



CHRIST THE SAVIOR ORTHODOX CHURCH

1400 Coastal Highway; Fenwick Island, DE
302-537-6055 (church) / 410-213-1238 (rectory)
orthodoxdelmarva.org / frjohn@orthodoxdelmarva.org

BULLETIN OF JUNE 17, 2007

Visitation of His Beatitude Metropolitan Herman

On Saturday, July 7th and Sunday, July 8th, Metropolitan Herman, our diocesan bishop, will make his first archpastoral visit to our parish. Following the Divine Liturgy there will be a luncheon held at a local establishment. All are invited and encouraged to attend!



SUNDAY, JUNE 17TH

3RD SUNDAY OF PENTECOST

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

THURSDAY, JUNE 21ST

7:00p.m. Compline; Confessions

SATURDAY, JUNE 23RD

6:00p.m. Vespers; Confessions

SUNDAY, JUNE 24TH

4TH SUNDAY OF PENTECOST

NATIVITY OF ST JOHN THE BAPTIST

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



Even if we have thousands of acts of great virtue to our credit, our confidence in being heard must be based on God's mercy and His love for men. Even if we stand at the very summit of virtue, it is by mercy that we shall be saved.

St. John Chrysostom



The Newly Departed Daniel

Please remember in your prayers Daniel Hinsche, who reposed in the Lord on Saturday, June 16th. Daniel and his wife Sandy are longtime parishioners of St. Matthew's Orthodox Church in Columbia, MD, and join our parish family when out on the coast. May the Lord comfort Sandy and their family, and may He grant His servant Daniel blessed repose and eternal memory!

Congratulations!

to all those celebrating the civil holiday of "Father's Day": fathers, grandfathers, fathers-in-law, godfathers. May God grant you many blessed years!



A Bible Study

will be held this Tuesday, June 19th, from 7:00-8:30pm in the meeting room. The topic of the study will be the Descent of the Holy Spirit on Pentecost. All are encouraged to attend, and as always bring a Bible and a friend!

Concerning Children in Church

As a reminder, children are a blessing of the Lord, and parents who bring their children to church do a great service to their own families and to our parish community. If from time to time, our youngsters get a little rambunctious in church – and this is normal and should be expected – let us see this as a sign that our parish is healthy and growing. No one should be discouraged from bringing their children to church, even if they get a little "excited" when praising the Lord; remember, what Christ tells us: "Let the little children to come to Me, and do not forbid them; for of such is the kingdom of Heaven." (Matt. 19:14)



READER SCHEDULE



Sunday, June 24th

Hours: TBA
Epistle: TBA

Sunday, July 1st

Hours: Matushka Emily
Epistle: Matushka Emily



The Fast of Ss. Peter & Paul

began on Monday, June 4th and ends with the celebration of the feast of the Holy Apostles on June 29th. During this fasting period we should seek to avail ourselves of Confession and Holy Communion.

The Next Council Meeting

will be held on Sunday, June 24th, following the Divine Liturgy.



WHAT DO YOU HUNGER FOR?

A recent study found that "approximately 127 million adults in the U.S. are overweight, 60 million obese, and 9 million severely obese." (American Obesity Association) This "epidemic" of overweight Americans is a symptom of a deeper poverty.

In the book of Genesis, it was food that got our race into trouble in the first place. The old saying, "you are what you eat," was meant to reduce a human person to a mechanical engine with skin, but what it really did was reveal something significant about the human soul. We are really an integrated whole being - body, soul and spirit.

It should also come as no surprise to Orthodox Christians that it is also food that communicates to us our very salvation in the Bread and Wine of the Eucharist. As we, the Body of Christ, partake of the Eucharistic banquet, we receive and participate in the Body and Blood of Christ, and more and more become "what we eat."

Critical to our understanding of this mystery is **the power of desire**. The wisdom of the Holy Spirit, in preserving the discipline of fasting for us as a central part of our Christian faith, exposes this very core issue of our own spiritual needs - What are you truly hungry for? When you answer this question in your own soul, you will discover just how serious you are about your faith, about your very salvation.

You will also be more able to confront the second part of this very human dilemma - **the power of fear**. At the heart of our weaknesses stands the driving force of fear in our lives. Fear makes us a slave to desire and passions. It is precisely the gift of authentic fasting that breaks the power of fear in our hearts by confronting us with our deepest need - the need for God Himself. Fears are tamed, and all earthly desires fade into insignificance if we are consumed with our need for God and His love for us.

Here are three wise principles that the discipline of fasting develops in each of us as we seek to allow the Holy Spirit to form us anew into the image and likeness of Christ.

First, **Fasting reveals my TRUE NEED**. When I refuse my temporary desires to focus on my spiritual growth, I teach my own soul that my relationship with God is the top priority of my life. The wisdom of the Orthodox faith calls me to reflect on my ultimate need from an eternal perspective. In the

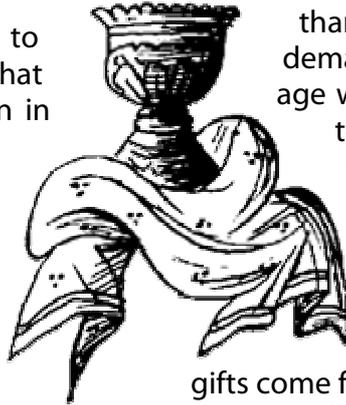
busyness of our modern lives we have so many "things" competing for our attention and energy. If we don't purposefully stop and evaluate our spiritual condition, we will let slip that which is most important in our lives.

Second, **Fasting reveals who I TRULY AM**. One of the wise purposes of the discipline of fasting is to help me seriously mourn the sinful, twisted, and self-centered misuse of the good things to which I am saying "no" for a short period of time. I get to fast from certain foods so I can finally learn to receive them joyfully, as a gift of God, with thanksgiving rather than grumpily demanding them as my "due." We live in an age where the spirit of "entitlement" seems to rule the day. Gratitude is a fast-fading virtue in our society, because we have failed to receive even creation and our very food with thanksgiving. When was the last time you said a prayer before and after your meals to first acknowledge that all good gifts come from the Father above? Only pigs run to the trough and feed with no thought for the Source of their food!

Finally, **Fasting reveals my TRUE PURPOSE**. It is in the spiritual work of preparation for participation in the Eucharist (the very word literally means "Thanksgiving") that I come to know my eternal purpose and destination. I was made to be the companion of God forever. I was created for communion with my fellow believers and the Holy Trinity. In learning to fast and master my desires I am confronted with the ultimate purpose for my life. And I am called to make my calling a reality by God's grace.

My ultimate purpose is not to accumulate as many creature comforts as possible. It isn't to achieve some notoriety or fame for this or that accomplishment. It isn't to collect educational degrees so that I learn all I can about this or that subject. No, my ultimate purpose is to enter into the new life Christ wins for me in His death, burial, and resurrection.

It is the spiritual discipline of true fasting that calls me to a purposeful Orthodox Christian lifestyle and choice. It is in redirecting my desires, confronting my fears, and harnessing their energy for my good that I come to see myself and even God Himself as we were truly meant to be.



A FEW QUESTIONS ABOUT FASTING

By St. Nikolai Velimirovich

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; 17:21)

Q. What is the aim of fasting?

- A. The aim of fasting is to:
- purify the body;
 - strengthen the will;
 - elevate the soul over the body;
 - glorify God & 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, as well as in more zealously practicing prayer, almsgiving, and all the Christian virtues.



TAKING FLIGHT

Parish Publishing LLC

What's the difference between a centipede and a caterpillar? They're both small, wiggly creatures with many pairs of legs. Well, one difference is that while a centipede can't fly, a caterpillar can't fly yet. That's important. Centipedes will crawl all their lives. Caterpillars, however, transform themselves into butterflies. They emerge from their cocoons with wings.

When it comes to stewardship, often people make the mistake of acting like centipedes, rather than caterpillars. If they are not already stewards, it's likely that too often,

they'll sit back and watch others contribute. "Yes, Jane Jones is so active in the church; she's on every committee and sings in the choir too. I don't know how she makes the time." Or, "Oh, Tom Smith, yes, he always brings in bags of food for the food pantry and even tithes. Amazing, tithing these days!"

They may admire the stewards, but don't consider imitating their generosity, because "they're not like us." While they may donate a little here or there, they won't make a larger commitment.



However, stewards are something we become, not something we're born. If we try, we can transform ourselves just as caterpillars become butterflies. Then our own gifts can take flight.

How Do You Fit In?



Your church is made up of many people. They come in all sizes and shapes. Some are tall... others short. Some are big... others small. All of them are important.

You have put many picture puzzles together. Whether the puzzles had 500 pieces or 1,000 or more, none of them were complete until every piece was in place. If even one piece was missing, the picture was not finished. A vacant place was left to be filled. It is the same way in the work of your church.

As a part of the membership of your church, you have a place to fill. The work can never be complete until your place is filled.

How do you fit into the work of your church? Some of you fill places of leadership while others assist in other ways. We must remember, however, that every one of us must do our very best to fill whatever place of service we occupy so that the work of your church will be complete. A beautiful picture of God working through the ministry of your church can be formed if each one of us will help paint that picture. But if even one person fails to fill his place, something is going to be left undone. There are so many opportunities for you to serve God through the ministry of your church. Here are just some suggestions:

Religious Education: The religious education program needs your attendance. There's always a place for you to fill.

Music Program: What church couldn't use more involvement in the music program? If your place in the choir is empty, fill it this week.

Worship Service: When God's people gather for worship, the congregation isn't complete if your place is empty.

Stewardship: The giving program of our church needs your support. Until every member has given as God has blessed him, the giving program is lacking. Is your part missing?

A picture puzzle is not complete until every piece is in its place. The same holds true with the work of your church. Can you be depended upon to fill your place? Will you do your best?

Let's work together to form a beautiful picture of what God can do through the ministry of your church. Let's see if every piece of that picture can find and fill its place.

FOR CONSIDERATION: HOW MUCH CAN A SOUL BEAR?

St. Nikolai Velimirovich

If the whole of your life has passed smoothly and without cares, weep for yourself. For both the Gospel and human experience assert with one voice that no one has, without great sufferings and trials, left behind any great work on earth or been glorified in heaven. If your earthly road has been bathed in sweat and tears for the attaining of righteousness and truth, rejoice and be glad, for your reward will indeed be great in heaven. Never entertain the foolish thought that God has forsaken you. God knows exactly how much you can bear, and measures your sufferings and trials accordingly. "When men know," says St. Nil Sorsky, "how much weight a horse can carry, or a donkey or a camel, and load them according to their strength; when a potter knows how long to leave the clay in the kiln for it to be neither shattered nor undercooked, how could God not know how much temptation a soul can bear to make it ready and fit for the Kingdom of Heaven?"



A HOMILY: ON THE NECESSITY OF REITERATION

St. Nikolai Velimirovich

A farmer ploughs a field. Does he not repeat the same action again and again? How else would the field be tilled, if he did not repeat his action from dawn to dusk, deepening furrow after furrow?

A traveler goes along a road. Does he not, every moment, renew the same action, the same effort, step by step? How else would his journey pass and his destination be reached?

A carpenter cuts planks in his workshop. Does he not repeat the same action for every plank? How else would he prepare the required number of planks?

My brethren, is not everything that we do on a practical level a series of repetitions? Let not the preacher of truth grow weary and say, "I have told them, and will not repeat it!" Let not the hearer of truth grow proud and say, "I have heard that once, and don't need to hear it again."

O teacher of truth, do not be afraid of repeating again and again; of teaching by repetition and reminding by repetition. Without repetition, the field is not ploughed nor the road traveled, nor the plank prepared. That is your task: to plough, to lead, to prepare.

O hearer of truth, do not grow proud and say that you have heard the truth once. Truth is food for the soul. You have eaten bread today, and yesterday and the day before, month by month and year by year. And you will go on eating it, to strengthen your body. Feed your soul as well. Feed it with truth; with the same truth yesterday and today and tomorrow and for the rest of your life, that your soul may become whole and filled with light.

O Lord Jesus, feed us every day and every hour with Thy truth – with Thyself, O Jesus, Thou sweet food! To Thee be glory and praise for ever. Amen.

INSTRUCTION OF THE SAINT PAUL IN ROMANS, CHAPTER 6: HOW MEMBERS OF A CHURCH COMMUNITY SHOULD ACT

- ❖ Use your spiritual gifts.
- ❖ Let love be genuine.
- ❖ Reject what is evil, cling to what is good.
- ❖ Love one another warmly.
- ❖ In honor give preference to one another.
- ❖ Do not be lazy in zeal.
- ❖ Be fervent in the Spirit.
- ❖ Serve as slaves in the Lord.
- ❖ Rejoice in hope.
- ❖ Persevere in tribulation.
- ❖ Be steadfast in prayer.
- ❖ Contribute to the needs of others.
- ❖ Seek opportunities to practice hospitality
- ❖ Bless your enemies.
- ❖ Rejoice with the happy.
- ❖ Weep with the sorrowful.
- ❖ Be of the same mind toward one another.
- ❖ Do not set your mind on high things.
- ❖ Associate with the humble.
- ❖ Do not be wise in your own opinion.

