

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	Jason
Tatiana	Clint	Nadja	Travis
Karen	Genevieve	Connie	Kansas & SJ

Parish Prayer List (Fallen Asleep)

John Beach (+2/27)	Michael Baker (+3/26)
Pauline LoGalbo (+2/22)	Lorraine Solinko (+2/27)
Metropolitan Nicholas (+3/13)	Laura Crikis (+3/17)
Michael Pilja (+4/7)	

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The Prayer of St. Ephraim the Syrian (for daily prayer in Lent)

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

The sea is surging and the waves are high: but we have nothing to fear because we stand on a rock—the rock of faith. Let the sea surge with all the power at its command, and let the waves rise as high as mountains; the rock on which we stand will remain firm and unshaken. Do I fear death? No, because on the rock of faith I know that death is the gateway to eternal life. Do I fear exile? No, because on the rock of faith I know that I am never alone; Christ is always beside me, my friend and my brother. Do I fear slander and lies? No, because on the rock of faith I know that I am always protected by the truth—Christ who is the truth, is my protector. Do I fear poverty? No,

because on the rock of faith God also provides for my needs. Do I fear ridicule? No, because however low I may sink in the esteem of those without faith, on the rock of faith all are treated with respect. Far from fearing the surge of the sea, I enjoy it, because it assures me that the rock on which I stand is immovable.

St. John Chrysostom

Why do we honor the Cross with such reverence that we make mention of its power in our prayers after asking for the intercession of the Mother of God and the Heavenly Powers, before asking for that of the Saints, and sometimes even before asking for that of the Heavenly Powers? Because after the Saviour's sufferings, the Cross became the sign of the Son of Man, that is, the Cross signifies the Lord Himself, incarnate and suffering for our salvation.

Saint John of Kronstadt, My Life in Christ

Everyone bears his cross - you too should bear your cross. Even if it's with one finger, bear it just the same. The bearing of the cross is an essential requisite for the salvation of every Christian, and not only for a monk. Yes, everyone bears his cross and has borne it. The Incarnate Lord bore the Cross, and His Cross was the heaviest, since it contained within itself the crosses of all people. And take note: God bore His Cross, and a man helped Him (Simon the Cyrenian) by taking the Cross from Him and carrying it himself. That means that we too, bearing our crosses, help the Lord in the bearing of the Cross, that is, we prepare ourselves to be His servants in the heavens in the choir of the bodiless spirits...What a high calling!

Elder Barsanuphius of Optina

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St. Ephraim the Syrian on the Holy Cross

"The Cross abolished idolatrous adulation, enlightened the whole universe, gathered all the nations into one Church and united them with love. The Cross is the resurrection of the dead. The Cross is the hope of Christians. The Cross is the staff

for the lame. The Cross is comfort for the poor. The Cross is the deposing of the proud. The Cross is the hope of those who despair. The Cross is food for the sailors. The Cross is haven for the bestormed. The Cross is the father for orphans. The Cross is comfort for those who mourn. The Cross is the protector of children. The Cross is the glory of men. The Cross is the crown of elders. The Cross is light for those sitting in darkness. The Cross is freedom for slaves, wisdom for the ignorant. The Cross is the preaching of prophets, the fellow-traveler of apostles. The Cross is the chastity of maidens, the joy of priests. The Cross is the foundation of the Church, the establishment of the universe. The Cross is the destruction of idolatrous temples, temptation for Jews. The Cross is the cleansing of the lepers, the rehabilitation of the enfeebled. The Cross is bread for the hungry, a fountain for the thirsty. The Cross is the good hope of monks, clothing for the naked.

By this holy armor of the Cross Christ the Lord has terminated the omniconsuming bowels of Hades and blocked the many snares in the mouth of the devil. Having seen the Cross, death trembled and released everyone whom she possessed with the first creature. Armed with the Cross, the God-bearing apostles subdued all the power of the enemy and caught all peoples in their dragnets, and gathered them for the worship of the One Crucified. Clothed in the Cross as in armor, the martyrs of Christ trampled all the plans of torturers and preached with plainness the Divine Cross-bearer. Having taken up the Cross for the sake of Christ, those who renounced everything in the world settled in deserts and on mountains, in caves and became the fasters of the earth.

But what language is worthy to praise the Cross, this invincible wall of the Orthodox, this victorious armor of the Heavenly King?! By the cross the Almighty One bestowed unspeakable blessings on humanity!"

"Therefore on the forehead, and on the eyes, and on the mouth, and on the breasts let us place the life-giving Cross. Let us arm them with the invincible armor of Christians, with this hope of

the faithful, with this gentle light. Let us open paradise with this armor, with this support of the Orthodox faith, with this saving praise of the Church. Neither in one hour, nor in one instant, let us not forget the Cross, nor let us begin to do anything without it. But let us sleep, let us arise, let us work, let us eat, let us drink, let us go on our way, let us sail on the seas, let us go across the river, let us adorn all our members with the life-giving Cross. And let us not be frightened 'by the terror of the night, nor by the arrow that flies by day, nor by anything roaming in darkness, nor by any calamity, nor any noontday demon' (Ps. 90:5, 6). If, O Christian, you will always take up the Cross of Christ on yourself as a help, then 'evil shall not come towards you, nor any scourge come near your habitation': for the opposition power seeing it trembles and leaves."

