

We would like to welcome all parish visitors and invite you to join us after the Liturgy for Coffee hour.

Orthodox Church of the Mother of God

OCA – Diocese of New York-New Jersey

V. Rev. Dr. Matthew Searfoorce, Rector

Sub-Deacon Edward Dawson

Sub-Deacon Vlashi

Parish Council President: Andrew Romanofsky

Parish Council Vice President: Dean Inferrera



Sunday, June 11, 2017

Gospel: Matthew 10:32-33, 37-38; 19:27-30

Tone 8

Epistle: Hebrews 11:33-12:2

1st Sunday after Pentecost: Synaxis of All Saints

Holy Apostles Bartholomew and Barnabas (1st c.). Ven. Barnabas, Abbot of Vetluga (1445). Uncovering of the Relics of Ven. Ephraim, Abbot of Novotórgsk (1572). Commemoration of the appearance of the Archangel Gabriel to a monk on Mt. Athos, and the revelation of the hymn, “It is truly meet...” (Axion Estin). Icon of the Most-holy Theotokos, “IT IS TRULY MEET” (“AXION ESTIN”) (10th c.). (Note: The service for the Apostles is transferred to June 12.)

Troparion – Tone 4

As with fine porphyry and royal purple, / Your church has been adorned with Your martyrs' blood shed throughout all the world. / She cries to You, O Christ God: / Send down Your bounties on Your people, / Grant peace to Your habitation, and great mercy to our souls!

Kontakion – Tone 8

The universe offers You the God-bearing martyrs, / As the first fruits of creation, O Lord and Creator. / Through the Theotokos, and their prayers establish Your Church in peace!



Synaxis of All Saints

Prayer Requests

For Health of:

Archbishop Michael and all the Pilgrims, as they travel through the Holy Land, offered by Sub-Deacon Vlashi.

Archpriest Joseph Lickwar, Archpriest James Parsells, Archpriest Nicholas Harris, Anthony Kasmer, Dorothy Guigun, Melody Stavisky, Charles Morris, Irene Korbanics Marie Alexe, Laura Toroney, presently in the University of PA Hospital, **Reader Joshua, Sophia and Michael Toroney**, offered by Archbishop Michael and the Diocese of NY/NJ.

Albania Youth Mission Team: Ms. Xanthoula Kostaras, Mr. Olin N Perkins, Tatiana M Speier, Jacqueline N Homyk, Miss Laura Evans, Ms. Anastasia Pamela M. Barksdale, Rowan Kelley, Mrs. Mary Ann Bulko, Jonathan-Vladimir Howry, Porphyrios Tillinghast-Raby, offered by Sub-Deacon Vlashi.

In Memory of:

+ **His Eminence, Metropolitan Iakovos of Chicago, and + Mary Shymansky**. offered by Archbishop Michael and the Diocese of NY/NJ.

Liturgical Schedule

Sunday, June 11th

9:30 am: Last Sunday
School
9:40 am: Hours
10:00 am: Divine Liturgy

Saturday, June 17th

6:30 pm: Vespers

Sunday, June 18th

9:40 am: Hours
10:00 am: Divine Liturgy

Saturday, June 24th

6:30 pm: Vespers

Sunday, June 25th

9:40 am: Hours
10:00 am: Divine Liturgy

Saturday, July 1st

6:30 pm: Vespers

Sunday, July 2nd

9:40 am: Hours
9:45 am: General
Confession
10:00 am: Divine Liturgy

Bulletin Sponsors

**Sub-Deacon Vlashi;
Archbishop Michael & the
Diocese of NY/NJ**

Readings:

The Prokeimenon in the 8th Tone:

Pray and make your vows before the Lord our God!
(Psalm 75:12)

vs. In Judah God is known; His name is great in Israel.
(Psalm 75:2)

Another, Tone 4 (Saints):

God is wonderful in His saints, the God of Israel.
(Psalm 67:35)

Epistle: Hebrews 11:33-12:2

Brethren, who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated - of whom the world was not worthy - wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Alleluia in the 4th Tone:

The righteous cried and the Lord heard them and delivered them out of all their troubles.
(Psalm 33:18)

vs. Many are the afflictions of the righteous; the Lord will deliver them out of them all.
(Psalm 33:20)

Gospel: Matthew 10:32-33, 37-38; 19:27-30

The Lord said to his disciples, "Everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny him before my Father who is in heaven. He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me." Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold, and inherit eternal life. But many that are first will be last, and the last first."



Synaxis of All Saints

The Sunday following Pentecost is dedicated to All Saints, both those who are known to us, and those who are known only to God. There have been saints at all times, and they have come from every corner of the earth. They were Apostles, Martyrs, Prophets, Hierarchs, Monastics, and Righteous, yet all were perfected by the same Holy Spirit.

The Descent of the Holy Spirit makes it possible for us to rise above our fallen state and to attain sainthood, thereby fulfilling God’s directive to “be holy, for I am holy” (Lev. 11:44, 1 Peter 1:16, etc.). Therefore, it is fitting to commemorate All Saints on the first Sunday after Pentecost.

This feast may have originated at an early date, perhaps as a celebration of all martyrs, then it was broadened to include all men and women who had borne witness to Christ by their virtuous lives, even if they did not shed their blood for Him.

Saint Peter of Damascus, in his “Fourth Stage of Contemplation,” mentions five categories of saints: Apostles, Martyrs, Prophets, Hierarchs, and Monastic Saints (PHILOKALIA [in English] Vol. 3, p.131). He is actually quoting from the OCTOECHOS, Tone 2 for Saturday Matins, kathisma after the first stichology.

Saint Nicodemus of the Holy Mountain (July 14) adds the Righteous to Saint Peter’s five categories. The list of Saint Nicodemus is found in his book THE FOURTEEN EPISTLES OF ST PAUL (Venice, 1819, p. 384) in his discussion of I Corinthians 12:28.

The hymnology for the feast of All Saints also lists six categories: “Rejoice, assembly of the Apostles, Prophets of the Lord, loyal choirs of the Martyrs, divine Hierarchs, Monastic Fathers, and the Righteous....”

Some of the saints are described as Confessors, a category which does not appear in the above lists. Since they are similar in spirit to the martyrs, they are regarded as belonging to the category of Martyrs. They were not put to death as the Martyrs were, but they boldly confessed Christ and came close to being executed for their faith. Saint Maximus the Confessor (January 21) is such a saint.

The order of these six types of saints seems to be based on their importance to the Church. The Apostles are listed first, because they were the first to spread the Gospel throughout the world.

The Martyrs come next because of their example of courage in professing their faith before the enemies and persecutors of the Church, which encouraged other Christians to remain faithful to Christ even unto death.

Although they come first chronologically, the Prophets are listed after the Apostles and Martyrs. This is because the Old Testament Prophets saw only the shadows of things to come, whereas the Apostles and Martyrs experienced them firsthand. The New Testament also takes precedence over the Old Testament.

The holy Hierarchs comprise the fourth category. They are the leaders of their flocks, teaching them by their word and their example.

The Monastic Saints are those who withdrew from this world to live in monasteries, or in seclusion. They did not do this out of hatred for the world, but in order to devote themselves to unceasing prayer, and to do battle against the power of the demons. Although some people erroneously believe that monks and nuns are useless and unproductive, Saint John Climacus had a high regard for them: “Angels are a light for monks, and the monastic life is a light for all men” (LADDER, Step 26:31).

The last category, the Righteous, are those who attained holiness of life while living “in the world.” Examples include Abraham and his wife Sarah, Job, Saints Joachim and Anna, Saint Joseph the Betrothed, Saint Juliana of Lazarevo, and others.

The feast of All Saints achieved great prominence in the ninth century, in the reign of the Byzantine Emperor Leo VI the Wise (886-911). His wife, the Holy Empress Theophano (December 16) lived in the world, but was not attached to worldly things. She was a great benefactor to the poor, and was generous to the monasteries. She was a true mother to her subjects, caring for widows and orphans, and consoling the sorrowful.

Even before the death of St Theophano in 893 or 894, her husband started to build a church, intending to dedicate it to Theophano, but she forbade him to do so. It was this emperor who decreed that the Sunday after Pentecost be dedicated to All Saints. Believing that his wife was one of the righteous, he knew that she would also be honored whenever the Feast of All Saints was celebrated.



Bulletin Sponsor: Use the sign-up sheet at the candle stand for the health of, eternal memory of or a Pannikhida for a loved one or friend, for a donation of \$10. Sponsors will be remembered during Divine Liturgy for the day/week that you signed up for.

“Orthodox Church of the Mother of God: Joy of all the Sorrowful” founded in 1966

Memorial Candles: Candles be purchased at the candle stand, suggested donation of \$10 for a large one.

Private Confessions: Can be heard a half hour before any service. See Father Matthew for other times.

General Confession: Will be at 9:45 am on the first Sunday of the month.

Pannikhida Service: The third Sunday of each month there will be a Pannikhida after Divine Liturgy. If you would like your loved ones to be remembered please give a list of names to Father Matthew before that Sunday for those to be remembered in the month.

Special Announcements for the bulletin can be submitted by E-Mail:

OrthodoxChurchMotherOfGod@outlook.com ; reader.charles@hotmail.com or rsub-deacon.vlashi@outlook.com

The Living Clean Group of Narcotics Anonymous meets every Friday from 8-9:15 pm downstairs in the community room.

The Grey Book Step Meeting Group of Narcotics Anonymous meets every Tuesday from 7-8:00 pm downstairs in the community room.



Orthodox Church of the Mother of God: Parish News

[The next meeting of the Sisterhood of the Protection of the Mother of God will be held on Sunday July 2nd after coffee hour.](#)

Sunday School news: Today is the last day for Sunday School classes. Sunday School will resume in September. Thank you to everyone who participated in Sunday School this year, and have a wonderful summer!



NY/NJ Diocese News

DISTINGUISHED DIOCESAN BENEFACTORS

The days of summer bring sunshine and warmth throughout the diocese as flowers blossom and nature reflects new life. As we approach the middle of this year, upcoming Parish Council and Church School Conferences, the Diocesan Youth Day, preparations for another academic year at seminaries and our Diaconal Formation Program remind us of our common work in the Lord's vineyard. Much of this is only possible thanks to our **Distinguished Diocesan**

BeneFACTORS. You are invited to join them!

2017 YOUTH DAY at Six Flags Great Adventure

The **Annual Diocesan Youth Day** will again take place at Six Flags Great Adventure in Jackson NJ on **Thursday, 24 August 2017**. The day is open to all Orthodox Youth and their friends, from elementary school age to college students. More information will be provided soon ... save the date!

Congratulations & Archpastoral Pilgrimage to the Holy Land

Beloved Brothers in the Lord:
Christ is in our midst!

CONGRATULATIONS are extended to:

Archpriest Daniel and Matushka Tamara Skvir, who celebrated their 50th Wedding Anniversary on Saturday, June 3. May God continue to grant them a prosperous and peaceful life, good health and salvation, visitation and good hastening in all things, and may He protect and preserve them for many, blessed years! "Mnogaya Lyeta!"

And, I ask for your prayers for the safe travel of me and all the Pilgrims traveling with me to the Holy Land. I will be gone for the next two weeks. Our Chancellor, Archpriest Joseph Lickwar, is in charge of the Diocese in my absence. All pastoral questions should be referred to him. Any administrative matters can be referred to the Secretary of the Diocese, Father Matthew Brown. Both of them will be in contact with me, if need be.

On this glorious Feast of Pentecost, I ask for the gracious blessings of the Triune God upon all of you, your families, and your flocks.

With love and prayers,
Archbishop Michael



Orthodox Church in America (OCA) News
In the Spirit of Pentecost: SVOTS students minister in Guatemala

Five students from Saint Vladimir’s Orthodox Theological Seminary—among them a recent graduate—ministered in Guatemala May 22 through June 2, 2017, as part of an Orthodox Christian Mission Center mission teaching team. Deacon Christopher Moore, Anthony Davis, Simon Menya, Hans Vomend, and Christopher Stoops (M. Div. Class of 2017) offered religious education and catechism classes and encouragement to Church leaders, seminarians, and young adults as their team wound its way through the provinces of Huehuetenango and Escuintla, culminating at Lake Amatitlan.

After landing in Tuxtla Gutierrez, Mexico, team members were met by SVOTS alumnus Jesse Brandow, an already established missionary working in the Mayan Orthodox Christian communities under the Ecumenical Patriarchate. Together they traveled into Guatemala, where they were greeted with a customary explosion of confetti at Annunciation Cathedral in Aguacate. Deacon Christopher served with the Rector, Father Evangelios, during a Divine Liturgy as the other seminarians helped to sing the service.

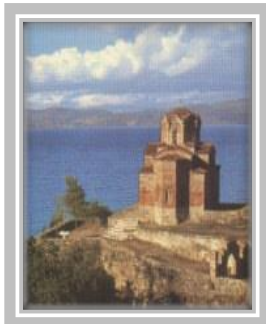
The team’s next stop was a two-day catechetical retreat for some 80 lay leaders from across the Guatemalan parishes. The seminarians taught all the lessons during the two-day gathering, using Jesse as their translator. Anticipating the coming of the Feast of Pentecost, their teaching centered around the gifts of the Holy Spirit and the guidance of the Holy Spirit in the Ecumenical Councils. Hans recounted the story of Saint Moses the Black, which captured people’s imagination and inspired them. The seminarians presented beautiful icons of the Feast of Pentecost to parish leaders. Team members also met Father Daniel, another priest under the Ecumenical Patriarch, and visited his parish in Pebilpam.

After conducting the retreat, the team visited an Orthodox parish community in the mountainous area of Tajumulco, Guatemala, sharing in fellowship with the lay parish leaders and the rector, Father Alexios Sosa. The seminarians wound their way down narrow mountain roads to the low-lying coastal province of Escuintla, where they met Fathers Blas and Mihail, Vicar of the Greek Orthodox parishes in Guatemala, and spoke with students at the Centro Pedagógico, an Orthodox-run school founded by the late Father Andrés Girón, who brought thousands of Mayan Christians into the Orthodox Church.

The team’s travels culminated with a visit to the location where Orthodoxy first blossomed in Guatemala—the Monastery of the Holy Trinity on Lake Amatitlan, where they spent time with Igumeni Madre Inés, Abbess and Spiritual Mother of the Hogar Rafael Ayau orphanage. Mother Inés presented a formal class to increase the team’s knowledge about the history of her country, also introducing them to her monastery’s work with orphans as well as the on-line IEIRA University, which she founded.

“This team’s journey through Guatemala was a fantastic success,” said Jesse. “We are so thankful to the seminarians, to Saint Vladimir’s Seminary, and to OCMC for making this team possible. It was such a joy to see the seminarians both learn from and teach the faithful in Guatemala. I simply loved having this team!”

Prayers by the Laker, St. Velimirovich, X:



To a silent tongue and a contemplative mind You draw near, O All-Holy Spirit, bridegroom of my soul. You avoid a talkative tongue as a swan avoids a stormy lake. Like a swan you swim across the quiet of my heart and make it fruitful.

Desist from your worldly wisdom, my neighbors. Wisdom is begotten, not made. As Wisdom is begotten in God, so is it begotten on earth. Begotten wisdom creates, but is not created.

So, you braggarts brag about your intellect! What is your intellect except remembering many facts? And if you remember so much, how could you have forgotten the moments of the wondrous begetting of wisdom within you? Sometimes I hear you

talking about great thoughts that were born to you unexpectedly without any effort. Who bore these thoughts to you, intellectuals? How were they begotten without a father, if you admit that you did not father them?

Truly I say to you: the father of these thoughts is the All-Holy Spirit, and their mother survives as the virgin corner of your soul, where the All-Holy Spirit still dares to enter.

Thus every wisdom in heaven and on earth is begotten of the Virgin and the All-Holy Spirit. The All-Holy Spirit hovered over the chastity of the first hypostasis, and the Ultimate Man, the Wisdom of God, was begotten.

What the chastity of the Father is in heaven, the virginity of the Mother is on earth. What the action of the Holy Spirit is in heaven, His action is on earth. What the begetting of wisdom is in heaven, the begetting of wisdom is on earth.

O my soul, my eternal surprise! What happened once in heaven and once on earth must happen to you. You must become a virgin, so that you can conceive the Wisdom of God. You must be a virgin, so that the Spirit of God may fall in love with you. All the miracles in heaven and on earth originate from the Virgin and the Spirit.

A virgin gives birth to creative wisdom. A wanton woman creates barren knowledge. Only a virgin can see truth, while a wanton woman can only recognize things.

O triune Lord, cleanse the vision of my soul, and bow down Your face over her, so that my soul may glisten with the glory of her Lord, so that the wondrous history of heaven and earth may be unsealed in her, so that she may be filled with glittering like my lake, when the sun hovers above it at noon.

Sayings of the Ascetics of the Orthodox Church, CX:

III. Us and Our Neighbors

Judging

A discerning man, when he eats grapes, takes only the ripe ones and leaves the sour. Thus also the discerning mind carefully marks the virtues which he sees in any person. A mindless man seeks out the vices and failings ... Even if you see someone sin with your own eyes, do not judge; for often even your eyes are deceived.

St. John of the Ladder, Ladder, 10.16-17

The Morning Offering – Daily Inspiration by Abbott Tryphon

Persecution of Christians

The persecution of Christians in the Middle East



It's a pity there is virtually no meaningful or informative conversation taking place in the United States about the widespread persecution of Christians throughout the Middle East. Muslims in America scream and howl at the slightest provocations, yet in the face of the tragic genocide against Christians throughout the Islamic world and the 'final solution' for the Christians of the Middle East, we hear nothing. Prominent Muslim leaders in the United States and Western Europe remain silent, while Christian Churches in the Middle East are attacked and burned, and Christians are murdered in the streets.

Assyrian, Coptic, and Antiochian Christians are suffering some of the worst persecution in history. Christians are leaving the Middle East by the hundreds of thousands, and those who cannot leave are facing a genocide that is without precedence, yet the West continues in a state of denial. Linked to the above is the growing problem of Muslim youth engaging in jihadist terror activity that is being brushed off in the West. Anyone who dares speak out is accused of being "Islamophobic", forgetting what the root word, "phobic" means. We dare not speak the fact that the root of the problem resides within Islam itself.

It is time we speak out in defense of our fellow Christians in the Middle East, as that which is happening in Islamic countries is now becoming standard fare for the West. The jihadist attacks taking place in the cities of Western Europe, are not happening because Westerners have failed to demonstrate the superiority of their Western culture, but because the Quran is filled with directives to kill "unbelievers".

The West will not be safe simply because we refuse to keep our collective heads out of the sand. We must pray for our brothers and sisters throughout the Middle East, and we must speak out in truth, and with courage, lest we be responsible for a genocide that threatens the entire Christian populations in the lands that saw the rise of Christianity in the very beginning. We must not be like the silent German citizens, who refused to speak out when their Jewish neighbors were being rounded up, and sent to the death camps.



Daily Reflection Be My Witnesses



“Be my witnesses/martyrs (γένεσθέ μοι μάρτυρες), and I too am a witness/martyr (κάγὼ μάρτυς), says the Lord God, and my servant whom I have chosen: that you may know, and believe, and understand that I am he: before me there was no other God, and after me there shall be none. I am God; and beside me there is no Saviour. I have declared, and have saved; I have reproached, and there was no strange god among you: you are my witnesses/martyrs, and I too am a witness/martyr...” (Is 43: 10-13, Septuagint-translation)

The above-quoted passage is one of the readings at Vespers tonight, on the eve of the Sunday of All Saints. As I read this passage, the following question immediately pops into my mind: If this call, to be God’s “witnesses/martyrs,” is a call to all of us, including me, then what does it mean in practical, daily terms?

The Greek word “μάρτυς” (martyr/witness), as suggested by Bolotov, is related to the words “μέριμνα,” a painful thought or care, and “μεριμνάω,” to care for earnestly, or think earnestly upon. So, the kind of “witness” we’re talking about, when using the word “martyr,” is one who has who has seen/experienced something first-hand, and now carries that “information” around not indifferently, but with earnest, even painful, care.

As far as our daily, cross-carrying journeys go, we all experience God through our ups and downs, if we let Him into the picture. We are then called in different ways to “witness” to this earnest adventure, sharing it in usefulness to others. God Himself leads the way in this whole business of “witness,” testifying to us of His only-Begotten Son and the primary Cross-Carrier, our Lord Jesus Christ, Who continues to walk with us, and bear the wounds of the painful experience of loving us. “Be my witnesses,” He says to us today, for “I too am a witness.” Thank You, Lord, for making all of our experiences useful, in You.

Holy Orthodox Quotes

A brother came to see Abba Macarius the Egyptian, and said to him, ‘Abba give me a word, that I may be saved.’ So the old man said, ‘Go to the cemetery and abuse the dead.’ The brother when there, abused them and threw stones at them; then he returned and told the old man about it. The latter said to him, ‘Didn’t they say anything to you?’ He replied, ‘No.’ The old man said, ‘Go back tomorrow and praise them.’ So the brother went away and praised them, calling them, ‘Apostles, saints and righteous men.’ He returned to the old man and said to him, ‘I have complimented them.’ And the old man said to him, ‘You know how you insulted them and they did not replied, and how you praised them and they did not speak; so you too if you wish to be saved must do the same and become a dead man. Like the dead, take no account of either the scorn of men or their praises and you can be saved.’

- Sayings of the Desert Fathers

Matthew 5:11-12 (OSB)

“Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.† Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

Luke 6:22-23 (OSB)

Blessed are you when men hate you, And when they exclude you, And revile you, and cast out your name as evil, For the Son of Man’s sake. Rejoice in that day and leap for joy! For indeed your reward is great in heaven, For in like manner their fathers did to the prophets.

1 Peter 2:21-23 (OSB)

For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: “Who committed no sin, Nor was deceit found in His mouth” † who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously;

Romans 12:14 (OSB)

Bless those who persecute you; bless and do not curse.

James 3:2-12 (OSB)

For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. Indeed, we put bits in horses’ mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. But no man can tame the tongue. It is an unruly evil, full of deadly poison. With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. Does a spring send forth fresh water and bitter from the same opening? Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.

Matthew 12:34-37 (OSB)

Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.† But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.”

The Philokalia: Daily Readings

Angelic thoughts accompany perfect prayer; spiritual thoughts, intermediate prayer; an thoughts about nature, the prayer of beginners

- St Elijah the Priest, *Gnomic Anthology*

Ancient Christian Wisdom

If we be true to our calling as the children of God, we must live in imitation of Christ. We must imitate His meekness and humility. We must love others just as did He. We must be willing to be transformed, and made whole, that others might see in us, the Light of Christ. Each and every hour must be closely scrutinized, that we make sure the Image of the Saviour shines forth as we interact with others. If we find ourselves growing angry towards a family member, or a coworker, we must sincerely repent at that very moment, and with Christ's help, turn ourselves around. In our journey to God, time must not be wasted, for we never know the day or hour when we will be held accountable.

- Abbot Tryphon

Wisdom of the Church Fathers

"True perfection consists in having but one fear: the fear of losing God’s friendship!"

**Saint Gregory of Nyssa
(335-394)**

Orthodox Quote of the Day

...acknowledging your own powerlessness so that you can come to your rest...Live through lowliness of mind instead of going to your death through pretentious pride.

Dorotheos of Gaza