

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

*(Parish)*

Evangelos	Carolyn	Robert	Sharon
John	Maria	Anamay	Ron
Lawrence	Dianna	Efthalia	Denny
Anthony	Pauline	Nadja	Jerry
Beverly	David	Michael	Anastasia
Nina	Walter	Nathan	Mary
Joseph	Duncan	Thecla	Michael
Reader Mark	Jason	Jonah	Susan Mary
Michael	Emily	Clint	George
Magdalini	Connie	Emil	Sophia
Barbara	Yevgeniya	Roman	Ilija
Olga	Marina	John	

*(non-Parish)*

Alexandra	Rachael	Jessilyn	Amanda
Christopher	Fr. Michael	Paige	Sean
James	Nicholas B.	Karin	Meg
Tetiana	Helen	Susan K	Michael C.
Anna	Brian	Kathy Tanner	Salvatore
Josephine	Billy Ray	Alma	Constance K.
Peter	Maria	Michael	Timothy
Petrese	Mary	Fr. Dan Mahler	Constance G.
Tony	Donna	Seraphim	Evdokia
Jeff	Andrea	Subdcn. Gregory	Juan
Jennifer Mary	Barry Pierce	Dan Brown	Joe and Jessie

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

Mary Grace Beall (+9/2)

Olga Rustick (+9/14)

Lois Lynn (+10/11)

Mary Beach (+10/27)

### **Thoughts from the Fathers**

Truly [the Cross] is thought despicable, but it is so in the world's reckoning, and among men; in heaven and among the faithful it is the highest glory. Poverty too is despicable, but it is our boast; and to be cheaply thought of by the public is a matter of laughter to them, but we are elated by it. So too the Cross is our boast....And what is the boast of the Cross? That Christ for my sake took on Him the form of a slave, and bore His sufferings for me, the slave, the enemy, the unfeeling one; He even so loved me as to give Himself up to a curse for me. What can be comparable to this! ... Let us then not be ashamed of His unspeakable tenderness; He was not ashamed of being crucified for your sake, and will you be ashamed to confess His

infinite solicitude?

*Saint John Chrysostom, "Commentary on Galatians"*

The Jesus Prayer has enormous significance in the life of a Christian. It's the shortest path to the attainment of the Kingdom of Heaven. However, even that path is a long one, and once we have set foot on it, we should be ready for sorrows. It's true that other prayers also have no small significance. A person who does the Jesus Prayer listens to the words of the prayers and hymns in church and performs his obligatory...rule, but the Jesus Prayer brings a man to a repentant frame of mind more quickly than the other prayers, and shows him his infirmity - consequently, it draws him close to God more quickly. A man begins to feel that he's the greatest sinner, and that's just what God is looking for.

*Saint Barsanuphius of Optina*

Peace is necessary everywhere and it is the focus of our efforts now and always. The Liturgy of St. John Chrysostom, in which the word "peace" recurs more than thirty times, is celebrated in our Church. That peace implies peace with God and, consequently, peace within our own souls, and when we have that, we radiate that peace to all around us.

Jesus Christ is our "Prince of Peace" Who instructs us :Peace I leave with you, My peace I give unto you (John 14:27). And I exhort myself and all those I am in contact with to seek that peace. Have peace with one another (Mark 9:50) - this is the message of God and of the Orthodox Church following God.

*Patriarch Pavle of Serbia*

If one of the brethren knocks on your door while you are praying in your cell, open it for him and sit down and talk with him humbly, provided he proposes a topic of conversation that has some positive purpose. If he is distraught, do what you can, through word of act, to rally him. But when he has gone, close your door and take up your prayer again, and complete it. To comfort those who visit you is a form of reconciliation.

*St. Symeon the New Theologian, Practical and Theological Texts*

Seek God daily. But seek Him in your heart, not outside it. And when you find Him, stand with fear and trembling, like the Cherubim and Seraphim, for your heart has become a throne of God. But in order to find God, become humble as dust before the Lord, for the Lord abhors the proud; whereas He visits those that are humble in heart, wherefore He says: "To whom will I look, but to the one who is meek and humble in heart?"  
*St. Nectarius of Aegina*

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## **Patience and Meekness**

**Bring forth fruit with patience (Lk.8, 15)**

We don't become experienced in life right away. Many years need to pass to tame our stubborn self-will, to soften our cruel heart, to turn our anger into meekness, to "set a watch before our mouth", which is so often open for unnecessary and vain talk.

Spiritual growth of soul happens slowly, like "the earth bringeth forth fruit of herself; first the blade, then the ear, after that the full corn in the ear" (Mk.4, 28) All in its own time. Patient and calm waiting for the difficulties in our lives to ease up is a necessary condition for God to bring forth a true fruit within us.

Let us not complain and grumble about something that we can not change. Let us accept everything in a spirit of meekness, believing that there's a will of God for everything. These trials will do good for us and bring peace to our soul.

"Bring forth fruit with patience" also means to leave up to God all the consequences of our actions. Sower sows, earth receives, man hopes for harvest. He sows with a hope, but knows that everything is in the hands of God. You can not rush the harvest. You should not disturb the seed over and over again, when it is buried in the ground. Sometimes you just need

to learn to wait in patience and hope. The mother of blessed Augustine, St. Monique, waited forty years to see the fruit of her prayers, when her pagan son turned to God. And in due time, this fruit grew well, to her joy and to the glory of God.

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**Short Prayer used in Personal Devotion**

Many Church Fathers taught the use of the "arrow prayer", deliberately short prayers for personal devotion that were easily remembered, and could communicate one's love for God, while seeking His help. They were like arrows being shot into the air, wholeheartedly demonstrating our sincerity in asking God's help. One of my personal favorites is an arrow prayer attributed to Saint Gregory Palamas.

*Lord enlighten my darkness, Lord enlighten my darkness, Lord enlighten my darkness.....*

This is the perfect prayer when seeking God's help in keeping His commandments, and doing battle with habitual sins. By this prayer we are asking that grace abound and transformation take place. It is a prayerful plea for God's mercy, and that He make us holy by coming quickly to our aid.

It is the perfect prayer to utter at the very moment we are receiving the Holy Mysteries of Christ's Body and Blood, the hot coals that burn within and bring about healing of body and soul, and illumine our heart. It is a prayer in which we confess before God that we are living in a state of darkness, and asking Him to dispel all that darkness which keeps us from attaining holiness, and communing with Him.

Love in Christ,  
Abbot Tryphon