

## **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	James S.

*(non-Parish)*

Alexandra	Rachael	Jessilyn	Amanda
Christopher	Fr. Michael	Paige	Sean
James	Nicholas B.	Karin	Meg
Barry Pierce	Rick P.	Susan K	Michael C.
Anna	Brian	Kathy Tanner	Salvatore
Josephine	Billy Ray	Alma	Charles Kahn
Peter	Maria	Michael	Timothy
Petrese	Mary	Astilee	Dan Brown
Tony	Donna	Joe and Jessie	Sherry
Pani Susan Rosco	Emily	Fr. Richard and Pani Debbie Zak	Maria

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

Lois Lynn (+10/11)

Alvin Dizon

Betty Pilja (+12/6)

Josephine Urban (+12/15)

Vladimir Rosco (+11/23)

Mary Beach (+10/27)

William Matheson

Mary Louise Blomeley (+12/10)

Dominick LoGalbo (+12/25)

## **Thoughts from the Fathers**

*Sayings from the newly glorified St. Porphyrios:*

The Soul is so deep that only God can know it.

Why should we chase the darkness? We should just switch on the light and darkness will flee. In order not to live in darkness, turn on the switch of prayer so that the Divine Light may flood your soul.

Nobody can become a Christian by being lazy. It needs work, lots of work.

If you want, you can become a saint in the middle of the city square.

Do not be afraid of anything; God has us in mind each and every moment and protects us.

Sorrow and sadness do not come from God. They are a trap set by the devil.

If you ask God to forgive your sins, humbly and with heartfelt, God will forgive you and heal your body too.

Don't be concerned about others loving you, but with you loving Christ & others. This is the only way for the soul to be filled. Fill your soul with Christ, with divine longing, divine love, with joy. The joy of Christ will heal you.

God takes care of the most intimate moments of our lives; we are not alone in the world.

The most important things of all is for people to love Christ and all problems will be resolved.

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Whoever wants to become a Christian must first become a poet. That's what it is! You must suffer. You must love and suffer--suffer for the one you love. Love makes effort for the loved one. She runs all through the night; she stays awake; she stains her feet with blood in order to meet her beloved. She makes sacrifices and disregards all impediments, threats, and difficulties for the sake of the loved one. Love towards Christ is something even higher, infinitely higher.

And when we say 'love', we don't mean the virtues that we will acquire, but the heart that is pervaded by love towards Christ and others. We need to turn everything in this direction. Do we

see a mother with her child in her arms and bending to give the child a kiss, her heart overflowing with emotion? Do we notice how her face lights up as she holds her little angel? These things do not escape a person with love of God. He sees them and is impressed by them and he says, 'If only I had those emotions towards my God, towards my Holy Lady and our saints!' Look, that's how we must love Christ our God. You desire it, you want it, and with the grace of God you acquire it.

*St. Porphyrios*

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Man has such powers that he can transmit good or evil to his environment. These matters are very delicate. Great care is needed. We need to see everything in a positive frame of mind. We mustn't think anything evil about others. Even a simple glance or a sigh influences those around us. And even the slightest anger or indignation does harm. We need to have goodness and love in our soul and to transmit these things. We need to be careful not to harbour any resentment against those who harm us, but rather to pray for them with love. Whatever any of our fellow men does, we should never think evil of him. We need always to have thoughts of love and always to think good of others. Look at Saint Stephen the First-Martyr. He prayed, "Lord, do not hold this sin against them." We need to do the same.

We should never think about someone that God will send him some evil or that God will punish him for his sin. This thought brings about very great evil, without our being aware of it. We often feel indignation and say to someone: "Have you no fear of God's justice, are you not afraid of God's punishment?" Or else we say, "God will punish you for what you've done," or, "O God, do not bring evil on that person for what he did to me"; or, "May that person not suffer the same thing."

In all these cases, we have a deep desire within us for the other person to be punished. Instead of confessing our anger over his error, we present our indignation in a different way, and we allegedly pray to God for him. In reality, however, in this way we are cursing our brother. And if, instead of praying, we say,

"May God repay you for the evil you have done to me," then once again we are wishing for God to punish him. Even when we say, "All very well, God is witness," the disposition of our soul works in a mysterious way and influences the soul of our fellow man so that he suffers evil.

When we speak evil about someone, an evil power proceeds from within us and is transmitted to the other person, just as the voice is transmitted on sound waves, and in point of fact the other person suffers evil. It is something like the bewitchment of the evil eye, when someone has evil thoughts about others. This occurs through our own indignation. We transmit our evil in a mystical way. It is not God who provokes evil, but rather people's wickedness. God does not punish, but our own evil disposition is transmitted to the soul of the other in a mysterious way and does evil. Christ never wishes evil. On the contrary, He commands, "Bless those who curse you..."

*Elder Porphyrios*

