



CHRIST THE SAVIOR ORTHODOX CHURCH

1400 Coastal Highway; Fenwick Island, DE
302-537-6055 (church) / 908-872-6589 (cell)
orthodoxdelmarva.org / frjohn@orthodoxdelmarva.org

BULLETIN OF JULY 8, 2007

Welcome to His Beatitude Metropolitan Herman!

On this historic weekend we welcome to our parish for the first time ever our diocesan hierarch. As we warmly greet His Beatitude, we ask his continued archpastoral blessing and guidance for the building up of the Orthodox Church in Delmarva.



SUNDAY, JULY 8TH

6TH SUNDAY OF PENTECOST

Visit of Metropolitan Herman

8:40a.m. Hours
9:00a.m. Divine Liturgy
Brunch at Clarion Hotel

THURSDAY, JULY 12TH

7:00p.m. Compline

SATURDAY, JULY 14TH

6:00p.m. Vespers

SUNDAY, JULY 15TH

7TH SUNDAY OF PENTECOST

FATHERS OF THE FIRST 6 COUNCILS

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



A Brunch with Metropolitan Herman

will be offered following the Divine Liturgy at the Clarion Hotel in Ocean City. There is no charge for the meal and all are invited. If you would like to make a donation to help cover the cost of the meal please see Susan Pappas, our treasurer. For more information regarding the brunch, please see page four of this bulletin.

A Tastefully Simple Fundraiser

will be offered on Sunday, July 15th, at the coffee hour. Ginny Seeley, Bill and Kathy Parrish's daughter, is offering 100% of the profits coming from orders of Tastefully Simple Foods. There are brochures and business cards available for pickup in the coffee hour room. Please feel free to take some for yourself, family, and friends. Please be so kind as to return the brochures should you take any.



Father John will be Moving

to a home closer to our church this week. If you need to reach him during this time, please call his cell phone: 908-872-6589. Once he and his family are issued a new number he will share this with you.

Bible Studies

will be held the next few months on the following days / topics:

- ❖ Sunday, July 29th, 7:00pm: Transfiguration of the Lord
- ❖ Monday, August 27th, 7:00pm: Nativity of the Theotokos
- ❖ Sunday, September 16th, 7:00pm: Crucifixion of the Lord



Mid Year Attendance Update

Last year we averaged 38 people for the Sunday Divine Liturgy, this year we are averaging 45.

Mid-Year Finances Update

| | Jan – Jun 07 | Jan – Jun 06 |
|----------------------|--------------|--------------|
| Stewardship | \$30,305.00 | \$19,993.69 |
| Charity | \$4,150.00 | \$45.00 |
| Building Fund | \$1,743.00 | \$1,250.00 |
| Candles | \$1,445.90 | \$647.13 |
| Total Income | \$45,241.90 | \$27,147.32 |

READER SCHEDULE

Sunday, July 15th

Hours: Oleg Dudkin
Epistle: Oleg Dudkin

Sunday, July 22nd

Hours: Jen Alexion
Epistle: Nicholas Borodulia



Last year we had 20 pledging families, this year we have 22. If you would like to become a pledging family, please see Fr. John or Susan Pappas, our treasurer.



BE CAREFUL! WATCH!

By Saint John of San Francisco

Stand fast on spiritual watch, because you don't know when the Lord will call you to Himself. In your earthly life be ready at any moment to give Him an account. Beware that the enemy does not catch you in his nets, that he not deceive you causing you to fall into temptation. Daily examine your conscience; try the purity of your thoughts, your intentions.

There was a king who had a wicked son. Having no hope that he would change for the better, the father condemned the son to death. He gave him a month to prepare. And when the month went by, the father summoned the son. To his surprise he saw that the young man was noticeably changed: his face was thin and drawn, and his whole body looked as if it had suffered.

"How is it that such a transformation has come over you, my son?" the father asked. "My father and my lord," replied the son, "how could I not change when each passing day brought me closer to death?" "Good, my son," remarked the king. "Since you have evidently come to your senses, I shall pardon you. However, you must maintain this vigilant disposition of soul for the rest of your life." "Father," replied the son, "that's impossible. How can I withstand the countless seductions and temptations?"

Be Careful! Watch! *continued on page 4...*

LIFE IS A SERIES OF PROBLEM-SOLVING OPPORTUNITIES

The problems you face will either defeat you or develop you – depending on how you respond to them. Unfortunately, most people fail to see how God wants to use problems for good in their lives. We react foolishly and resent our problems rather than pausing to consider what benefit they might bring.

Here are five ways God wants to use the problems in your life:

1. God uses problems to DIRECT you.

Sometimes God must light a fire under you to get you moving. Problems often point us in a new direction and motivate us to change. Is God trying to get your attention? "Sometimes it takes a painful situation to make us change our ways." Proverbs 20:30

2. God uses problems to INSPECT you.

People are like tea bags 'if you want to know what's inside them, just drop them into hot water!' Has God ever tested your faith with a problem? What do problems reveal about you? "When you have many kinds of troubles, you should be full of joy, because you know that these troubles test your faith, and this will give you patience." James 1:2-3

3. God uses problems to CORRECT you.

Some lessons we learn only through pain and failure. It's likely that as a child your parents told you not to touch a hot stove. But you probably learned by being burned. Sometimes we only learn the value of something (health, money, a relationship) by losing it". "It was the best thing that could have happened to me, for it taught me to pay attention to your laws." Psalm 119-71-72

4. God uses problems to PROTECT you.

A problem can be a blessing in disguise if it prevents you from being harmed by something more serious. Last year a man was fired for refusing to do something unethical that his boss had asked him to do. His unemployment was a problem – but it saved him from being convicted and sent to prison later when management's actions were eventually discovered. "You intended to harm me, but God intended it for good." Genesis 50:20

5. God uses problems to PERFECT you.

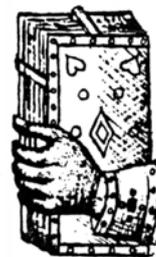
Problems, when responded to correctly, are character builders. God is far more interested in your character than your comfort. Your relationship to God and your character are the only two things you're going to take with you into eternity. "We can rejoice when we run into problems; they help us learn to be patient. And patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady." Romans 5:3-4

Here's the point: God is at work in your life – even when you do not recognize it or understand it. But it's much easier and profitable when you cooperate with HIM!

ASK FATHER: 3 QUESTIONS / 3 ANSWERS

Q. Is it an Orthodox practice to pray in one's own words? Or do we only pray with prayer books?

A. This is an excellent question, and the answer is definitely "yes" as Orthodox Christians we should learn to pray in our own words. But before prayer in one's own words can develop properly, one must first learn how to pray and what to pray for. This is why the disciples asked Christ to teach them to pray, so that they could pray in spirit and truth.



Now, as we know, prayer to God can take on a variety of forms, but as St. Basil the Great says there are four types of prayer which are absolutely necessary for the Christian to develop in order to have a healthy relationship with God: 1) praise – in which we glorify God, 2) confession – in which we repent and confess our sins 3) petition – in which we ask for those things necessary for salvation, and 4) thanksgiving – in which we offer to God our gratitude for all He has done for us. Since the prayers of the Church include all four of these types of prayer, they help us become well rounded Christians. They help us not only avoid unhealthy types of prayer such as complaining or self-justification, but they also help us move beyond simply asking God for things in a selfish way, to giving Him thanks for everything, confessing our sins before Him, and praising Him for His great goodness.

These prayers of the Church which we find in prayer books were written by the Saints, those men and women who passed through all the stages of the spiritual life on their way to union with God. One could even say that the Saints have left us their prayers as a spiritual roadmap to the Kingdom, for they teach us not only how and what we should pray for on our Christian journey but also what our hearts should feel and how our minds should think. When we make the prayers of the Church our own through attention and feeling we put ourselves on that same straight and narrow path which the Saints themselves took, that path which leads from earth to heaven.

Now it will happen that after time, when we start to become accustomed to praying in the manner of the Saints, we will feel prayer taking on its own life within us, and even when we do not have our prayer books before us we will start to feel the need to 1) praise God, 2) ask His forgiveness, 3) seek those things necessary for salvation, and 4) offer Him thanksgiving. At these times, when we are moved by the Spirit, our prayer can take on its own words and be very pleasing to God.

Q. How should we pray in our own words?

A. Prayer in our own words should be simple and direct. There is no need for eloquence or verbosity. In fact, at times there is no need for words at all. God knows what is in our minds and hearts even before we have a chance to verbalize our thoughts and feelings. It is enough simply to say, "Lord, have mercy" or "Thank You, Lord". Or to say the Jesus Prayer, "Lord Jesus Christ have mercy on me" or in the plural form, "Lord Jesus Christ have mercy on us". Whatever our pray is, it should be spiritual not intellectual, it should come from the heart, wherein resides the Holy Spirit who cries unto God, "Abba, Father!"

Q. What is the best way to develop this spiritual prayer?

A. Each person is different and no two peoples' prayer life develops in exactly the same way. However, generally speaking we should apply ourselves to both prayer with books as well as prayer in our own words. In the morning and evening, and before and after meals, we should use the prayers given to us by the Church, those prayers which we find in Orthodox prayer books. And at all other times, whether we be at home or work, during the day or at night, we should seek to remember God through short simple prayers such as "Lord, have mercy" or the Jesus Prayer.

The more we apply ourselves to continual prayerful remembrance of God, the more we will start to see a change in our lives. We will become not only more sensitive to the Lord's presence among us and within us, but also more sensitive to the presence of our neighbor and his or her temporal and eternal needs. We will begin to become more spiritual people, not in the prideful sense – may the Lord preserve us from this – but in the sense that we will start to realize are destiny to live in loving, self-sacrificial communion with God and each other.



Be Careful! Watch! *continued from page 2...*

Then the king ordered that a vessel be brought, full of oil, and he told his son: "Take this vessel and carry it along all the streets of the city. Following you will be two soldiers with sharp swords. If you spill so much as a single drop they will cut off your head."

The son obeyed. With light, careful steps, he walked along all the streets, the soldiers accompanying him, and he did not spill a drop. When he returned to the castle, the father asked, "My son, what did you see as you were walking through the city?" The son responded, "I saw nothing." "What do you mean, 'nothing'?" said the king. "Today is a holiday; you must have seen the booths with all kinds of trinkets, many carriages, people, animals..." "I didn't notice any of that," said the son. "All my attention was focused on the oil in the vessel. I was afraid to spill a drop and thereby lose my life."

"Quite right, my son," said the king. "Keep this lesson in mind for the rest of your life. Be as vigilant over your soul as you were today over the oil in the vessel. Turn your thoughts away from what will soon pass away, and keep them focused on what is eternal. You will be followed not by armed soldiers but by death to which we are brought closer by every day. Be very careful to guard your soul from all ruinous temptations." The son obeyed his father, and lived happily.

Watch, stand fast in the faith, be like men, be strong. (I Corinthians 16:13).

The Apostle gives Christians this important counsel to bring their attention to the danger of this world, to summon them to frequent examination of their hearts, because without this one can easily bring to ruin the purity and ardor of one's faith and unnoticeably cross over to the side of evil and faithlessness.

Just as a basic concern is to be careful of anything that might be harmful to our physical health, so our spiritual concern should watch out for anything that might harm our spiritual life and the work of faith and salvation. Therefore, carefully and attentively assess your inner impulses: are they from God or from the spirit of evil? Beware of temptations from this world and from worldly people; beware of hidden inner temptations which come from the spirit of indifference and carelessness in prayer, from the waning of Christian love.

If we turn our attention to our mind, we notice a torrent of successive thoughts and ideas. This tor-

rent is uninterrupted; it is racing everywhere and at all times: at home, in church, at work, when we read, when we converse. It is usually called thinking, writes Bishop Theophan the Recluse, but in fact it is a disturbance of the mind, a scattering, a lack of concentration and attention. The same happens with the heart. Have you ever observed the life of the heart? Try it even for a short time and see what you find. Something unpleasant happens, and you get irritated; some misfortune occurs, and you pity yourself; you see someone whom you dislike, and animosity wells up within you; you meet one of your equals who has now outdistanced you on the social scale, and you begin to envy him; you think of your talents and capabilities, and you begin to grow proud... All this is rottenness: vainglory, carnal desire, gluttony, laziness, malice-one on top of the other, they destroy the heart. And all of this can pass through the heart in a matter of minutes. For this reason one ascetic, who was extremely attentive to himself, was quite right in saying that "man's heart is filled with poisonous serpents. Only the hearts of saints are free from these serpents, the passions."

But such freedom is attained only through a long and difficult process of self-knowledge, working on oneself and being vigilant towards one's inner life, i.e., the soul.

Be careful. Watch out for your soul! Turn your thoughts away from what will soon pass away and turn them towards what is eternal. Here you will find the happiness that your soul seeks, that your heart thirsts for.

THE BRUNCH AT THE CLARION RESORT

The Clarion Resort is located at 10100 Coastal Highway, Ocean City, MD. Just make a right onto Coastal Highway, travel about 3.5 miles, and make a left into the parking lot. Enter the hotel and go up one floor to the dining area.



Some of the delicious Brunch items are:

- Eggs, Omelettes, and Waffles
- Bacon, Ham, Sausage Links
- Pancakes, Home Fries
- Assorted Muffins, Biscuits, Bagels
- Lox and Cream Cheese
- Cheese Blintzes with Blueberry Sauce
- Creamed Chipped Beef
- Fresh Fruit and Assorted Cold Cereals