

Parish Prayer List (Living)

Alexandra	Dennis	Paige	Reader Mark
Andrea	Amanda	Sherry	Joretta
Fr. Michael	Barry	Sean	Tina
James	Nicholas B.	Karin	Andrea & Kirby
Lawrence	Emil	Illisa	Rachael
Michael	Helen	Susan K	Bob Wedder
Anna	Erin and baby	Connie	Dcn. William
Fr. George	Kathy Tanner	Anthony	Pauline

Parish Prayer List (Fallen Asleep)

Shawn Visconti (+7/21) Evangelos Georgopoulos (+8/8)
Mark Kesselak (+9/2)

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Coffee Hour Schedule

August 14 – potluck August 21 – Pani Susan
August 28 – Carolyn Crikis September 4 – open
September 11 – open September 18 – open

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Schedule of Epistle Readers

August 14 – Bob Piljay August 21 – Van Crikis
August 28 – Rdr. Mark September 4 – Billy Scramtom
September 11 – Misha S. September 18 – Bob Piljay

Please let me know if you would like to added to the list of Epistle readers, or if you will not be available on the day when you are scheduled.

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Words from the Fathers

One of the high government officials bore a grudge against another. Great John (the Almsgiver, patriarch of Alexandria, 610-619), heard of this and admonished him several times, but could not persuade him to be reconciled with his enemy. One day therefore the saint sent and had him fetched on the pretext of some public business, and as soon as he had come the patriarch held a service in his oratory, no one else being present save his syncellus. After the patriarch had said the prayer of

consecration and had pronounced the opening words of the Lord's Prayer, the three of them began to repeat the Prayer. When they got to the sentence, "Forgive us our trespasses as we forgive those who trespass against us" the patriarch made a sign to the syncellus to stop, and he himself stopped too, and the magistrate commenced saying all by himself, "Forgive us as we forgive." At once the saint turned towards him and said in a gentle voice, "Consider in what an awful moment you are saying to God, 'As I forgive, do Thou forgive me!'" Immediately, as though tormented by fire, the magistrate fell on his face at the saint's feet crying, "Whatever you command, my lord, your servant will do." And from that time he was reconciled to his enemy in all sincerity.

Leontius, Life of John the Almsgiver, 39

"Unless we bear with patience the afflictions that come to us unsought, God will not bless those that we embrace deliberately. For our love for God is demonstrated above all by the way we endure trials and temptations. First the soul has to surmount afflictions embraced willingly, thereby learning to spurn sensual pleasure and self-glory; and this in its turn will permit us readily to bear the afflictions that come unsought."

St. Gregory Palamas

"Unless humility and love, simplicity and goodness regulate our prayer, this prayer - or, rather, the pretence of prayer - cannot profit us at all. And this applies not only to prayer, but to every labour and hardship undertaken for the sake of virtue, whether this be virginity, fasting, vigil, psalmody, service or any other work. If we do not see in ourselves the fruits of love, peace, joy, simplicity, humility, gentleness, guilelessness, faith, forbearance and kindness, then we endure our hardship to no purpose."

St. Symeon Metaphrastis

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On the Feast of the Dormition

...the special significance which the Church attaches to the Feast of August 15th....is twofold, and is given exact

expression by a phrase which is sung at vespers: ‘The source of life is laid in the grave and her tomb becomes a ladder to heaven’. The first part of this - ‘the source of life is laid in the grave’ - indicates that we commemorate the death of the most Blessed Virgin. If, each year, we celebrate reverently the anniversaries of the deaths of the Precursor, the apostles and the martyrs, there is much more reason to celebrate the death of the Mother of God, who is also our mother, and whose holiness and glory go far beyond that of the elect. But the feast of August 15th is more than the commemoration of Mary’s death. The second part of the phrase says: “...and her tomb becomes a ladder to heaven’. The tomb of anyone who has died in Christ is, in a certain way, a ladder which leads to heaven. All the same, Mary’s case is exceptional. The liturgical texts which are sung imply something more. ‘Open wide the gates and receive above the world the Mother of the everlasting light...For today heaven is opened to receive her....The angels hymn thy most holy falling asleep...that we celebrate with faith....Let all the sons of earth tremble in spirit ...and celebrate with joy the venerable Assumption of the Mother of God’. This makes it clear that more is involved than Mary’s soul being received into heaven. Although in the Byzantine calendar, the feast of August 15th does not bear the name of the Feast of the Assumption (as it does in the Latin Church), our texts express belief in the bodily assumption of Mary. According to this belief, Mary’s body did not suffer the corruption which follows death: it did not stay in the tomb. Mary, raised from the dead, was carried to heaven by angels (the Assumption differs from the Ascension in that Christ rose to heaven by Himself).

A Monk of the Eastern Church, The Year of Grace of the Lord

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Ten Tips for Improving Your Prayer Life

1. **Have a Time for Prayer:** Make prayer a regular part of your routine – something as regular as brushing your teeth everyday. Set time aside to be with God. Little and often.

2. **Have a Space for Prayer:** Find a private corner where you can have your icons, prayer books, prayer ropes, votive lamp (kantili) etc.
3. **Use the Bible:** Read the Scriptures slowly and prayerfully, drink them in.
4. **Build up a Prayer ‘library’:** Get a prayer book, and collect prayers that you can use. Learn Prayers of the Church. Use the Jesus Prayer.
5. **Speak from your heart:** Use your own prayers and thoughts too. Be comfortable with God.
6. **Get a spiritual guide:** Establish a relationship with a spiritual father, ideally, with your parish priest if he can hear confession. Otherwise, a local priest who can understand your background and situation, and hear your confession.
7. **Find out about fasting:** Fasting trains you up for prayer. Perhaps start with Wednesdays and Fridays, and then attempt the greater fasts. Speak with your spiritual father about this. If you have a medical condition etc. this should be taken into consideration.
8. **Sanctify all you do:** Remember “This is the day that the Lord has made, Let us rejoice and be glad in it!” God isn’t just a part of life, an added extra. Thank God all the time, let Him know your concerns. Dedicate everything to him.
9. **Use technology to your advantage:** You can download the daily readings and saints to your phone calendar, get Orthodox prayer reminders on Twitter, have the daily readings and commentaries e-mailed to you, keep up with Orthodox events on Facebook, listen to Orthodox Radio while you work, and learn much more about the Orthodox Faith using the Internet.
10. **Join with others in fellowship and enter the life of the Church:** Become part of a community. The Church is not a building, but a community of Christians who gather together. It is not the priests and the clergy, it is all of you gathering together.