

Parish Prayer List (Living)

Alexandra	Rachael	Jessilyn	Reader Mark
Andrea	Amanda	Sherry	Thecla
Fr. Michael	Barry	Sean	Susan Mary
James	Nicholas B.	Karin	Connie
Lawrence	Emil	Seraphim	Evdokia
Michael	Helen	Susan K	Bob Wedder
Anna	Brian	Carolyn	Karen
Sharon & Bob	Kathy Tanner	Anthony	Pauline
Olga	Marina	Salvatore	Josephine
Nicholas (Nadja's brother)	Nina	Alma	Jason
Tatiana	Clint	Nadja	Travis

Parish Prayer List (Fallen Asleep)

Michael Urban (+6/21)	Robert Beall (+6/24)
Mary Fuga (+6/24)	Ruby Kesselak (+7/1)
John Kesselak (+7/6)	John Maydak (+7/12)
Andrew Kesselak (+7/14)	Shawn Visconti (+7/21)

Coffee Hour:

7/8 -	7/15 - open	7/22 - open
7/29 - open	8/5 - open	8/12 - open
8/19 - open	8/26 - open	9/2 - open

We need volunteers for coffee hour on upcoming Sundays. The sign up sheet will be available during coffee hour this morning.

Thoughts from the Fathers

Extraneous thoughts come at prayer for various reasons: either a person remembers something he liked, which once influenced his heart or his heart is attracted by thoughts that are in accord with his state or our [fallen] nature, unbridled by abstinence, draws his heart to sinful daydreams. In a word, the heart gathers vanity and iniquity into itself and gives birth to idle or sinful thoughts.

Hieromonk Peter Seregin

Come, let us find compassion while we may yet seek it. The place for repentance is in this transient life, in the intransient life neither prayer nor tears will be accepted. With the tears

that she shed the harlot destroyed the record of her sins. Likewise, O sinner, bring tears and sighs as an offering and call out to the Lord, and immediately will He forgive you your debts. As an offering for the Lord Jesus brings tears, O penitent one, and beat your breast like the publican who sighed and prayed, saying: be merciful, O Lord, to me a sinner who have angered Thee.

Saint Ephraim the Syrian

One day Abba Longinus (later abbot of Enaton) questioned Abba Lucius about three thoughts, saying first, "I want to go into exile." The old man said to him, "If you cannot control your tongue, you will not be an exile anywhere. Therefore control your tongue here, and you will be an exile." Next he said to him, "I wish to fast." The old man replied, "Isaiah said, 'If you bend the neck like a rope or a bulrush that is not the fast I will accept; but rather, control your evil thoughts.'" (cf. Isaiah 58) He said to him the third time, "I wish to flee from men."

The old man replied, "If you have not first of all lived rightly with men, you will not be able to live rightly in solitude."

Desert Fathers

Prayer, together with almsgiving, can furnish us with countless good things from above. They can quench the fire of sin in our souls and can give us great freedom. Cornelius (the Centurion) had recourse to these two virtues and sent his prayers up to heaven. Because of these two virtues he heard the angel say: "Thy prayers and thy alms have gone up and been remembered in the sight of God." (Acts 10:4)

St. John Chrysostom

There is an electric generator and in the room there is a lamp.

If, however, we don't flip the switch, we will remain in darkness. Similarly, there is Christ and there is our soul. If, however, we don't flip the switch of prayer, our soul will not see the light of Christ and will remain in the darkness of the devil.

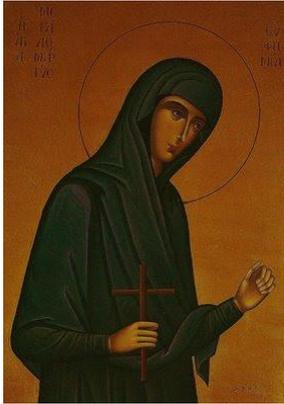
Elder Porphyrios, +1991

A man who has been assiduous in acquiring the fruits of love will not cease loving even if he suffers a thousand calamities. Let Stephen, the disciple of Christ, and others like him persuade you of the truth of this (cf. Acts 7:60). Our Lord Himself prayed for His murderers and asked the Father to forgive them because they did not know what they were doing (cf. Luke 23:34).

St. Maximos the Confessor (580-662)

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Saint Euphemia's Conversation With Elder Paisios



Saint Euphemia the Great Martyr (Feast Day - September 16 and July 11). Elder Paisios directed the nuns of Saint John the Theologian Monastery in Souroti to depict St. Euphemia in this way (see icon above) as he saw her in his vision.

[Note: During Divine Liturgy for the Feast of St Euphemia at the Patriarchal Cathedral of St George at the Phanar on July 11, it is frequently noted that "the fragrance from her holy relics filled the Church."]

Saint Euphemia was from Chalcedon and lived a life of virginity for the sake of Christ. According to some, she suffered martyrdom during the reign of Diocletian, in 303; according to others, in 307. July 11th we commemorate the great miracle of St. Euphemia which she performed during the Fourth Ecumenical Synod when she confirmed the Orthodox Faith for the Fathers through her sacred relics. Her sacred relics are preserved today in the Patriarchate in Constantinople.

One day Father Paisios was going through a very difficult phase. A problem was created in the Church at that time and many bishops had gone to him to ask for his help. However, it was a very complicated problem and even if he wanted to, he was unable to assist; as he said, no

matter from which side you look at the problem, you come face to face with a spiritual impasse. So, he decided to turn his efforts to solve the problem with prayer. During that time, Father Paisios constantly prayed for God to give solution to the Church's problem; he prayed especially to St. Euphemia:

"St. Euphemia, you who miraculously solved the serious problem the Church was facing then, take the Church out of the present impasse!"

One morning, at nine o' clock, when Father Paisios was reading the service of the third hour, he suddenly heard someone discreetly knocking on his door. The Elder asked from inside:

"Who is it?" Then, he heard a woman's voice answering:

"It is me, Euphemia, Father."

"Which Euphemia?" He asked again. There was no answer. There was another knock on the door and he asked again. "Who is it?" The same voice was heard saying:

"It is Euphemia, Father."

There was a third knock and the Elder felt someone coming inside his cell and walking through the corridor. He went to the door and there he saw St. Euphemia, who had miraculously entered his cell through the locked door and was venerating the icon of the Holy Trinity, which the Elder had placed on the wall of his corridor, on the right hand side of the church's door. Then the Elder told the Saint: "Say: Glory to the Father and the Son and the Holy Spirit." St. Euphemia clearly repeated those words and immediately Father Paisios knelt and venerated the Saint. Afterwards, they sat and talked for quite a while; he could not specify for how long, as he had lost all sense of time while being with St. Euphemia. She gave the solution for all three matters he had been praying for and in the end he said to her: "I would like you to tell me how you endured your martyrdom."

The Saint replied: "Father, if I knew back then how eternal life would be and the heavenly beauty the souls enjoy by being next to God, I honestly would have asked for my martyrdom to last for ever, as it was absolutely nothing compared to the gifts of grace of God!"

Towards the end of June, the doctors informed [Elder Paisios] that he had about 2-3 weeks left. On Monday, July 11, on St. Euphemia's day, Father Paisios received Holy Communion for the last time, kneeling in front of his bed. During the last 24 hours, he was very serene, and even though he suffered, he did not complain at all. He did not wish to take any more medication. The only medicine he accepted was cortisone, because, according to the doctors, it would not prolong his life span, but it would only give him some strength. On Tuesday, July 12, Elder Paisios humbly and peacefully rendered his soul to God, whom he had deeply loved and served since his early childhood.