

Parish Prayer List (Living)

(*Parish*)

Evangelos	Carolyn	Robert	Subdcn Jason
John B.	Maria	Anamay	Ron
Anthony	Paula	Kathleen	SJ
Beverly	David	Michael	Anastasia
Thomas	Gloria	Thecla	Michael
Reader John	Kimberly	Matthew	Levi
Sbdcn Maximus	Emilia	Photini	George S.
Magdalini	Constanka	Emil	George D.
Rita	John D.	Pam	Grace
Priscilla	Thaddeus	Hesychios	Elizabeth
Sophia	Danny	Reader Mark	Evdokia
Nicholas	Mary	Rachel	Katherine
Lily	Theodora	Elizabeth	Joseph
Justine	David	Sabrina	Kay
Christopher	Crystal	Rosa-Jane	Ian
Gabriel	Marcia	John R.	Johannah
Maximus	Tamara		

(*non-Parish*)

Alexandra	Rachael	Thomas Pappas	David
Christopher	Fr. Michael	Paige and Paul	Jennifer
Gabriella	Josiah	Jacob	Catherine
Hugh	Raymond	Judy	Mike
Ron	Clint	Peter	Maria
Brian	George K.	Sean	Sara
Ruth	Janet H.	Pam	Ana
Roz	Krista	Marty	Margo
Joseph	Kera	Vanessa	Emma
Jane	Scott	Torin	Breanne
Lauren	Fr. Michael	<i>Kay</i>	John
Tracy	Patrick	Linda	<i>John</i>
<i>James</i>	<i>Logan</i>		

Parish Prayer List (Fallen Asleep)

Michael Urban (+6/21)

Robert Beall (+6/24)

Lewis Knuth (+7/16)

Shawn Visconti (+7/21)

Thoughts from the Fathers

Orthodox spirituality is knowledge acquired through suffering rather than through learning.

Mother Gavrilia

A Guardian Angel is given to each person at the moment of his baptism. How should one guard the union of the soul with its Guardian Angel? He carries out his activity through the

conscience and the heart. When a person cares for the salvation of his soul, guards his conscience, and avoids all manner of sin, then he senses his Guardian Angel. The Guardian Angel instructs him in every good thing, sends him good thoughts, and warns him against evil. We will see our Guardian Angel on the day of our departure from this life. But what kind of meeting this will be will depend upon us and our deeds. Will our Guardian Angel rejoice or will he sorrow at our careless life? Let us be attentive towards our Guardian Angel, let us prayerfully beg his help in all good deeds and for deliverance from every sin. Let us entreat him to lead us persistently to the Lord, and let us not disgrace him by our actions.

Elder Sebastian of Optina

Do not be vexed with those who show pride, arrogance, laziness and impatience in their conversation with you or others, but, remembering that you are subject to the same, even greater, sins and passions, pray for them and be kind to them.

St. John of Kronstadt, My Life in Christ

You have one deficiency but not another. Your neighbor's case is the opposite. He has another deficit but not the one you have. You must bear his and he yours. For this is the law of love fulfilled.

Theodoret of Cyprus

In truth, express His likeness in their thoughts, and in their whole life, and in all their behavior; in word, and in deeds, and in patience, and in fortitude and in knowledge, and in chastity, and in long suffering, and in a pure heart, in faith, and in hope and in full and perfect love toward God.

Clement of Alexandria

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How to Form an Orthodox Conscience Pt 2 -

Hieroschemamonk Ambrose (formerly Fr. Alexey) Young

4. Attendance at Divine Services and frequent reception of Holy Communion is vital to the development of an Orthodox conscience. Of this, St. John of Kronstadt writes: *“The Divine Liturgy is truly a heavenly service on earth, in which God Himself, in a particular, immediate, and most close manner is present and dwells with men There is on earth nothing higher, greater, more holy, than the Liturgy; nothing more solemn, nothing more life-giving.”*

St. Tikhon of Zadonsk observed: *“The Christians of old frequently received communion as the cause and food of immortality, wherefore even up to our own time the Holy Church daily exhorts us to ‘draw near with fear of God and with faith’. At the present day people have neither, as the facts abundantly prove; only once a year, and even then almost under compulsion, do they approach the Table of Immortality Men hasten joyfully to banquets, but to this spiritual and most Sacred Table to which Christ invites them they come under compulsion.”*

5. We should read the writings of the Holy Fathers of the Church and the Lives of the Saints. Blessed Theophan the Recluse explained this to one of his spiritual children in the following way:

“The spiritual life is a special world into which the wisdom of men cannot penetrate... This is a subject which embraces much and is lofty and sweet to the heart If you seriously desire to enter onto this path, then you won’t have time to turn to the study of other subjects.. for human philosophizing cannot even be compared with spiritual wisdom.”

Therefore, if we wish to learn ways that are pleasing to God, it stands to reason that we will set aside time in order to study the writings and lives of those who have drawn close to Him while still in this life, for according to St. John of Kronstadt there are rich and .poor in the spiritual world just as there are in worldly society:

“As the poor ask charity of the rich, and cannot live without help from them, so also in the spiritual order the poor must

have recourse to-the rich. We are the spiritually poor, whilst the saints, and those who shine even in this present life by their faith and piety, are the spiritually rich. It is to them that we needy ones must have recourse.”

6. We are to practice the presence of God in our daily life.

St. John of Kronstadt explains it in this way:

“Believe that God sees you as undoubtedly as you believe that anyone standing face to face with you sees you, only with this difference, that the Heavenly Father sees everything that is in you, everything that you are God is nearer to us than any man at any time. Therefore we must always set God before us, at our right hand, and there behold Him; we must be strong, and in order not to sin we must so place ourselves that nothing can thrust God from our thoughts and hearts, that nothing can hide Him from us, that nothing may deprive us of our beloved Lord, but that we may every hour, every minute, belong to Him, and be perpetually with Him, as He Himself is perpetually with us, as He constantly cares for us and guards us”.

