

## ***Parish Prayer List (Living)***

*(Parish)*

*(Parish)*

Evangelos	Carolyn	Robert	Sharon
John	Maria	Anamay	Ron
Lawrence	Dianna	Efthalia	Denny
Anthony	Pauline	Kathleen	John L.
Beverly	David	Michael	Anastasia
Nina	Walter	Nathan	Mary
Joseph	Duncan	Thecla	Michael
Reader Mark	Jason	Silouan	Susan Mary
Maximus	Emily	Clint	George
Magdalini	Connie	Emil	John H.
Barbara	Yevgeniya	Roman	Ilija
Olga	Marina	Seraphim	Maria
Sophia	Danny	Katina	

*(non-Parish)*

Alexandra	Rachael	Jessilyn	Amanda
Christopher	Fr. Michael	Paige and Paul	Sean
James	Nicholas B.	Karin	Meg
Barry Pierce	Rick P.	Susan K	Subdcn. David
Anna	Brian	Kathy Tanner	Salvatore
Travis	Megan	Alma	Charles Kahn
Peter	Maria	Michael	Timothy
Petrese	Mary	Clyde	Dan Brown
Tony	Donna	Tad and Terra	Valentina
Michael	Emily M.	Hugh	Joe and Jessie

## ***Parish Prayer List (Fallen Asleep)***

Billy Ray Matheson (+6/27)

Shawn Visconti (+7/21)

Anastasios Pait (+8/4)

Evangelos Georgopoulos (+8/8)

Mary Grace Beall (+9/2)

## ***Thoughts from the Fathers***

Thus every excellent and good action that is done in accordance with the commandment of the Lord becomes a virtue. Just as the farmer wears himself by merely ploughing, digging, and sowing the seed on the ground, but it grows and produces fruit early and late by God's gift, so it is in reality, as you will discover, in spiritual matters. It belongs to us to engage in every activity and with much toil and weariness to sow the seeds of virtue, but by God's gift and mercy alone the rain of His loving-kindness and grace falls and causes the

unfruitful soil of our hearts to bear fruit.

*Saint Symeon the New Theologian*

The words, 'For Thine is the kingdom, the power and the glory, for ever and ever,' signify Thou alone art everywhere and eternally reignest, Almighty and glorious King; or, the kingdom is the Father, the power the Spirit, and the glory the Son, for it is said, 'I have glorified Thee on the earth.'"

*Saint John of Kronstadt*

The Spirit is, like God, a 'fire.' This means that the Holy Spirit is of the same essential nature as the Father. The Spirit is the very One Who created us and creates us anew through baptism and resurrection. The Spirit knows all things, teaches all things, moves where and when and as strongly as He wills. He leads, speaks, sends, and separates those who are vexed and tempted. He reveals, illumines, gives life, or better said, He is Himself light and life.

*Saint Gregory Nazianzen*

Where humility is combined with the remembrance of God that is established through watchfulness and attention, and also with recurrent prayer inflexible in its resistance to the enemy, there is the place of God, the heaven of the heart in which because of God's presence no demonic army dares to make a stand.

*Philotheos of Sinai*

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## **On Forgiveness**

Often people are struck by the question: how can a man be saved? And we find in this passage of the Gospel, as in a whole number of others, such a simple precise answer to it. Your salvation is in your own hands — forgive: and you will be forgiven. And the moment you are forgiven, it means that eternal life is open to you. In today's Gospel Christ tells us about a man who owed a vast sum of money to his overlord but had no means of repaying and his Lord forgave him all because he had pity on him. After leaving his overlord's presence this man met another who owed him a small amount, and began

demanding payment without mercy. Hearing this the overlord said: I forgave you your enormous debt, so how could you not forgive your debtor his small indebtedness? In the same way we expect that through one word of God's mercy, the gates of eternal life will be opened for us, yet we close these very doors — no, the small doors of this temporal life in the face of another person. What can we hope for?

The Gospel says in another place: with what measure you measure it shall be measured unto you; in the Beatitudes it says: blessed are the merciful for they shall obtain mercy, and in the Lord's prayer: forgive us as we forgive... How simple it all seems, and yet how difficult we find it. It would be simple if our hearts responded to sorrow, to need; it is difficult because our hearts are silent. But why is this so? May it not be because when someone behaves badly we always think he must be a bad man, without realising that often the man so much wants to be good, so much wants every word of his to be pure, his thoughts and his heart pure, his actions worthy ones, but he simply has not the strength, he is enmeshed by old habits, by the pressures of his environment, by false shame and so many other things. And he continues to act wrongly; but we could disentangle him. We could look at him as God looks at him, with pity, as one might look at a sick man dying of a disease that could be cured if only he were given the right treatment. And each one of us could do what is necessary for someone. Look at a man and pity him for being wicked, angry, vengeful, bad in one way or another. Have pity on him and turn the bright side of your soul towards him, tell him that his actions and his words will not deceive you, however wicked they may be, because you know that he is an image, an icon of God, besmirched and disfigured, and yet in him you bow down to God, and love him as a brother. To do this may cost you a great deal, but if you can do it once or twice and see how a person changes because you have faith in him, because you have rested God's hope on him, what a world we should live in — a world of mutual trust. True, we should have to pay for it with our heart's blood, with tears of compassion, with agony of soul, but what joy there would be not only among the angels of

God in heaven when they saw a sinner saved, but in our own hearts when we suddenly saw that in response to our compassion and love, a person was filled with the light of eternal life.

*-Metropolitan Anthony Bloom*

### ***On Watchfulness***

I shall now tell you in plain, straightforward language what I consider to be the types of watchfulness which gradually cleanse the intellect [nous] from impassioned thoughts. In these times of spiritual warfare I have no wish to conceal beneath words whatever in this treatise may be of use. As St Paul puts it: 'Pay attention, my child Timothy, to what you read (cf 1 Tim4:13).

One type of watchfulness consists in closely scrutinizing every mental image or provocation, for only by means of a mental image can satan fabricate an evil thought and insinuate this into the intellect in order to lead it astray.

A second type of watchfulness consists in freeing the heart from all thoughts, keeping it profoundly silent and still, and in praying.

A third type consists in continually and humbly calling upon the Lord Jesus Christ for help.

A fourth type is always to have the thought of death in one's mind.

These types of watchfulness, my child, act like doorkeepers and bar entry to evil thoughts.

Saint Hesychios the Priest, "On Watchfulness and Holiness," *The Philokalia*