heartedness, lust of power and idle talk, but rather give to your servant the spirit of chastity, humility, patience and love. Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed are you for ages of ages. Amen.

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Words from the Fathers

Not only should we observe moderation with food, but we must also abstain from every other sin so that just as we fast with our stomach, we should fast with our tongue. Likewise, we should fast with our eyes; i.e. not look at agitating things, not allow your eyes freedom to roam, not to look shamelessly and without fear. Similarly, arms and legs should be restrained from doing any evil acts.

Abba Dorotheus of Gaza, 6th century

The objective is to be able to conquer Eternity on a daily basis. This is the ideal. The idea of becoming somebody in life - a

professor, etc - is a human goal, not the ultimate goal. The aim is to serve the highest possible Good. If you do not know how to serve God, Who is Eternal, you will get stuck. You have to be attentive: 'Wait a minute! Since this doesn't pertain to Eternity, I won't do it!'

Elder Arsenie Papacioc, "Eternity Hidden in the Moment,"

How shall it be in that hour and fearful day, when the Judge shall sit on His dread throne! The books shall be opened and men's actions shall be examined, and the secrets of darkness shall be made public. Angels shall hasten to and fro, gathering all the nations. Come ye and hearken, kings and princes, slaves and free, sinners and righteous, rich and poor; for the Judge comes to pass sentence on the whole inhabited earth. And who shall bear to stand before His face in the presence of the angels, as they call us to account for our actions and thoughts, whether by night or by day? How shall it be then in that hour! But before the end is here, make haste, my soul, and cry: O God Who only art compassionate, turn me back and save me.

"Second Sticheron of The Praises" from the Triodion on the Sunday of the Last Judgment, The Lenten Triodion

A man went into the forest to choose a tree from which to make roof beams. And he saw two trees, one beside the other. One was smooth and tall, but had rotted away inside, and the other was rough on the outside and ugly, but its core was healthy. The man sighed, and said to himself: "What use is this smooth, tall tree to me if it is rotten inside and useless for beams? The other one, even if it is rough and ugly, is at least healthy on the inside and so, if I put a bit more effort into it, I can use it for roof beams for my house." And without thinking any more about it, he chose that tree. So will God choose between two men for His house, and will choose not the one who appears outwardly righteous, but the one whose heart is filled with God's healthy righteousness.

Saint Nikolai of Zhicha

"The man who is conscious of his sins is greater than he who profits the whole world by the sight of his countenance. The

man who sighs over his soul for but one hour is greater than he who raises the dead by his prayer while dwelling amid many men. The man who is deemed worthy to see himself is greater than he who is deemed worthy to see the angels, for the latter has communion through his bodily eyes, but the former through the eyes of his soul. The man who follows Christ in secret mourning is greater than he who praises Christ amid the congregations of men.”

- *St. Isaac the Syrian*



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**The Three Disciplines:
Prayer, Fasting, and Almsgiving**

Jesus Christ called for a thorough conversion of our heart and mind, and a complete turning away from the old man (our fallen nature). The main act that begins this conversion is metanoia, which means thorough change of mind. This happens when we become aware that we have sinned, and that we are in need of God's forgiveness, and resolve, with His help, to submit to Him.

Sometimes we see a synonymous use of two words, penance and confession. When going to confession, a priest sometimes

gives a penance, which is a spiritual discipline that can aid in our journey to God. We are given guidelines that can lead to spiritual growth, and change of heart.

These penances are often in the form of disciplines that are meant to help increase the time spent in prayer, fasting, and almsgiving. These three disciplines help us deepen our relationship with Christ, and aid in the Acquisition of the Holy Spirit. Sometimes we are asked to do akathist hymns, where we seek the aid of saints, or the Holy Virgin, as we struggle to go deeper in our spiritual quest. We might be given extra periods of fasting, that in depriving ourselves of food, we are able to see deeper into our hearts, and, with God's help, be ridden of the dirt and grime that resides within us. Other times we might be asked to perform acts of charity, or increase our almsgiving, as a way of moving beyond ourselves, and focusing on the needs of others.

Disciplines that focus on increased prayer, fasting and almsgiving, along with immersing ourselves in the Holy Scriptures, help us in our continued quest to live a life in total submission to Christ. These three categories of discipline aid us in the Acquisition of the Holy Spirit, and help us to live our life for Christ.

Prayer, fasting and almsgiving, are not ends in themselves, but are exercises which help in spiritual warfare against the demons who would bring us down. These disciplines are aids that help us in our attempt to repent, and to have a thorough change of mind (metanoia). And this repentance does not mean that we must feel sad, but that we strive to put off all pride and selfishness, and replace the ego with love, joy, peace, patience, gentleness, goodness, kindness, meekness and self control.

--Abbot Tryphon, All Merciful Savior Monastery, Vashon Island, WA