

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
Andrew Zatorsky	John	Chris	

Parish Prayer List (Fallen Asleep)

John Kesselak (+7/6)	John Maydak (+7/12)
Andrew Kesselak (+7/14)	Protodeacon John Youhas (+7/20)
Shawn Visconti (+7/21)	

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Coffee Hour:

8/05 - Blomeley	8/12 - potluck	8/19 - Crikis
8/26 - open	9/2 - open	9/9 - open
9/16 - open	9/23 - open	9/30 - open

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

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Thoughts from the Fathers

He who has resolved to contend with his flesh and conquer it himself struggles in vain. For unless the Lord destroys the house of the flesh and builds the house of the soul, the person who wants to destroy it watches and fasts in vain (see Ps. 126:1).

Saint John of Sinai, The Ladder of Divine Ascent

We are not stronger than Samson; nor wiser than Solomon; nor have we more knowledge of Divine things than David; nor do we love God more than did Peter, the chief of the Apostles. Let us not then trust in ourselves; for the Scripture says, he

who trusts in himself shall fall with a grievous fall. Let us learn from Christ humility of heart, and from David to be humble, and from Peter to weep for the downfalls which occur. But let us not despair, as did Samson and Judas and Solomon, the wisest of men.

Hesychius of Jerusalem, "Texts on Sobriety and Prayer"

A soldier asked Abba Mius if God accepted repentance. After the old man had taught him many things he said, "Tell me, my beloved, if your cloak is torn, do you throw it away?" He replied, "No, I mend it and use it again." The old man said to him, "If you are so careful about your cloak, will not God be equally careful about his creature?"

Desert Fathers

Sometimes as soon as you start to pray, you pray well; at other times, in spite of great exertion, you do not reach your goal. This is to make you exert yourself still more, so that, having gained the gift of prayer, you keep it safe.

Evagrius the Solitary

See brethren what arrogance does? See what lowliness is able to do! What need was there for all these contortions? If from the beginning man had humbled himself and listened to God and obeyed His command, there would have been no fall. Again, after Adam had done wrong, God gave him a chance to repent and be forgiven and yet he kept on being stiff-necked and unrepentant. For God came to him and said, 'Adam, where are you?' instead of saying, 'From what glory are you come to this? Are you not ashamed? Why did you sin? Why did you go astray?' - as if urging him sharply to say, 'Forgive me!' But there was no sign of humility. There was no change of heart but rather the contrary. He replied, 'The wife that *you* gave me' mark you, not 'my wife' - deceived me,' 'the wife that *you* gave me,' as if to say, 'this disaster *you* placed upon my head.' So it is, my brethren, when a man has not the guts to accuse himself, he does not scruple to accuse God Himself.

Saint Dorotheos of Gaza

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The Chapel of the Transfiguration on the Peak of Mount Athos



In Greek mythology, Athos was one of the Gigantes. He threw a mountain at Zeus, who knocked it to the ground near Macedonia. The mountain became the holy peak of Mount Athos. On the peak of this mountain was a temple built to Zeus of Athos. Today, near the summit of Mount Athos at around 6,000 feet, there is a chapel dedicated to the Transfiguration of Christ.

Each year, before the feast day on August 6th, a party of monks climbs the mountain laden with tools and materials to repair the damage caused by the storms and lightning strikes of the previous winter. The monks then spend the night in the chapel, keeping the vigil of the feast. The next day they return to their monasteries elated, the words of the night office still ringing in their ears:

Thou wast transfigured upon Mount Tabor, O Jesus, and a

shining cloud, spread out like a tent, covered the apostles with Thy glory. Whereupon their gaze fell to the ground, for they could not bear to look upon the brightness of the unapproachable glory of Thy face, O Saviour Christ, our God who art without beginning. Do Thou, who then hast shone upon them with Thy light, give light now to our souls.

The emphasis of the canon is on theophany, on the revelation of the divinity of Christ on Mount Tabor and our response to it. It picks out just one strand—though the most important one—of an extremely rich patristic tradition on the Transfiguration. It is the revelation of Christ transfigured that inspires all the ascetics and monks of Mount Athos to imitate Christ and pray for their own transfiguration.

The chapel itself was built during the time of Ecumenical Patriarch Joachim III in 1894 and was dedicated in August of 1895. It fits about 20 people with 12 stasidia. On the top of the mountain there is also a big iron cross dated 1897.

