PEACE I LEAVE YOU
MY PEACE I GIVE TO YOU

Christ the Savior Orthodox Church

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BULLETIN OF MAY 20, 2018

A Warm Welcome!
We warmly welcome all our visitors. It's good to have you with us!

Memorial Service – Saturday, May 26th
It is the tradition of the Church to offer prayers for the departed on the Eve of Pentecost. On this day, we have a Memorial at 5:00p.m.

Feast of Pentecost – Sunday, May 27th
On Sunday, May 27th, we celebrate the Descent of the Holy Spirit on Pentecost, 50 days after Pascha. On this day we have Vespers with Kneeling Prayers immediately following the Liturgy. This is a High Holy Day, no one should miss. There will be Liturgy the next day, dedicated to the Holy Spirit.

Fast-Free Week
During the week after Pentecost (May 27th – June 3rd) we do not fast, even on Wednesday and Friday. This week is given to us to celebrate the renewal of the Holy Spirit received on Pentecost.

Directory of the Parishioners and Friends
The newly updated directory will be available at the candle stand for pick-up next Sunday! One copy per family, please. Questions, see Nissa Nancy.

Supporting A Local Pregnancy Center
A charitable drive, "Bottles of Blessing!", will run from Mother's Day, May 13th to Father's Day, June 17th. You can pick up a Baby Bottle to take home and collect your loose change (cash / checks accepted!). This is to benefit The Shirley Grace Pregnancy Center in Berlin where women are cared for materially & spiritually.

Annual Memorial Day Pilgrimage
The Memorial Day Pilgrimage to Saint Tikhon's Monastery in South Canaan, PA is Monday, May 28th. For more info, please see: memorialdaypilgrimage.com.

Two Suggestions
1) Invite someone new to church; 2) Talk to someone new today.

Have An Idea?
Do you have any idea that you would like to share about our Mission? Please let Fr. John or one of the Council know as we always look for ways to improve the Mission!

The Pool to be Opened on Sunday, June 3rd
Following the Divine Liturgy and until 1pm, the pool will be open for swimming. A certified lifeguard will be on duty, but parents should still watch their children.

SUNDAY, MAY 20TH
Holy Fathers of the 1st Council
8:40a.m.   Hours
9:00a.m.   Divine Liturgy
            Coffee Hour
            Outreach Committee Mtg

SATURDAY, MAY 26TH
5:00p.m.   Memorial
6:00p.m.   Great Vespers

SUNDAY, MAY 27TH
Holy Pentecost
One of the Twelve Great Feasts
8:40a.m.   Hours
9:00a.m.   Divine Liturgy
            Vespers/Kneeling Prayers
            Coffee Hour

MONDAY, MAY 28TH
Day of the Holy Spirit
8:40a.m.   Hours
9:00a.m.   Divine Liturgy

O LORD JESUS CHRIST SON OF GOD
HAVE MERCY ON ME A SINNER

READER SCHEDULE
Sunday, May 27th
    Rdr. George Kaloroumakis
Sunday, June 3rd
    Rdr. George Kaloroumakis

CASH FLOWS THROUGH 4/30/18					CASH FLOWS IN MAY 2018					FINANCIAL SNAPSHOT		
OPERATING		OTHER		ALL	OPERATING		OTHER		ALL	AS OF: 5/20		
Income	Expense	Income	Expense	Net	Income	Expense	Income	Expense	Net	Available	Restricted	Savings
34,976	36,932	5,130	3,000	+174	3,969	9,233	500	0	-4,764	8,959	5,264	12,000

The First Council of Nicaea, held in Nicaea in Bithynia (present-day Iznik in Turkey), convoked by the Roman Emperor Constantine I in 325, was the first Ecumenical council of the Christian Church, and most significantly resulted in the first uniform Christian doctrine, called the Nicene Creed. With the creation of the creed, a precedent was established for subsequent 'general (ecumenical) councils of Bishops' (Synods) to create statements of belief and canons of doctrinal orthodoxy— the intent being to define unity of beliefs for the whole of Christendom.

The purpose of the council was to resolve disagreements in the Church of Alexandria over the nature of Jesus in relationship to the Father; in particular, whether Jesus was of the same substance as God the Father or merely of similar substance. St. Alexander of Alexandria and Athanasius took the first position; the popular presbyter Arius, from whom the term Arian controversy comes, took the second. The council decided against the Arians overwhelmingly (of the estimated 250-318 attendees, all but 2 voted against Arius). Another result of the council was an agreement on when to celebrate the Resurrection, the most important feast of the ecclesiastical calendar. The council decided in favor of celebrating the resurrection on the first Sunday after the first full moon following the vernal equinox, independently of the Hebrew Calendar (see also Quartodecimanism). It authorized the Bishop of Alexandria (presumably using the Alexandrian calendar) to announce annually the exact date to his fellow bishops.

The Council of Nicaea was historically significant because it was the first effort to attain consensus in the church through an assembly representing all of Christendom. "It was the first occasion for the development of technical Christology." A precedent was set for subsequent general councils to create creeds and canons.

A PRAYER FOR THE DEPARTED
From the Memorial Service

O God of spirits, and of all flesh, who hast trampled down death and overthrown the Devil and given life to Thy world: Do Thou, the same Lord, give rest to the soul of Thy departed servant _____, in a place of brightness, a place of refreshment, a place of repose, where all sickness, sighing, and sorrow have fled away. Pardon every transgression which he has committed, whether by word or deed or thought. For Thou art a good God and lovest mankind; because there is no man who lives yet does not sin; for Thou only art without sin; Thy righteousness is to all eternity; and Thy word is truth.

For Thou art the resurrection, the life, and the repose of Thy servant, _____, who is fallen asleep, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, Who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever, and unto ages of ages.

MANY HATS, ONE PERSON: SIN AND ANXIETY
By Douglas Cramer

There's a phrase I like that sums up our life in the modern world: "We all wear many hats." It's true – we do. Time management gurus like Steven Covey encourage us to structure our schedules according to the different roles we play, the different hats we wear – spouse, parent, child, worker, householder, friend, athlete, volunteer. But here's what's great about the phrase "many hats" – if we think about it, it reminds us that even though we wear many hats, there's one person, the same person, underneath each of them.

You know what's wrong about focusing on our hats instead of the person underneath? It can lead us to fall in to a dangerous sin – the sin of anxiety. You may not think of anxiety as a sin. But Jesus Christ teaches us that anxiety leads us away from Him, and from our salvation. And whatever separates us from God is sinful. We must overcome anxiety and worry. And thank God, the Scriptures and the teachings of our Church teach us how.

Let me tell you though one thing that makes me anxious – the statistics on anxiety in America! According to the National Institute of Mental Health, 1 in 8 Americans between 18 and 54 have been diagnosed with an anxiety disorder. That's 20 million people! Anxiety is the number one mental health problem for women, and second only to drug and alcohol abuse for men. Anxiety is the most common mental health problem in America, more common than even depression.

Now Ben Franklin once said: "Do not anticipate trouble or worry about what may never happen. Keep in the sunlight." Keep in the sunlight. And as Christians, don't we know the source of the True Light? And don't we know that we can learn to live in that Light?

This points us towards the solution to anxiety. We get ourselves tangled up when we are too concerned about what will happen in the future. We worry and obsess about problems that may never come. The solution to this is so simple, it can seem foolish. It lies in one of Jesus's teachings from the Gospel of Matthew:

Do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. … Do not worry about tomorrow, for tomorrow will worry about its own things.

Fr. Anthony Coniaris once wrote that God always gives us light for our path - but only enough for us to take the next step. When we look towards the future, do we see the light shining on our next step? Or do we only see that all the steps beyond the next are still dark? Do we see the light, or do we worry about what will happen to us in the dark?

This is why anxiety is a sin – because it is rooted in fear, fear of what might happen to us. And worrying about ourselves always drives us away from God. There's a short book by the Christian writer CS Lewis that anyone can read, called "The Screwtape Letters." It's written as the letters of one devil to his underling Wormtongue, to teach him how to be better at tempting humans. The senior devil, Screwtape, tells Wormtongue that "There's nothing like suspense and anxiety for barricading a human's mind against the Enemy [which is what the devils call God]. He wants men to be concerned with what they do; our business is to keep them thinking about what will happen to them."

When we are anxious about our future, about what will happen a month from now, or a year, or a decade, we are living as if we don't believe in God. We are not trusting that He will be there for us. We are saying, "Even if there's light shining on the next step I must take, I don't trust You. I don't trust that after I take that next step, You will shine your light on the step I must take after that."

Our worry, our anxiety about the future, leaves us staring in to the unlit distance believing that all is dark. We can't see; we're blind. But if we follow our Lord's teaching – "Do not worry about tomorrow" – we won't be blind, we will be dazzled by the brightness shining on the next thing we need to do. And trusting in the light of God's presence, we will focus on who we are now, instead of what we might need to do in the future. Of course it's a lot easier to say "don't worry, trust God" than it is to actually put

it in to practice. But these are a couple of my own ideas about how to get started:

First, talk to God. If I start thinking that I've got to solve a problem all by myself, I start to worry. If it's true that sharing a problem with someone else will help, how much more true is it that sharing a problem with God will help? So get in the habit of talking to God. Don't get caught up in using words that sound prayerful. Just talk to God like you'd talk to someone you trust. "God, I'm worried about my meeting tomorrow. I'm worried I'll get in trouble. I don't know what to do."

Next, listen! You know the old saying: We've got one mouth and two ears because we should listen twice as much as we talk. So listen for God's answer, for a quiet voice – a voice in the heart, not the ears. Perhaps you'll hear something like, "You're worried about your meeting because you haven't finished the project you promised you'd finish. Tomorrow you need to apologize for that; tonight you need to at least get started on it."

Then, test God! This might seem disrespectful. But it's not. In the book of Malachi, the Lord says:

Prove Me now in this ... if I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it.

If you want to learn to trust God, you need to test God. You need to do what God tells you to do, to take the next step that he has lit up for you, and see what happens. In my experience I always find that God leads me from anxiety and worry to peace and joy.

This isn't to belittle the seriousness of mental disorders. It is a sad truth that diseases of the brain are as real as any other physical illness, and that we should all be grateful to God for treatments that modern medicine has found for us. But we must understand that this fact co-exists with the fact that anxiety is also spiritual sickness, brokeness, and sin. And our Lord teaches us how to confront and heal this sickness.

Like any healing, overcoming anxiety takes time. If you are anxious, be gentle with yourself. Settle in to yourself, find the person under all the hats, and try to see the light that God is shining on the next step you should take. This light is His presence. He is here for us. Trust that He is showing you what you need to do next, this very moment. Remember the words of Jesus Christ: "Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?" We must trust that God will be always be here for us. Trust, and we will find peace. Even more, we will find the Prince of Peace.

This reflection is adapted from a speech originally written for Fr. Christopher Metropulos of St. Demetrios Greek Orthodox Cathedral of Ft. Lauderdale, FL, and SCOBA's Orthodox Christian Network. Learn more about the powerful ministries of OCN on their website, www.myocn.net.

OUR THOUGHTS

By Abbot Tryphon

"Our life depends on the kind of thoughts we nurture. If our thoughts are peaceful, calm, meek, and kind, then that is what our life is like. If our attention is turned to the circumstances in which we live, we are drawn into a whirlpool of thoughts and can have neither peace nor tranquility (Elder Thaddeus of Vitovnica)".

Saint Seraphim of Sarov said, "acquire inner peace, and thousands around you will be saved", for having been created in the image of God, and we are part of the Divine thought that was made material in time and space. We not only influence those around us with our thoughts, but we even influence the cosmos. If we focus on the negative, those negative thoughts impact everyone around us, and even the whole world. The Elder Thaddeus tells us we can be either very good, or very bad, depending on the thoughts and desires we breed.

There is a lot that is wrong with the world, but it begins with us. If there is to be peace in our world, it must begin with me. If hatred, anger, envy, lust, and spite, are to end, it must end with me. When we allow destructive thoughts to destroy our peace, the peace around us is destroyed. We cannot blame the world, or even those around us, for that which happens around us, radiates from us. Blame for all that is wrong with the world, cannot be placed beyond our own hearts.