

CHRIST THE SAVIOR ORTHODOX CHURCH

1400 Coastal Highway; Fenwick Island, DE
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BULLETIN OF FEBRUARY 25, 2007

The Directory of Parishioners and Friends of the Parish

is now available for pickup in the back of the church. If you would like your copied mailed to you, please let Fr. John know. Please see Fr. John for future updates or additions to the directory.



SUNDAY, FEBRUARY 25TH

SUNDAY OF ORTHODOXY

8:40a.m. Hours

9:00a.m. Divine Liturgy
Coffee Hour

WEDNESDAY, FEBRUARY 28TH

7:00p.m. Pre-Sanctified Liturgy

FRIDAY, MARCH 2ND

7:00p.m. Memorial Service

SATURDAY, MARCH 3RD

MEMORIAL SATURDAY

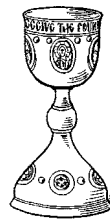
6:00p.m. Vespers; Confessions

SUNDAY, MARCH 4TH

SAINT GREGORY PALAMAS

8:40a.m. Hours

9:00a.m. Divine Liturgy
Coffee Hour



The Liturgy of the Pre-Sanctified Gifts

Great Lent is a season of repentance, fasting, and intensified prayer, and so the Orthodox Church regards more frequent reception of Holy Communion as especially desirable at this time. However, since the Divine Liturgy has a festal or celebratory character not in keeping with the season of repentance, the Liturgy of the Pre-Sanctified Gifts is served instead. This special Lenten service will be offered on Wednesday or Friday evenings at 7:00pm after a day of spiritual preparation and if possible total abstinence. The faithful who wish to receive Holy Communion but are unable to keep a total fast because of medical reasons, weakness, or work responsibilities, normally eat a light lenten meal in the early morning, or by 12 noon at the latest. Should you have any questions or concerns, please speak with Fr. John.

The Sacrament of Confession

is one of reconciliation with God, bringing about not only a clearing of the conscience through the remission of sins, but also a healing of the soul through our recommitment to Christ. This Sacrament should therefore be received by all Orthodox Christians during each of the fasting seasons, including Great Lent. For those who wish to receive Holy Communion, the Sacrament of Confession is indispensable and absolutely necessary to maintaining our spiritual health and well being. Fr. John is available to hear confessions following any service or at any other time by appointment.



ON CONTROLLING THE TONGUE

Guard the tongue for it is like a majestic stallion. For if you put a bit in its mouth and teach it to walk in order, it adapts to this and is satisfied. But if you let it run wild, it becomes the vehicle of the devil and his angels.



Saint John Chrysostom

News from the Antiochian Orthodox Mission in Rehoboth

Recently a two acre piece of land in Bethany Beach was offered as a donation to our sister Mission up north. This donation was kindly refused so as not to infringe upon our Christ the Savior Mission in Fenwick Island. May the Lord bless our Orthodox brothers and sisters up north and may His good will continue to guide us in all things!



Worth a Look!

A number of George Hamaty's oil-paintings are on exhibit in the Ocean City library located on 14th Street. Stop in and take a look!



THE WAY INTO THE KINGDOM OF HEAVEN

Saint Innocent of Alaska

We were created to live on earth unlike animals who die and disappear with time, but with the high purpose to live with God – not for a hundred years or so – but for eternity!

Every individual instinctively strives for happiness. This desire has been implanted in our nature by the Creator Himself, and therefore it is not sinful. But it is important to understand that in this temporary life it is impossible to find full happiness, because that comes from God and cannot be attained without Him. Only He, who is the ultimate Good and the source of all good, can quench our thirst for happiness.

Material things can never wholly satisfy us. Indeed, we know from experience that every item we have desired has pleased us only for a short while. Then it became boring, and we started to desire something else. This process of satisfaction and boredom then repeated itself many times. The most striking example of unquenchable thirst for happiness was Solomon, the famous King of Israel, who lived around 1000 B.C. He was so rich that all the household utensils in his palaces were made of pure gold. He was so wise that kings and famous people from far away lands came to hear him. He was so famous that his foes trembled at the mere mention of his name. He could easily satisfy any of his wishes, and it seemed that there was no pleasure that he did not possess or could not obtain. But with all of this, Solomon could not find total happiness to the end of his life. He described his many years of searching for happiness and his continual disappointments in the book of Ecclesiastes, which he began with the following phrase: Vanity of vanities, all is vanity (Ecc. 1:2).

Innumerable other wise people who were also successful in life came to the same conclusion. It seems that in the depth of our subconscious something reminds us that we are just wanderers on this earth and that our true happiness is not here but there, in that other and better world known as Paradise or the Heavenly Kingdom. Let man own the whole world and everything that is in it, yet all this will interest him for no more than a short period, while the immortal soul, thirsting for personal communication with God, will remain unsatisfied.

Jesus Christ, the Son of God, came to this earth in order to return to us our lost capacity to spend eternity in the blissful presence of God. He revealed to people that all their evil lies in sin and that no one through their own efforts can overcome the evil within themselves and attain communion with God. Sin, ingrained in our nature since the fall, stands between us and God like a high wall. If the Son of God had not descended to us through His mercy for us, had not taken on our human nature, and had not by His death conquered sin, all mankind would have perished for ever! Now, thanks to Him, those who wish to cleanse themselves from evil can do so and return to God and obtain eternal bliss in the Kingdom of Heaven.



JANUARY AND FEBRUARY CONGRATULATIONS!

Anniversaries:

- 1/10 William & Anna Yanuk
- 1/15 Richard & Diane Evanusa
- 1/24 J. Michael & Nada McFarland

Birthdays:

- 1/12 Nada McFarland
- 1/12 Alex Royal
- 1/13 Francis Abdow
- 1/16 Olga Vernigor-Leasure
- 1/19 Robert Dodge
- 1/23 Harry Holowach
- 1/26 Fr. Christian Lesinsky
- 1/30 Oleg Dudkin
- 2/20 Lois Hamaty
- 2/22 Olga Holowach

Namesdays:

- 1/1 *St. Basil the Great*
Basil Cook
William Yanuk
- 1/6 *The Theophany of the Lord*
Frank Pappas
- 1/7 *St. John the Baptist*
John Balas
- 1/25 *St. Gregory the Theologian*
Gregory Boris

If your name is not on this list and it should be, please see Fr. John, as soon as possible!



ON PRAYER AND SPIRITUAL STUDY

The relationship between prayer and spiritual study is such that the effectiveness of one is directly related to the practice of the other. Spiritual reading warms the heart and enlightens the mind, making man both ready for prayer and more aware of the type of prayer that is pleasing to God. Likewise, prayer purifies both mind and heart making man more receptive to hearing the voice of God in the Scriptures, Lives of the Saints, writings of the Fathers, and other spiritual texts. As a bird needs two wings to fly, so too does the Christian need prayer and spiritual study to ascend to the heights of heaven.

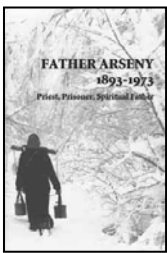
ON SPIRITUAL READING

Saint Innocent of Alaska

Remember that no one can simultaneously think about two subjects. If you occupy your mind with good thoughts (reading spiritual books or studying some worthwhile subject), the bad ones will not be able to linger in your mind.



SUGGESTIONS FOR SPIRITUAL READING

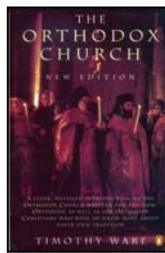


Father Arseny

Vera Bouteneff, trans.

It is one of the great mysteries of life that in atmospheres of the harshest cruelty, a certain few not only survive but emerge as beacons of light and life. Father Arseny, former scholar of church art, became Prisoner No. 18736 in the brutal "special sector" of the Soviet prison camp system. In the darkness of systematic degradation of body and soul, he shone with the light of Christ's peace and compassion. His sights set on God and his life grounded in the Church, Father Arseny lived by injunction to "bear one another's burdens, and so fulfill the law of Christ" (Gal 6:2).

This narrative, compiled from accounts of Father Arseny's spiritual children and others whom he brought to God, gives stirring glimpses of his life in prison camp and after his release. It also tells the stories of people whose lives, often during times of unimaginable crisis, were touched and transfigured through their connection with Father Arseny.



The Orthodox Church

Bp. Kallistos Ware

Since its first publication thirty years ago, *The Orthodox Church* has become established throughout the English-speaking world as the standard introduction to the Orthodox Church. In this newly revised and updated edition he explains the Orthodox views on widely ranging matters as Ecumenical Councils, Sacraments, Free Will, Purgatory, the Papacy and the relationship between the different Orthodox churches.

In PART ONE, he describes the history of the Eastern Church over the last two thousand years with particular reference to its problems in twentieth-century Russia; and in PART TWO he explains the beliefs and worship of the Orthodox Church today. Finally, he considers the possibilities of reunion between the East and the West. In this latest edition, he takes full account of the totally new situation confronting Eastern Christians since the collapse of Communism.

These titles are all available online at the following Orthodox Bookstores:

❖ light-n-life.com

❖ stspress.com

❖ svspress.com

A LENTEN RETREAT: "FASTING AND CONFESSION: WHAT'S THE POINT?"

Date Saturday, March 17, 2007

Place Ss. Constantine and Helen Church
2747 Riva Road
Annapolis, MD 21401
410-573-2072 / 301-261-8218

Schedule: 9:00am Registration
10:00am Opening Session
11:30am Questions and Answers
12:30pm Lunch
2:00pm Second Session
3:30pm Questions and Answers
Closing Prayer

This Lenten Retreat is offered annually in memory of Lora Marie Pappas. This year's guest retreat master will be Dr. Aristotle Papanikolaou, Associate Professor at Fordham University. There is a \$25 fee per person and reservations are required. Please see Fr. John for more information.

SATAN ANNOUNCES A NEW PLAN TO ADVANCE HIS WORK

An anonymous source

Satan called a worldwide convention. In his opening address to his evil angels, he said, "We can't keep Christians from going to church. We can't keep them from reading their Bibles and knowing the truth."



"We can't even keep them from conservative values. But we can do something else. We can keep them from forming an intimate, abiding experience in Christ. If they gain that connection with Jesus, our power over them is broken. So let them go to church. Let them have their conservative lifestyles. But steal their time so they can't gain that experience in Jesus Christ."

"But how shall we do this?" shouted one of his angels?

"Keep them busy in the non-essentials of life and invent numerous schemes to occupy their minds," he answered. "Tempt them to spend, spend, spend, then borrow, borrow, borrow. Convince the wives to go to work and the husbands to work 6-7 days a week, 10-12 hours a day, so they can afford their lifestyles. Keep them from spending time with their children. As their families fragment, soon their homes will offer no escape from the pressures of work."

"Over-stimulate their minds so they cannot hear that still small voice. Entice them to play the radio or cassette player whenever they drive, to keep the TV, the VCR, their CDs going constantly in their homes. And see to it that every store and restaurant in the world plays music constantly. This will jam their minds and break that union with Christ."

"Fill their coffee tables with magazines and newspapers. Pound their minds with the news 24 hours a day and invade their driving moments with billboards. Flood their mailboxes with junk mail, sweepstakes, catalogs, and every kind of newsletter and promotional offering free products, services and false hopes. Even in their recreation, let them be excessive. Have them return from it exhausted, disquieted and unprepared for the coming week."

"Don't let them go out in nature. Send them to amusement parks, sporting events, concerts and movies instead. And when they meet for spiritual fellowship, involve them in gossip and small talk so that they leave with troubled consciences and unsettled emotion. Let them be involved in soul-winning. But crowd their lives with so many good causes they have no time to seek power from Christ. Soon they will be working in their own strength, sacrificing their health and family unity for the good of the cause."

Well, in the end it was quite a convention. The evil angels went eagerly to their assignments, causing the Christians everywhere to get busy, busy, busy and rush here and there.

Has the devil been successful in his scheme? You be the judge.

ABOUT SAINT EPHREM'S PRAYER

The famous lenten prayer of Saint Ephrem the Syrian summarizes our entire struggle during the forty day fast – that of turning from vice to virtue, sin to holiness, and self-love to love of God and neighbor.

This powerful prayer is said every day of Great Lent, except on Saturdays and Sundays. It should be part of our morning and evening prayers, but may also be said at any other time throughout the day – especially in time of temptation.



THE PRAYER OF SAINT EPHREM

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. (*Prostration*)

But grant rather the spirit of chastity, humility, patience, and love to thy servant. (*Prostration*)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

O God, cleanse Thou me a sinner. (*12 times, with as many bows, and then again the whole prayer from the beginning throughout, and after that one great prostration*)

Note: If one cannot make prostrations, then make bows, or simply the sign of the Cross.