

Parish Prayer List (Living)

Alexandra	Rachael	Paige	Reader Mark
Andrea	Amanda	Sherry	Joretta
Fr. Michael	Barry	Sean	Tina
James	Nicholas B.	Karin	Andrea & Kirby
Lawrence	Emil	Seraphim	Evdokia
Michael	Helen	Susan K	Bob Wedder
Anna	Erin and baby	Carolyn	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) Christopher Danko (+8/21)

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Coffee Hour Schedule

August 28 – Carolyn Crikis September 4 – open
September 11 – open September 18 – Sharon Piljay
September 25 – open October 2 – open

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Schedule of Epistle Readers

August 28 – Jeff Robel September 4 – Billy Scrantom
September 11 – Misha S. September 18 – Bob Piljay
September 25 – Van Crikis October 2 – Jeff Robel

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

Life is blessedness, and not simply because we believe in blessed eternity; but here on earth life can be blessed, if we live with Christ – fulfilling His holy commandments. If a man is not tied to earthly goods, but will in all things rely only on God, will live for Christ and in Christ, then life here on earth will become blessed.

St. Barsanuphius of Optina +1913

Fasting is the coercion of nature and the cutting out of everything that delights the palate, the excision of lust, the uprooting of bad thoughts, deliverance from incontinence in dreams, purity of prayer, the light of the soul, the guarding of the mind, deliverance from blindness, the door of compunction, humble sighing, glad contrition, a cessation of chatter, a cause of stillness, a guard of obedience, lightening of sleep, health of body, agent of dispassion, remission of sins, the gate of Paradise and its delight.

Saint John of Sinai, The Ladder of Divine Ascent

So, morning or evening, immediately before you begin to repeat your prayers, stand awhile, sit for awhile, or walk a little and try to steady your mind and turn it away from all worldly activities and objects. After this, think who He is to whom you turn in prayer, then recollect who you are; who it is who is about to start this invocation to Him in prayer. Do this in such a way as to waken in your heart a feeling of humility and reverent awe that you are standing in the presence of God.

St. Theophan the Recluse

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The Monk Moses the Black lived during the IV Century in Egypt. He was an Ethiopian, and he was black of skin and therefore called "Murin" (meaning "like an Ethiopian"). In his youth he was the slave of an important man, but after he committed a murder, his master banished him, and he joined in with a band of robbers. Because of his mean streak and great physical strength they chose him as their leader. Moses with his band of brigands did many an evil deed -- both murders and robberies, so much so that people were afraid even at the mere mention of his name. Moses the brigand spent several years leading such a sinful life, but through the great mercy of God he repented, leaving his band of robbers and going off to one of the wilderness monasteries. And here for a long time he wept, beseeching that they admit him amidst the number of the brethren. The monks were not convinced of the sincerity of his repentance; but the former robber was not to be driven away nor silenced, in demanding that they should accept him. In the

monastery the Monk Moses was completely obedient to the hegumen and the brethren, and he poured forth many a tear, bewailing his sinful life. After a certain while the Monk Moses withdrew to a solitary cell, where he spent the time in prayer and the strictest of fasting in a very austere lifestyle. One time 4 of the robbers of his former band descended upon the cell of the Monk Moses and he, not having lost his great physical strength, tied them all up and taking them over his shoulder, he brought them to the monastery, where he asked of the elders what to do with them. The elders ordered that they be set free. The robbers, learning that they had chanced upon their former ringleader, and that he had dealt kindly with them, -- they themselves followed his example: they repented and became monks. And later, when the rest of the band of robbers heard about the repentance of the Monk Moses, then they too gave up their brigandage and became fervent monks.

The Monk Moses did not quickly become free from the passions. He went often to the monastery hegumen, Abba Isidor, seeking advice on how to be delivered from the passions of profligacy. Being experienced in the spiritual struggle, the elder taught him never to overeat of food, to be partly hungry whilst observing the strictest moderation. But the passions would not cease for the Monk Moses in his dreams. Then Abba Isidor taught him the all-night vigil. The monk stood the whole night at prayer, not being on bended knees so as not to drop off to sleep. From his prolonged struggles the Monk Moses fell into despondency, and when there arose thoughts about leaving his solitary cell, Abba Isidor instead strengthened the resolve of his student. In a vision he showed him many a demon in the west, prepared for battle, and in the East a still greater quantity of holy Angels, likewise readied for fighting. Abba Isidor explained to the Monk Moses, that the power of the Angels would prevail over the power of the demons, and in the long struggle with the passions it was necessary for him to become completely cleansed of his former sins.

The Monk Moses undertook a new effort. Making the rounds by night of the wilderness cells, he carried water from the well to each brother. He did this especially for the elders, who lived far off from the well and who were not easily able to

carry their own water. One time, kneeling over the well, the Monk Moses felt a powerful blow upon his back and he fell down at the well like one dead, laying there in that position until dawn. Thus did the devils take revenge upon the monk for his victory over them. In the morning the brethren carried him to his cell, and he lay there a whole year crippled up.

Accounts about his exploits spread amongst the monks and even beyond the bounds of the wilderness. The governor of the land wanted to see the saint. Having learned about this, the Monk Moses decided to hide away from any visitors and he departed his own cell. Along the way he met up with servants of the governor, who asked him how to find the Monk Moses. The monk answered them: "Go on no further to this false and unworthy monk". The servants returned to the monastery, where the governor was waiting, and they conveyed to him the words of the elder they had chanced upon. The brethren, hearing a description of the elder's appearance, all as one acknowledged that they had come upon the Monk Moses himself.

Having spent many a year at monastic exploits, the Monk Moses was ordained deacon, and later a priest. When the monk reached age 75, he forewarned his monks, that soon brigands would descend upon the skete and murder all that were there. The saint blessed his monks to leave in good time, so as to avoid the violent death, His disciples began to beseech the monk to leave together with them, but he replied: "I many a year already have awaited the time, when upon me there should be fulfilled the words which my Master, the Lord Jesus Christ, did speak: "All, who take up the sword, shalt perish by the sword" (Mt. 26: 52). After this seven of the brethren remained with the monk, and one of these hid not far off during the coming of the robbers, The robbers killed the Monk Moses and the six monks that remained with him. Their death occurred in about the year 400.