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# CHRIST THE SAVIOR ORTHODOX CHURCH

10315 Carey Road; Berlin, MD 21811  
302-537-6055 (church) / orthodoxdelmarva.org /  
frjohn@orthodoxdelmarva.org

## BULLETIN OF MARCH 31, 2013

### A Warm Welcome!

We warmly welcome all of our visitors! Please consider staying after the service for fellowship at our coffee hour in the hall.



### Fasting for Presanctified Liturgy

While the normal fast for the evening Presanctified Liturgy is a total fast for the entire day, that is from midnight the night before until the evening Liturgy, the Holy Synod of Bishops permit a mitigated but total fast from at least noon in preparation for Holy Communion. As always medication with prescribed food or drink, may be taken at any time.

### Lenten Retreat in Baltimore

On Saturday, April 13<sup>th</sup>, members from Christ the Savior will make a lenten pilgrimage to the Annunciation Cathedral in Baltimore for a special retreat by Fr. Josiah Trenham on "The Church as a Spiritual Hospital: God's Design for the Cure of the Soul". The cost of the retreat is \$30 per person (\$35 after April 1<sup>st</sup>), which includes a continental breakfast and lunch. For more information, please see goannun.org or speak with Fr. John.



### Renovation / 30K Loan Update

Donations are requested to help complete the stucco project, which will cost approximately \$5,000. Also, we are falling behind pace to repay the \$30,000 renovation loan which is due on February 1, 2014. Your prayerful consideration is requested. Please see the bottom of the bulletin for weekly updates.

### Egyptian Gold for the Lord's House

Following the Biblical precedent, where the Israelites offered their precious metals and jewelry for the furnishing of the Lord's House, the mission will offer the opportunity for the faithful to donate jewelry and precious metals to help pay down our \$30K renovation loan. Jeweler, John Kokkinos, will be available on Sundays, April 14 and 21, to appraise the items being donated and, together with our treasurer, Bruce Eckerd, will provide documentation of the donations.



### Website Update

Photos from: 1) Annunciation and the baptism of Danyella Mary, and 2) photos from the stucco project, currently underway, are available on our website. Check them out!



### SUNDAY, MARCH 31<sup>ST</sup>

#### Sunday of St. Gregory Palamas

8:40a.m. Hours  
9:00a.m. Divine Liturgy  
Coffee Hour

### MONDAY, APRIL 1<sup>ST</sup>

7:00p.m. Vespers

### WEDNESDAY, APRIL 3<sup>RD</sup>

6:00p.m. Pre-Sanctified Liturgy  
Lenten Meal

### FRIDAY, APRIL 5<sup>TH</sup>

7:00p.m. Compline

### SATURDAY, APRIL 6<sup>TH</sup>

#### Memorial Saturday

5:00p.m. Memorial  
6:00p.m. Great Vespers

### SUNDAY, APRIL 7<sup>TH</sup>

#### Sunday of the Holy Cross

8:40a.m. Hours  
9:00a.m. Divine Liturgy  
Coffee Hour

### READER SCHEDULE

Sunday, Apr. 7<sup>th</sup>

Kathy Parrish

Sunday, Apr. 14<sup>th</sup>

Richard England



**Living:** Fr. Alexander Atty, Fr. Christian, Mat. Dunia, Hayley, Tyler Pelesh, Wallace & Michelle, John Trax, Maleah Morsey, Victoria Kokkinos, Karen Nichols, Denise Royal, Jane Koshutko, Nina Gordon, Mirela & Chris, Bruce Eckerd, Stella, Ari, Nedelina, Liliana, Irene Clenney, Katie Hawley, Alice Peters. **Departed:** Fr. Michael Mihalick, Kathryn, Avramia.

CASH FLOWS THROUGH 2/28/13					CASH FLOWS IN MARCH 2013					FINANCIAL SNAPSHOT		
OPERATING		OTHER		ALL	OPERATING		OTHER		ALL	ASSETS & LIABILITIES - 3/31		
Income	Expense	Income	Expense	Net	Income	Expense	Income	Expense	Net	Checking	Overdue	Due 2/2014
8,403	7,750	5,220	5,660	+213	4,399	3,527	1,480	0	+2,352	+2,458	-4,984	-27,295

## SAINT GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA

*From the Prologue of Ochrid by St. Nikolai Velimirovich*



Gregory's father was an eminent official at the court of Emperor Andronicus II Palaeologus. The gifted Gregory, completing his secular studies, did not want to enter the service of the imperial court, but withdrew to the Holy Mountain and was tonsured a monk. He lived a life of asceticism in the Monastery of Vatopedi and the Great Lavra. He led the struggle against the heretic Barlaam

and finally defeated him. He was consecrated as Metropolitan of Thessalonica in the year 1347. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker. The Most-holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times. He governed the Church in Thessalonica for thirteen years, of which he spent one year in slavery under the Saracens in Asia. He entered peacefully into rest in the year 1360, and took up his habitation in the Kingdom of Christ. His relics repose in Thessalonica, where a beautiful church is dedicated to him.

### Reflection

St. Gregory Palamas learned much through heavenly revelations. After he had spent three years in stillness in a cell of the Great Lavra, it was necessary for him to go out among men and benefit them with his accumulated knowledge and experience. God revealed this necessity to him through an extraordinary vision: One day, as though in a light sleep, Gregory saw himself holding a vessel in his hand full to overflowing with milk. Gradually, the milk turned into wine which likewise spilled over the rim, and drenched his hands and garments. Then a radiant youth appeared and said: "Why would you not give others of this wonderful drink that you are wasting so carelessly, or are you not aware that this is the gift of God's grace?" To this Gregory replied: "But if there is no one in our time who feels the need for such a drink, to whom shall I give it?" Then the youth said: "Whether there are some or whether there are none thirsty for such a drink, you are obligated to fulfill your debt and not neglect the gift of God." Gregory interpreted the milk as the common knowledge (of the masses) of moral life and conduct, and the wine as dogmatic teaching.

The second time Gregory secluded himself in a monastery he was writing his Principles of Orthodoxy. On the eve of the Feast of St. Anthony the Great, the monks summoned him to the all-night vigil service, but he remained at his work in the cell while all the brethren went to church. St. Anthony suddenly appeared to him and said: "Perfect stillness is good, but sometimes it is necessary to be with the brethren." Convinced by this revelation, Gregory immediately went into church to the joy of all the monks.



### PLANT YOUR GARDEN TODAY!

Anyone who works in the garden knows the importance of putting good seed into the ground because as the saying goes we shall reap what we sow. It is the same with the human heart – what goes into the soil of the human heart will ultimately grow and sprout forth, manifesting itself in our words and actions. The following is a recipe for a Christian heart which by the grace of God will bear much fruit!

#### 1. FIRST, PLANT THREE ROWS OF PEAS

- ❖ Patience
- ❖ Promptness
- ❖ Prayer

#### 2. NEXT, PLANT THREE ROWS OF SQUASH

- ❖ SQUASH gossip
- ❖ SQUASH indifference
- ❖ SQUASH criticism

#### 3. THEN, PLANT FOUR ROWS OF LETTUCE

- ❖ LET US obey the Lord
- ❖ LET US be loyal
- ❖ LET US be true to our obligations
- ❖ LET US be unselfish

#### 4. FINISH WITH FOUR ROWS OF TURNIP

- ❖ TURN UP when needed
- ❖ TURN UP with a smile
- ❖ TURN UP with a vision
- ❖ TURN UP with determination

Plant your garden today, remembering the Apostle Paul's words, "He who sows sparingly shall also reap sparingly, and he who sows bountifully shall also reap bountifully." (2 Cor. 9:6)



### FOR CONSIDERATION

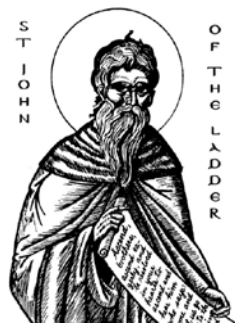
*By St. Nikolai Velimirovich*

There is heroism above heroism and asceticism above asceticism. St. Epiphanius of Cyprus invited Hilarion the Great to dinner and in order to show the greatest hospitality to his distinguished guest, placed fried chicken on the table and offered it to him. Hilarion said to him: "Forgive me, but ever since I was tonsured a monk, I have eaten nothing butchered." To that Epiphanius replied: "And I, ever since I was tonsured a monk, have never lay down in bed until I first forgave my enemy." Amazed, Hilarion said: "Your virtue is greater than mine, Oh holy master!" This is a great lesson for all of us. Fasting is an admirable thing but it is more admirable to forgive insults. Through fasting, man is preparing for charity but, by forgiving insults, man shows charity. Fasting precedes forgiveness but fasting alone, does not save without forgiveness.

### ON THE TRULY INTELLIGENT MAN

*By St. Anthony the Great*

The truly intelligent man pursues one sole objective: to obey and conform to the God of all. With this single aim in view, he disciplines his soul, and whatever he may encounter in the course of his life, he gives thanks to God for the compass and depth of His providential ordering of all things. For it is absurd to be grateful to doctors who give us bitter and unpleasant medicines to cure our bodies, and yet to be ungrateful to God for what appears to us to be harsh, not grasping that all we encounter is for our benefit and in accordance with His providence. For knowledge of God and faith in Him is the salvation and perfection of the soul.



### FOR CONSIDERATION

*By St. Nikolai Velimirovich*

St. John of the Ladder says: "He who in his heart is proud of his tears and secretly condemns those who do not weep is like a man who asks the king for a weapon against his enemy and then commits suicide with it" (Step 7). If your heart is softened, be it from repentance before God or be it from knowing the boundless love of God toward you, do not become proud toward those whose hearts are still hard and calloused. Remember how long it has been since you had a hard and calloused heart. There were seven brothers who were ailing in a hospital. One of them was restored to health and rose to his feet. He hurried to serve his other brothers with fraternal love and concern so that they too would recover. You be like that brother also. Consider that all men are your brothers, sick brothers. If you feel that God has given you health before them, know that it was given to you through mercy, so that even you as a healthy person may serve others who are sick. Of what do we have to be proud? As though good health comes from ourselves alone and not from God. As though a mud hole can cleanse itself and not from a source deeper and cleaner.

### ON THE POWER OF LOVE

*St. Nikolai Velimirovich*

A scholar attracts by his knowledge, a wealthy man by riches, a handsome man by beauty, an artist by his skill. Each of these attracts a limited number of individuals. Only love attracts all human beings. The attraction of love is unlimited. And educated or uneducated, rich or poor, skilled or unskilled, beautiful or ugly, healthy or sick, and young or old - all want to be loved. Christ spread His love on everyone, and lovingly drew all to Himself. With His great love he encompassed even the dead, long decomposed and forgotten by men.

