

# CHRIST THE SAVIOR ORTHODOX CHURCH

1400 Coastal Highway; Fenwick Island, DE  
302-537-6055 / orthodoxdelmarva.org  
frjohn@orthodoxdelmarva.org



## BULLETIN OF AUGUST 6, 2006

**SUNDAY, AUGUST 6<sup>TH</sup>** - *fish, wine, & oil*

### TRANSFIGURATION OF THE LORD

#### **One of the Twelve Great Feasts**

8:40a.m. Hours

9:00a.m. Divine Liturgy  
Blessing of fruit  
Coffee Hour

**TUESDAY, AUGUST 8<sup>TH</sup>**

7:00p.m. Vespers

**WEDNESDAY, AUGUST 9<sup>TH</sup>** - *fish, wine, & oil*

### GLORIFICATION OF ST. HERMAN OF ALASKA

8:40a.m. Hours

9:00a.m. Divine Liturgy

**THURSDAY, AUGUST 10<sup>TH</sup>**

7:00p.m. Compline

**SATURDAY, AUGUST 12<sup>TH</sup>** - *wine, & oil*

6:00p.m. Vespers

**SUNDAY, AUGUST 13<sup>TH</sup>** - *fish, wine, & oil*

### ST. TIKHON OF ZADONSK

8:40a.m. Hours

9:00a.m. Divine Liturgy  
Coffee Hour

### Greetings from the New Pastor

It is with great joy that I received the assignment from Metropolitan Herman to Christ the Savior Orthodox Church! In a Mission there is great opportunity and much work to be done. Our Mission has made a good beginning and we have been blessed with much. Let us not bury our talent but instead redouble our efforts and commitment to the Lord, so that with His help we might meet the challenges set before us and thereby receive the reward of good and faithful stewards!

### The Dormition Fast

Each year the Church observes a two week fast from August 1<sup>st</sup> to August 15<sup>th</sup>, the feast of the Dormition (or "Falling Asleep") of the Mother of God. During this period of repentance and spiritual preparation, we increase our prayer, almsgiving, and fasting in order to more worthily celebrate the death, burial, resurrection, and ascension into heaven of the Virgin Mary.

### The Postfeast of the Transfiguration

Is celebrated from August 7<sup>th</sup> through August 13<sup>th</sup>, the "leave-taking" of the feast. Throughout this time the troparion and kontakion for the feast are sung or said with our morning and evening prayers, and at meal times; the troparion before the meal and the kontakion after.



### Troparion (Tone 7)

Thou wast transfigured on the Mount, O Christ God, revealing Thy glory to Thy disciples as far as they could bear it. Let Thine everlasting light shine upon us sinners! Through the prayers of the Theotokos, O Giver of Light, glory to Thee!

### Kontakion (Tone 7)

On the mountain wast Thou transfigured, O Christ God, and Thy disciples beheld Thy glory as far as they could see it; so that when they would behold Thee crucified, they would understand that Thy suffering was voluntary, and would proclaim to the world that Thou art truly the Radiance of the Father!

## THE FASTS IN THE ORTHODOX CHURCH

### Q. Who instituted fasting as necessary for salvation?

A. Our Lord Jesus Christ, both by His personal example (Matt. 4:2) and by His teaching (Matt. 6:16; 7:21).

### Q. What is the aim of fasting?

A. The aim of fasting is to:

1. purify the body;
2. strengthen the will;
3. elevate the soul over the body;
4. glorify God and honor His saints.



### Q. In what does Fasting consist for an Orthodox Christian?

A. In abstention from rich foods such as meat and dairy products, evil thoughts, desires and deeds. In the application of greater prayer, alms giving and more strenuous exercising of all the Christian virtues.

### Q. How do we classify the Fasts and their seasons?

A. There are four fasting seasons which can be found of the Church calendar:

1. Advent – a six week fast before the Nativity of the Lord (Christmas), December 25<sup>th</sup>
2. Great Lent – a seven week fast before Pascha (Easter)
3. Apostles' Fast – of changing duration before the feast of Ss. Peter & Paul, June 29<sup>th</sup>
4. Dormition Fast – a two week fast before the Dormition of the Mother of God, August 15<sup>th</sup>

### FROM THE CHURCH FATHERS – FASTING AS MEDICINE

Fasting is a medicine. But medicine, as beneficial as it is, becomes useless because of the inexperience of the user. He has to know the appropriate time that the medicine should be taken and the right amount of medicine and the condition of the body which is to take it, the weather conditions and the season of the year and the appropriate diet of the sick and many other things. If any of these things are overlooked the medicine will do more harm than good. So, if one who is going to heal the body needs so much accuracy, when we care for the soul and are concerned about healing it from bad thoughts, it is necessary to examine and observe everything with every possible detail.

Fasting is the change of every part of our life. Because the sacrifice of the fast is not the abstinence but the distancing from sins. Therefore, whoever limits the fast to deprivation of food, he is the one who, in reality, abhors and ridicules the fast. Are you fasting? Show me your fast with your works. Which works? If you see someone who is poor, show him mercy. If you see an enemy, reconcile with him. If you see a friend who is becoming successful, do not be jealous of him! If you see a beautiful woman on the street, pass her by.

In other words, not only should the mouth fast, but the eyes and the legs and the arms and all the other parts of the body should fast as well. Let the hands fast, remaining clean from stealing and greediness. Let the legs fast, avoiding roads which lead to sinful sights. Let the eyes fast by not fixing themselves on beautiful faces and by not observing the beauty of others. You are not eating meat, are you? You should not eat debauchery with your eyes as well. Let your hearing also fast. The fast of hearing is not to accept bad talk against others and sly defamations.

Let the mouth fast from disgraceful and abusive words. Because, what gain is there when, on the one hand we avoid eating chicken and fish and, on the other, we chew up and consume our brothers? He who condemns and blasphemes is as if he has eaten brotherly meat, as if he has bitten into the flesh of his fellow man. It is because of this that Paul frightened us, saying: "If you chew up and consume one another be careful that you do not annihilate yourselves."

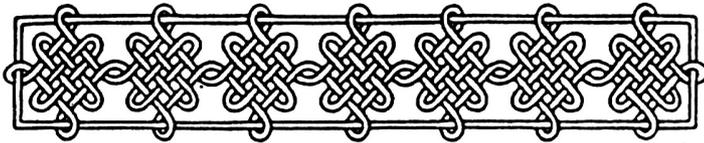


## WHY TRANSFIGURATION IS CELEBRATED ON AUGUST 6<sup>TH</sup>

The Lord's Transfiguration took place in February, not in August when our Orthodox Church observes it. Christ's Church centuries ago transferred this Feast from February to August in order to keep it from falling during the days of the Great Fast (which would not be appropriate to the services of that period, a time of repentance and fasting, corresponding to and appropriate to our current multi-calamitous life, while the Lord's Transfiguration gives a foretaste of the age to come). August 6<sup>th</sup> was selected rather than any other date because the Elevation of the Lord's Cross is observed on September 14<sup>th</sup> at which also the Lord's Passion is observed, and, since the Transfiguration happened 40 days before the Savior's crucifixion, the Church Fathers counted 40 days before the Feast of the Elevation of the Lord's Cross and decided to celebrate the Lord's Transfiguration on that day, August 6<sup>th</sup>.



Many hundreds of years ago a very holy old man lived in a desert. One day people came to him and said, "Father, teach us, how can we come closer to God while we live in the world?" The old man drew a circle in the sand at his feet. "This circle is the world," he said "and here in the center of it is God. Each one of us lives in the world," and he made dots around the edge of the circle. "As we try to come closer to God, we draw closer to each other and this is the only way in which we can come closer to God. Remember it."



### ABOUT THE NEW PASTOR

Father John Parsells was born in Kodiak Island, Alaska, where his father, also an Orthodox priest, was doing missionary work. Soon after his birth, his family moved to Manville, New Jersey, where he was raised. After completing high school, Father John studied at Montclair State University, receiving a Bachelor's degree in Computer Science. Following graduation, he embarked upon the first of two pilgrimages to the Holy Land, where he began to feel and discern the Lord's call to serve Him in the priesthood. When Father John returned from Israel, he enrolled in Saint Tikhon's Orthodox Theological Seminary in South Canaan, PA, where in 2005 he received his Master's of Divinity Degree.

While studying at the seminary, Father Parsells was also making good use of his technical training, writing special computer software which would allow Orthodox churches to easily and effectively manage their parish websites. In 2003, he launched Orthodox Web Solutions, a web design and hosting company which today serves over 125 such parishes. A week before completing his theological studies, Father John was pleased to announce the release of a new website dedicated to Orthodoxy in America. This website, located at [orthodoxyinamerica.org](http://orthodoxyinamerica.org), uses mapping software to show where all the Orthodox churches in the United States, Canada, and Mexico are located, and is linked to Google to provide driving directions and satellite imagery.

Two weeks after graduation, Father John married his wife, Emily, herself a daughter of a priest and a first grade teacher in the NJ school system. This past May, they welcomed their first born child, a baby girl whom they named Elisabeth. After visiting Christ the Savior Church in June and seeing the dedication of her members and their enthusiasm to share the Orthodox Faith with the people of the Delmarva area, Father John petitioned His Beatitude Metropolitan Herman for assignment to the Mission.