

Antiochian Orthodox Christian Archdiocese of North America

The Diocese of Eagle River and the Northwest

Antiochian Orthodox Church of the Annunciation

كنيسة البشارة الأرثوذكسية الأنطاكية

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Sunday March 19th, 2017



الأحد الثالث من الصوم وتكريم الصليب المقدس

Third Sunday of Great Lent and the Adoration of the Holy Cross

تغييرات في القداس

Changes in the Liturgy

First Antiphon

The light of Thy countenance, O Lord, is marked upon us. Thou hast given a sign unto them that fear Thee, so that they may flee from before the face of the bow.

Through the intercessions of the Theotokos, Savior, save us!

الانديفونا الأولى

لقد رسمت علينا نور وجهك يا رب، أعطيت الذين يتقونك علامة ليهربوا من وجه القوس.

بشفاعات والدّة الإله يا مخلص خلصنا!

صعدت إلى العلاء وسبيت سبياً، أعطيت الذين يرهبون اسمك ميراثاً يا رب.

بشفاعات والدّة الإله يا مخلص خلصنا!

المجد للآب والإبن والروح القدس، الآن وكلّ أوان وإلى دهر الداهرين، آمين.

بشفاعات والدّة الإله يا مخلص خلصنا!

| | |
|---|--|
| <p>Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord.</p> <p><i>Through the intercessions of the Theotokos, Savior, save us!</i></p> <p>Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever, and unto ages of ages. Amen.</p> <p><i>Through the intercessions of the Theotokos, O Savior, save us!</i></p> | |
| <p style="text-align: center;"><i>Second Antiphon</i></p> <p>All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood.</p> <p><i>Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!</i></p> <p>God is our King before the ages, He hath wrought salvation in the midst of the earth.</p> <p><i>Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!</i></p> <p><i>I will be exalted among the heathen; I will be exalted in the earth.</i></p> <p><i>Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!</i></p> <p>Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever, and unto ages of ages. Amen.</p> <p><i>O only-begotten son and word of God...</i></p> | <p style="text-align: center;"><i>الانديفونا الثانية</i></p> <p>نَظَرَتْ أَقَاصِي الْأَرْضِ جَمِيعُهَا خَلَاصَ إِيهَنَّا، لِنَسْجُدَ فِي الْمَوْضِعِ الَّذِي فِيهِ قَامَتْ قَدَمَاهُ.</p> <p>خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ، هَلْلُويَا!</p> <p>اللَّهُ هُوَ مَلِكُنَا مِنْذُ الْقَدَمِ، صَنَعَ الْخَلَاصَ فِي وَسْطِ الْأَرْضِ.</p> <p>خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ، هَلْلُويَا!</p> <p>أَرْتَفِعْ فِي الْأُمَمِ وَأَتَعَالَى فِي الْأَرْضِ.</p> <p>خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ، هَلْلُويَا!</p> <p>الْمَجْدُ لِلْأَبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>...يا كلمة الله الابن الوحيد</p> |

Third Antiphon

Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever.

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

الانديفونا الثالثة

ارفعوا الربَّ إلهنا واسجدوا لموطئ قدميه. خلصْ يا ربُّ شعبك وبارك ميراثك، وارزَعْهم وارفعْهم إلى الأبد.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَاْمُنِحْ الْمُؤْمِنِينَ الْغَلْبَةَ عَلَى الْأَعْدَاءِ. وَاحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ!

الايصوديكون

هلمْ لنسجد ونركع للمسيح ملكنا والهنا، خلصنا يا ابن الله يا من قام من بين الاموات، لنرتل لك هلوليا!

Entrance Hymn

O Come, let us worship and fall down before Christ.

Save us, O Son of God, who art risen from the dead, who sing to Thee: Alleluia!

طروبارية القيامة (باللحن السادس)

إن القوات الملائكية ظهرُوا على قبرك الموقر. والحراس صاروا كالأموات. ومريم وقفت عند القبر طالبةً جسدك الطاهر. فسبيت الجحيم ولم تجرب منها وصادفت البتول يا مانحاً الحياة. فيامن قُمت من بين الأموات يا ربُّ المجدلِّك.

Troparion of the Resurrection (Tone Six)

When Mary stood at Thy grave looking for Thy sacred body, angelic powers shone above Thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led hades captive and wast not tempted thereby, Thou didst meet the virgin and didst give life to the world, O Thou who art risen from the dead, O Lord, glory to Thee.

طروبارية الصليب المقدس (باللحن الأول)

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَاْمُنِحْ عِبِيدِكَ الْمُؤْمِنِينَ الْغَلْبَةَ عَلَى الْأَعْدَاءِ. وَاحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ!

Troparion of the Holy Cross (Tone One)

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

Today is the beginning of our salvation, and the manifestation of the mystery from the ages; for the Son of God becometh the Son of the Virgin, and Gabriel proclaimeth grace. Wherefore, do we shout with him to the Theotokos, Rejoice, O full of grace! The Lord is with thee.

(للبيشارة - باللحن الرابع)

اليوم رأس خلاصنا، وإعلان السر الذي منذ الدهور، لأن ابن الله يصير ابن البتول، وجبرائيل بالنعمة يبشّر، فلذلك ونحن معه لنهتف نحو والدة الإله،
إفرحي أيتها الممثلة نعمة الرب معك.

القنّاق لوالدة الإله لأحد الصيام (باللحن الثامن)

اكتب لك رايات الغلبة يا جنديّة مُحامية. وأقدم لك الشكر كمنفذة من الشدائد. لكن بما أنّ، إني أنا عبدك يا والدة الإله
لك العزة التي لا تُحارب، أعتقينا من صنوف الشدائد. حتّى أصرخ إليك: إفرحي يا عروساً لا عروساً لها!

Kontakion of the Theotokos for the Sundays of Lent (Tone Eight)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: "Hail, O Bride without Bridegroom."

عوض عن التريصاجيون نرتل (باللحن الثاني):

لصليبك يا سيدنا نسجد، ولقيامتك المقدسة نمجّد.

In place of the Trisagion, the following is sung for the Holy Cross (Tone Two):

Before thy Cross, we bow down in worship, O Master, and thy Holy Resurrection we glorify.

الرسالة لأحد الثالث من الصوم وتكريم الصليب المقدس

Epistle for the Third Sunday of Lent and the Adoration of the Holy Cross

O Lord, save thy people and bless
thine inheritance!

To thee, O Lord, have I cried, O my
God!

The Reading is from St. Paul's Letter
to the Hebrews (4:14-5:6).

Brethren, since we have a High Priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we

خَلَّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ!

إِلَيْكَ يَا رَبُّ أَصْرُخُ، يَا إِلَهِي!

(4:14-5:6) فصل من رسالة القديس بولس الرسول إلى العبرانيين.

يا إخوة إذ لنا رئيس كهنة عظيم قد اجتاز السموات يسوع ابن الله
فلننمّسك بالاعتراف * لأن ليس لنا رئيس كهنة غير قادر أن يرثي
لأوهاننا بل مجرب في كل شيء مثلنا ما خلا الخطيئة * فلنقبل إذن بثقة
إلى عرش النعمة لننال رحمة ونجد ثقة للإغاثة في أوانها * فإن كل رئيس
كهنة متخذ من الناس يُقام لأجل الناس فيما هو لله ليُقرّب تقادم وذبايح
عن الخطايا في إمكانه أن يشفق على الذين يجهلون ويضلون لكونه هو
أيضاً متلبساً بالضعف * ولهذا يجب عليه أن يُقرّب عن الخطايا لأجل
نفسه كما يُقرّب لأجل الشعب * وليس أحد يأخذ لنفسه الكرامة بل من
دعاه الله كما دعا هارون * كذلك المسيح لم يمجّد نفسه ليصير رئيس
كهنة بل الذي قال له أنت ابني وأنا اليوم ولدتك. كما يقول في موضع
آخر أنت كاهن إلى الأبد على رتبة ملكيصادق.

may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

الأنجيل للأحد الثالث من الصوم وتكريم الصليب المقدس

Gospel for the Third Sunday of Lent and the Adoration of the Holy Cross

The Reading is from the Holy Gospel according to St. Mark (8:34; 9:1).

The Lord said, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and

فصل شريف من بشارة القديس مرقس الإنجيلي البشير، التلميذ (8:34; 9:1). الطاهر

قال الرب من أراد أن يتبعني فليكفر بنفسه ويحمل صليبه ويتبعني لأن من أراد أن يخلص نفسه يهلكها ومن أهلك نفسه من أجلي ومن أجل الإنجيل يخلصها* فإنه ماذا ينتفع الإنسان لو ربح العالم كله وخسر نفسه* أم ماذا يعطي الإنسان فداءً عن نفسه* لأن من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطيء* يستحي بي ابن البشر متى أتى في مجد أبيه مع الملائكة القديسين* وقال لهم الحق أقول لكم إن قوماً من القائمين ههنا لا يدوقون الموت حتى يروا ملكوت الله قد أتى بقوة.

sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And Jesus said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

التعظيمة لوالدة الإله من قَدَّاسِ بَاسِيلْيُوسِ الكَبِيرِ (باللحن الثامن)

إن البرايا بأسرها تفرحُ بكِ يا ممتلئةً نعمةً، محافلَ الملائكةِ وأجناسِ البَشَرِ، أيتها الهيكلُ المتقدِّسُ والفردوسُ الناطقُ، فخرَ البتوليةِ مريمَ التي منها تجسَّدَ الإلهُ وصارَ طفلاً وهو الإلهُ الذي قبلَ الدُّهورِ، لأنَّهُ صنعَ مُستودَعَكَ عرشاً وجعلَ بطنَكَ أرحبَ من السَّمَاوَاتِ، لذلكِ يا ممتلئةً نعمةً تفرحُ بكِ كلُّ البرايا وتُمجِّدُكَ.

Megalynarion for the Theotokos from the Liturgy of St. Basil the Great (Tone Eight)

In thee all creation rejoices, O Full of Grace; the assembly of angels and the race of men; O sanctified temple and spiritual paradise; the glory of virgins, from whom God was incarnate and became a child; our God before the ages, He made thy womb a throne, and thy body He made more spacious than the heavens. In thee all creation rejoices, O Full of Grace, glory to thee.

الكيونونيكون للأحد الثالث من الصوم (باللحن الثامن)

لقد رسمت علينا نورَ وجهك يا ربُّ. هليلويا!

Koinonikon for the Third Sunday of Lent (Tone Eight)

The light of Thy countenance, O Lord, is marked upon us. Alleluia!

بدلاً من "قد رأينا النور الحقيقي...". نرتل:

طروبارية الصليب المقدس (باللحن الأول)

خِصِّصْ يا ربُّ شعبَكَ وباركْ ميراثَكَ، وامنحْ عبيدَكَ المؤمنين الغلبةَ على الأعداءِ. واحفظْ بقوةِ صليبِكَ جميعَ المختصِّينَ بكِ!

Instead of "We have seen the true light..." , sing:

Troparion of the Holy Cross (Tone One)

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

في نهاية القداس، سيكون دورة الصليب المقدس مع التراتيل التالية:
خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْغَلْبَةَ عَلَى الْأَعْدَاءِ. وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ
الْمَخْتَصِّينَ بِكَ!

لصليبك يا سيدنا نسجد، ولقيامتك المقدسة نمجد.

After the Liturgy, we will have the procession of the Holy Cross with the following hymns:

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee.

Before thy Cross, we bow down in worship, O Master, and thy Holy Resurrection we glorify.

The Prayer of Saint Ephraim:

O Lord and Master of my Life,
take from me the spirit of sloth,
despair, lust of power, and idle talk.
But give me rather the spirit of Chastity,
Humility, patience, and love to thy servant.
Yea, O Lord and King, grant me to see my
own sins,
and not to judge my brother / sister,
for blessed art Thou unto ages of ages.
Amen.

صلاة التوبة للقديس أفرام

السرياني

أيها الرب وسيد حياتي
أعتقني من روح البطالة والفضول وحب
الرئاسة والكلام البطل
وأنعم علي أنا عبدك الخاطئ
بروح العفة واتضاع الفكر والصبر
والمحبة
نعم ياملكي وإلهي
هب لي أن أعرف ذنوبي وعيوبي وأن لا
أدين أخوتي
فإنك مبارك إلى الأبد

آمين

**“Lord Jesus Christ, Son of
the living God, have mercy
on me a sinner.”**

St. Andrew of Crete said: “All of us should seek two things: to condemn our sins and forgive the sins of others. For whoever sees their own sins becomes more forgiving towards others. And whoever condemns others condemns and convicts themselves, even if they have many virtues. It is truly a great thing, my brethren, to not condemn others but to condemn ourselves.”

Glory to the Father, and to the Son, and to the Holy Spirit: Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.

Both now and ever, and unto ages of ages: Amen. Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.

Have mercy upon me, O God, according to Thy loving-kindness, according unto the multitude of Thy tender mercies blot out my transgressions: **If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.**

Feast of the Annunciation: Will be celebrated on Friday March 24th, with The Divine Liturgy at 6:30 PM, and the Akathist service to follow.

Please sign up for the Holy Bread.

❖ Church Announcements

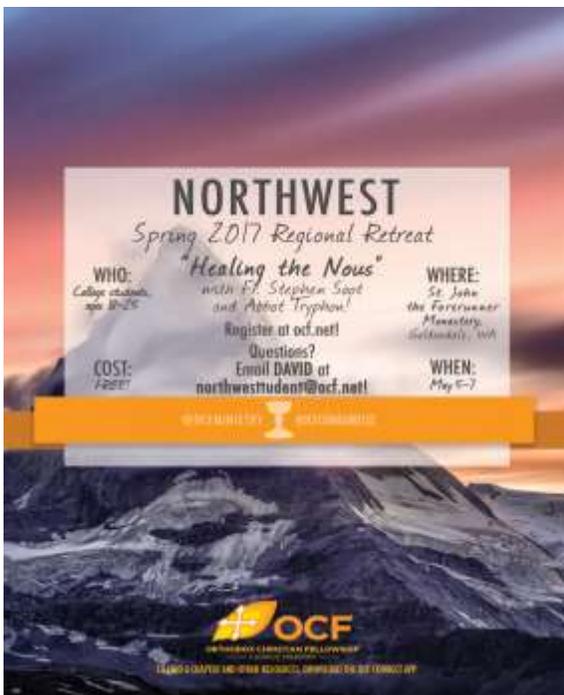
- 1) Speaking During the Services: It is forbidden and against the Orthodox Church practices that people will **interrupt** the services by talking back to the priest, asking questions, or making comments during the service; Fr. George is asking all parishioner to please abide by this rule. St. Paul says that we should do everything in order. Please, tell those who don't read the bulletin about this announcement. If at any time, you have a question or would like to speak with me personally, my phone is always on and my door is always open. I am happy to hear you and speak with you about anything at anytime outside of the service. My cell phone number is 403-993-7945
- 2) Unity of our Church: Our church will always be united as one family. Father Dahdouh loves and honors all the members who have been here for the past 25 years, and he loves and honors all the new comers. All Orthodox Christians are welcome. All those who made Annunciation their home are welcome, loved, and served the same way. You are all my spiritual children and I love you all equally. **"Blessed are the peacemaker for they are called children of God", be a peacemaker.**
- 3) Falafel Lunch offered by the Ladies organization: come and support the ladies for their fund raising this Sunday, they will be selling falafel after Liturgy.
- 4) Ladies corner: Sunday 26th: Honor grandmothers' day. Sunday April 2nd general meeting for all the ladies.
- 5) Communion for Small children and babies: Babies who are baptized can stay for 2 hours without any milk or food. If you must give your baby milk

or a small cracker, make sure his/her mouth are rinsed with water and there are no traces of milk or food when they approach the chalice.

- 6) **No Great Compline on Monday it will be on Tuesday at 7 PM.**
- 7) **Food for Hungry People Boxes:** Please, take one to put your sacrifices during Lent. We will be collecting the boxes after Pascha.
- 8) **Guideline for Baptism (taken from the Clergy Guide):** 1. All those over the age of seven who will be baptized must receive instruction. 2. Both parents consent is needed to baptize the baby. 3. *The sacraments of Confession and Holy Communion are very important to every Orthodox Christian and the Godparents must receive them prior to the celebration of the Holy Baptism.* 4. *The seriousness of this sacrament requires that at least one Godparent must be an Orthodox Christian (in good standing with the Church).*
- 9) **Lent:** The Fast has started, every Orthodox Christians must fast unless he/she has a medical reason. We fast/abstain from meat, fish, poultry, dairy, eggs, cheese, wine and olive oil. We can have olive oil and wine on Saturdays and Sundays. *During Lent we refrain from parties (that is why we don't do weddings or engagements), drinking alcohol and anything that will disturb our inner journey towards repentance.*
- 10) **Confession:** All Orthodox Christians should go to confession before Easter/Pascha. Father will be available after every service for confession.
- 11) **March is Ladies Month:** The ladies will read the epistle in Arabic and English, do the collection, help with the communion line, welcome people at the entrance of the church, keep the lines for communion. See one of the ladies officers to sign up.
- 12) **During Lent: every Monday, Wednesday, and Friday we will have services at 7 PM. Come and join us.**
- 13) **Church School: Church school is every Saturday at 4:30 PM.**

14) **Services during Lent with other Orthodox Churches:** **March 19th at St. Peter the Aleut;** March 26th at St. Semion Serbian Church; April 2nd All Saints Russian Church. All services are at 6:30 PM.

- 15) **Men Retreat:** The Orthodox Men's Retreat will be from March 31st to April 2nd. The speaker is Archimandrite Philip, the topic: "Our Purpose as Orthodox Christians". Please, see Father or Lou or visit www.orthodoxcalgary.ca
- 16) **The Lionheart:** Father wants to form a second group of men to study the Lionheart, please see Lou Salloum to signup.
- 17) **Camp St. Innocent:** If you are interested to apply as a volunteer at Camp St. Innocent please see Father or visit www.campstinnocent.org
- 18) **Church Cleaning:** Those who offer the Holy Bread are responsible for cleaning the church. There is a list on the announcements board downstairs that must be followed. Thanks



- 19)
- 20) **Don't forget to visit:** www.ancientfaith.com www.myocf.net www.journeytoorthodoxy.com
- 21) **Visit:** www.patristicnector.org , visit on "You Tube" **Be the Bee** for teachings on the Orthodox Church.
- 22) **Orthodox Christian Mission Center:** OCMC is organization short mission trips to the following countries: Alaska, Albania, Guatemala, Indonesia, Kenya, and Mexico. Father is encouraging

everyone to pray and look inside in their hearts if God is calling them to give few days to do missionary work to spread the Orthodox Faith.

- 23) **Food for hungry people:** During Lent we pray, confess our sins, fast, and give alms to the poor. Please, put aside some of your sacrifices, we will collect the money at the end of Lent to send to the Archdiocese to help the poor and needy. Please, pick up a box for your sacrifices.
- 24) **Antiochian Women Grant:** The North American Antiochian Women are giving a grant to young women who meet the following qualifications: 1. Be a female, 26 years of age or older. 2. Be a member in Good Standing. 3. Be actively involved in the worship, service, and social life of her parish. 4. Must be registered in an academic program. 5. Demonstrate financial need. Please, see Father or one of the ladies officers.
- 25) **Giving back to God:** Our church depends on your generous giving back to God for all His blessings in your life. **Please, give generously and regularly and God will bless you back a 100 times.** **Give a percentage of your income**. Make a commitment to increase your giving for 2017. Write your name on the envelope for a receipt.
- 26) **Young adults meetings:** Friday March 24th after the Akathist service at the church.
- 27) **PLC: The Parish Life Conference for the Diocese of Los Angeles and the West will on July 5th-9th hosted by St. Michael Church, Van Nuys, California. It will be held at Los Angeles Airport Marriott call (310) 641-5700.**

The Archdiocese Convention: The 2017 Archdiocese Convention will be in Miami from July 23rd-30th. Visit <http://www.ac2017miami.org/>

- 28) **Blessing of Homes:** Fr. Dahdouh started blessing homes. You can call him at 403/993-7945 to schedule an appointment. A meal is not necessary, Father will spend around an hour with each family. Fr. Dahdouh will make an effort to visit each and every home this year before the Great Fast starts if possible.
- 29) **Let us make a commitment not to miss church this year.**

- 30) **Father would like to compile a birthday and anniversary list:** If someone can help to make a list of our parishioners' birthdays and anniversaries.
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Self Examination Before Confession

First Commandment

Have I believed in God the Father, the Son, and the Holy Spirit? Have I failed to trust in God and his mercy? Have I complained against God in adversity? Have I been thankful for God's blessings? Have I doubted the Christian faith and the teachings of the Church? Have I tried to serve God and keep His Commandments? Have I given way to superstition? Have I frequented the religious meetings of heretics and schismatics? Have I neglected my duties to God through fear of ridicule or persecution? Have I failed to pray to God faithfully? Have I put myself before God?

Second Commandment

Have I made an idol of any person or thing? Have I given to anyone or anything the worship that is due to God alone? Have I set before myself the holy life of Jesus and tried to imitate Him? Have I read the Holy Scriptures regularly? Have I been irreverent during Church Services, let my attention wander, or been insincere? Have I neglected to receive Holy Communion regularly or without due preparation?

Third Commandment

Have I profaned the holy name of God in any way? Have I cursed anyone or anything, or sworn a false oath? Have I failed to give proper reverence to holy persons and things? Have I had due respect for the clergy of the Church, or hindered them in performing God's work? Have I broken any solemn vow or promise? Have I entered into any unlawful contract or made an unlawful promise?

Fourth Commandment

Have I stayed away from Church on Sundays or prevented others from going? Have I done unnecessary work on Sundays? Have I spent the day in unwholesome fashion or profaned it by improper conduct? If I could not go to Church because of illness or other grave cause, have I prayed at home? Have I caused anyone else to profane the Lord's Day? Have I kept the Fasts and Festivals prescribed by the Church?

Fifth Commandment

Have I respected my parents and been obedient to them? Have I been guilty of deception, or caused them pain by my words or actions? Have I neglected them or failed to help them? Have I

done my duty towards my family? Have I been wanting in love or kindness towards my husband (or wife), or harmed him (or her) in any way? Have I set my children a good example and tried to bring them up properly? Have I corrected their faults with patience and not with anger? Have I over-indulged or spoiled them? Have I neglected my god-children and failed in my obligations towards them? Have I worked for my employers honestly and diligently? Have I treated fairly all those who have worked for me? Have I honored God as my Heavenly Father by treating others as my brothers, and have I honored the Church as my spiritual Mother by honoring and practicing my religion in accordance with her teachings?

Sixth Commandment

Have I caused the injury or death of any one, or wished that I were dead? Have I done anything to shorten my own life or that of someone else by injuring health, or through evil and intemperate living? Have I given way to anger, or harmed others with words or actions? Have I defamed others who needed help, or failed to stand up for those unjustly treated? Have I been cruel to anyone? Have I mistreated animals or destroyed any life unnecessarily? Have I failed to forgive anyone or harbored evil thoughts against them?

Seventh Commandment

Have I given way to impure thoughts, words, or deeds? Have I committed any unworthy actions alone or with others? Have I degraded myself in any way, or forgotten human dignity? Have I read immoral books or magazines, or delighted in obscenity of any kind? Have I associated with bad companions or frequented unsavory places? Have I eaten or drunk or smoked too much? Have I been lazy, idle, or wasted my time? Have I led others to commit sinful acts? Have I been unfaithful to any trust confided in me?

Eighth Commandment

Have I stolen anything or wished to do so? Have I kept anything that did not belong to me? Have I tried honestly to find owners of lost articles I have found? Have I paid my debts? Have I lived within my income, and not wastefully and extravagantly? Have I given to charitable causes in proportion to my means? Have I been honest and upright?

Ninth Commandment

Have I told lies, or added to or subtracted from the truth? Have I made careless statements or spoken evil of anyone? Have I told any secrets entrusted to me, or betrayed anyone? Have I gossiped about anyone or harmed their reputation? Have I concealed the truth, assisted in carrying out a lie, or pretended to commit a sin of which I was not guilty? Have I tried to see the good in others rather than their shortcomings?

Tenth Commandment

Have I envied anything good that has come to others? Have I been jealous of another's good fortune? Have I wished for anything that was another's? Have I damaged or destroyed the property of others? Have I wished for things God has not given me, or been discontented with my lot? Have I been stingy? Have I held back anything due another? Have I hoped for the downfall of

anyone so that I might gain by it? Have I failed to be gracious and generous to anyone? Have I expected God to give me that which I would refuse one of my fellow men?

The Jesus Prayer

A prayer that takes you out of yourself

We all need a good dose of silent prayer each and every day. Finding that perfect place in your home that can become your cave, or prayer closet, will afford you that sacred space wherein you can go deep into the heart and connect with God. That place wherein you can close off your family, your worries, your job, your distractions, and go deep into your heart wherein you will find the peace that comes from Christ.

The Jesus Prayer is the perfect prayer, for it is a prayer of adoration and praise, and a prayer that proclaims that Jesus is Lord and, as God, can grant mercy upon you. The simple prayer which invokes the Holy Name of Jesus can transform your life, and take you into the very Heart of God. This prayer is known as the Prayer of the Heart for the very reason that it is of the heart.

Lord Jesus Christ, Son of God, have mercy on me a sinner. Said with the aid of a Prayer Rope (thus bringing your body into the action of the prayer), this prayer accomplishes Saint Paul's admonition that we should "pray always". It is a prayer that takes you out of yourself and into communion with Christ. It is a prayer that can change your life because through this prayer you can taste the presence of Christ beside you. Love in Christ, Abbot Tryphon

Keeping Watch

Holiness comes only to those who keep watch

Not an hour should pass without taking time to examine our heart, for the hour of judgement can come at any time, and we must be ready to give account to God for our life. In the Gospel of Matthew (5:8), we read "Blessed are the pure in heart, for they shall see God". It is clear that without a humble and contrite heart we shall not see God.

Saint Isaac of Syria tells us, "No one has understanding if he is not humble, and he who lacks humility lacks understanding." The prescription given to us by all the Holy Fathers point that discrimination and watchfulness are the path to achieve purity of heart, for someone who is proud, and who has not rooted out the sickness that is within his heart, will be unable to please God, for only holiness of life opens the doors to the Paradise that awaits us.

No spiritual improvement can be made if we do not seek to please God with holiness of life, yet any good in our deeds must be attributed to God. “There is none that doeth good, no not one (Romans 3:12)”, and “For there is not a just man upon earth, that doeth good, and sinneth not (Ecclesiastes 7:20)”.

If we find we’ve neglected our spiritual struggle, and acted with foolish abandon, we, in our weakness, must turn to God in repentance, and this can happen only with an hourly examination of the heart. We must resolve to turn ourselves around, with God’s help, and fight against the enemy of our souls, for holiness comes only to those who struggle. With love in Christ, Abbot Tryphon

Fasting

By [Abbot Tryphon](#)

Fasting suggestions

FAST from self-concern and FEAST on compassion for others.

FAST from discouragement and FEAST on hope.

FAST from lethargy and FEAST on enthusiasm.

FAST from suspicion and FEAST on truth.

FAST from thoughts that weaken and FEAST on promises that inspire.

FAST from shadows of sorrow and FEAST on the sunlight of serenity.

FAST from idle gossip and FEAST on purposeful silence.

FAST from problems that overwhelm you and FEAST on prayer that sustains.

FAST from criticism and FEAST on praise.

FAST from self-pity and FEAST on joy.

FAST from ill-temper and FEAST on peace.

FAST from resentment and FEAST on contentment.

FAST from jealousy and FEAST on love.

FAST from pride and FEAST on humility.

FAST from selfishness and FEAST on service.

Love and Humility

Humility spawns God's love in the heart

The very moment faith enters the soul is that moment when we turn toward God in repentance and recognize we can not live without Him. As we grow in our faith we come to realize we must remain in a continual state of repentance, for grace abounds in the heart of the man who is repenting. We come to see the truth that the saints were those who never ceased to call upon the Lord in repentance. Never did they think themselves worthy of anything but God's wrath, and their continued plea was for mercy.

This humility spawned God's love in the hearts of these saints, and works of love and mercy grew out of God's indwelling love within their hearts. Their works showed forth that their love and good works came out of that deep state of repentance, and their love was the proof of God's indwelling Spirit in their hearts. Saint Gregory the Great said, "The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist."

If we do not do good works, love does not dwell in our heart, and we have no faith. "Yea, a man may say, You have faith, and I have works: show me your faith without your works, and I will show you my faith by my works (James 2:18)." The Liturgy reminds us, only those with faith and love may draw near to receive the Holy Mysteries. Our participation in the Body and Blood of the Lord provides each of us with the opportunity to be Christ-bearers in the world in which we live, and others will know we belong to Christ, "by our love" (John 13:35). With love in Christ, Abbot Tryphon

