

Parish Prayer List (Living)

(Parish)

Evangelos	Carolyn	Robert	Sharon
John	Maria	Jeffrey	Andrea
Lawrence	Dianna	Seraphim	Evdokia
Anthony	Pauline	Nadja	Jerry
Beverly	David	Michael	Anastasia
Nina	Walter	Nathan	Mary
Joseph	Duncan	Thecla	Michael
Reader Mark	Tatiana	Travis	Jason
Susan Mary	Clint	John	George
Magdalini	Connie	Emil	Sophia
Barbara	Yevgeniya	Roman	Ilija
Olga	Marina	Anamay	

(non-Parish)

Alexandra	Rachael	Jessilyn	Amanda
Sherry	Fr. Michael	Barry	Sean
James	Nicholas B.	Karin	Connie
Michael	Helen	Susan K	Bob Wedder
Anna	Brian	Kathy Tanner	Salvatore
Josephine	Nicholas (Nadja's brother)	Alma	Randy
Chris	Nadia	Christopher	Grant

Parish Prayer List (Fallen Asleep)

Shawn Visconti (+7/21)

Andrew Zatorsky (+8/8)

Mary Grace Beall (+9/2)

Barton Lynn (+10/11)

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Thoughts from the Fathers

Therefore, my brother, ask for repentance in your prayer and nothing else, neither for divine lights, nor miracles, nor prophecies, nor spiritual gifts – nothing but repentance.

Repentance will bring you humility, humility will bring the Grace of God, and God will have in His Grace everything you need for your salvation, or anything you might need to help another soul.

Elder Paisios the Athonite (1924-1994)

You ask how does one fight against passionate thoughts?

According to the testimony of experienced ascetics, great relief is obtained in this warfare through earnest prayer to the Most

Holy Virgin Theotokos and likewise to those saints who themselves went through a powerful struggle against lust or suffered martyrdom for the sake of chastity. Prayer to them, like heavenly dew, extinguishes the fiery arrows of the evil one. Also essential for the preservation of purity of soul and body is frequent confession and communion of the Holy Mysteries of Christ's Body and Blood. In general, in the midst of the struggle with any kind of passion, you must do your utmost to try to divert your attention away from the thoughts which are overwhelming you and direct them toward love for God.

Saint Gabriel, Elder of Seven Lakes Monastery

“Because the love of iniquity shall abound, the love of many shall wax cold” (Mt. 24:12). Love is destroyed by transgressions: the more sins there are, the less love there is. Where all is sin, do not look for love. Therefore, he who seeks the spread of love and the diminishing of the lack of love ought to be concerned with decreasing sin and curtailing the love of sin....Having taken up this work, one must use all means to oppose sin. Outward sins are the fruit of inner sinfulness. Inner sinfulness is rooted in egoism and its offspring.

Saint Theophan the Recluse

They say that God allows the demons to make war on us for five reasons: the first, they say is so that we may distinguish between virtue and vice by making war and being warred against; secondly, so that we may acquire virtue by warfare and toil, and possess it sure and steadfast; thirdly, so that we may not think highly of ourselves when we make progress in virtue, but may learn to be humble; fourthly, so that we may completely hate vice, after we have experienced it; and finally, apart from of these, the fifth reason is so that we may not forget our frailty or the power of God which helped us to attain passionlessness.

Saint Maximos the Confessor

God has required only one thing from you, that every time you are disturbed by something, you should immediately restore

peace in yourself, and thus should remain undisturbed in all your actions and occupations. You must know that this requires patience; for just as a city is not built in a day, you cannot expect to gain inner peace in a day. For gaining inner peace means building a house for the God of peace and a tabernacle for the Almighty, and in this way becoming a temple of God. You must also know that it is God Himself Who builds this house in you, and without Him all your labor will be in vain, as it is written: 'Except the Lord build the house, they labor in vain that build it' (Ps. 126:1).

Lorenzo Scupoli, 'Spiritual Combat' and 'Path to Paradise,' revised as 'Unseen Warfare' by Nicodemus of the Holy Mountain and Theophan the Recluse

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On the Conception of John the Baptist

On this day are celebrated God's mercy, His wondrous act and His wisdom: His mercy towards the devout and righteous parents of St John, the aged Zacharias and Elisabeth, who had all their lives begged a child of God; the wonder of the conception of John in Elisabeth's more-than-aged womb; and the wisdom of the dispensation of man's salvation. For John, God had a specially great plan: that he should be a prophet and the forerunner of Christ the Lord, the Saviour of the world. Through His angels, God revealed the birth of Isaac to the childless Sarah, and of Samson to the childless Manoah and his wife, and of John the Baptist to the childless Zacharias and Elisabeth. Through His angels, God revealed the birth of those for whom He had a special plan. How could children be born of aged parents? If someone is curious to find out, let him not ask men, for men do not know, nor does natural law (it being beyond natural law), but let him turn his gaze to the power of almighty God, who made the whole world from nothing and who, for the creation of Adam, the first man, used no parents, either young or old. Instead of being curious, let us thank God that He often reveals to us His power and mercy and wisdom beyond the natural law, by which we would otherwise be

fettered and, without these special wonders of God, would fall into despair and forgetfulness of Him.

From The Prologue From Ochrid by Bishop Nikolai Velimirovich

HYMN OF PRAISE to SAINT JOHN THE BAPTIST

By God's miracle, John entered the world,
As once did Sarah's and Abraham's Isaac,
By God's miracle, remained alive
From Herod's bloody knife.
The knife, the young child John missed,
But John's father, it did not miss;
By God's miracle, John in the desert
For thirty years, he sustained himself,
To the servant of God angels are shepherds
To the poor angels are guardians!
John grew loveable lamb,
The Lamb of God to serve,
To proclaim the bright day, before the sun,
The Unknown, recognized and glorified.
Of the great prophets, the last
And of God's apostles, the beginning.
As Elijah, with God he speaks
And as an apostle, loves and rebukes,
Of the high priest, wondrous son,
Of the martyr of God, the first-born brother.

(written by **St Nikolaj Velimirovic** in "Prolog from Ohrid")