



# THE PARISH PRESS



## St. Philip Orthodox Church

BABY STEPS TO BIBLICAL LITERACY - POETRY & WISDOM

### NEWS ~ N ~ NOTES

#### MOBILE LIBRARY

This month, the mobile library, located in the narthex, features books recommended for Lenten reading. Check one out!



#### PHOTO DIRECTORY

Thanks to the many who labored for and participated in this project to knit our parish family together!

#### MISSIONS & EVANGELISM

Thanks for your support of Dr. Bill Black and the other missionaries!

#### GIVING UPDATES

#### MONTHLY OUTREACH COLLECTION:

Thanks to all for your generosity to the needy of our community! For **March**, we are collecting **baby care products**.



**NON-PERISHABLE FOOD COLLECTION:** We continue to collect non-perishables of all kinds for the food pantries as well.

**NEWSPAPERS:** Salfid Rescue Kennel, our neighbor on Clearview Road, is always in need of old newspapers. Look for the box in the narthex.

**USED CLOTHING DROP-OFF SHED:** Have you seen the shed in the rear parking lot? You can drop off used clothing & stuffed animals (no rags or household goods) to be sent to the needy locally and throughout the world.

**MAY GOD BLESS ALL OUR FAITHFUL GIVERS!**

**GREAT LENT**



Icon by: K. Tikhomirova

### A Message from Fr Noah

Dear Brothers and Sisters,

What does the word "Lent" mean? One of my online catechism students asked recently. In Orthodox countries the word "Fast" is used to name the season. But in America we have adopted some of the holy language of the Christian West. Etymologically Lent is related to the word length, lense, even lentil. It means "lengthening" and it is a reference to the lengthening days of the spring in which we keep Lent in the northern hemisphere.

This is a beautiful and appropriate image for our souls as well. We have been in a spiritual winter and in this holy season the warmth of God's love chases away frost of our self-love.

I am writing this with cold fingers after a zero degree night. Lord, help us through this winter and bring us to verdant pastures!!! Bring our lengthened souls, our enlarged hearts, our enlightened minds to the foot of Your cross, the springtime of the world, when Resurrection budded forth from the Tree of Life.

Grateful for the warmth of God's love in the coldness of our industrial and digital world, I remain,

Your Servant in Christ,

+ Fr. Noah

### Prayer of St Ephrem the Syrian

**O Lord and Master of my life,**  
take from me the spirit of sloth,  
faintheartedness, lust of power and  
idle talk.  
*(prostration)*

But give rather the spirit of chastity,  
humility, patience and love to  
thy servant.  
*(prostration)*

Yea, O Lord and King, grant me to  
see my own sins,  
and not to judge my brother,  
for Thou art blessed unto ages of ages.  
Amen.  
*(prostration)*

### Mark Your Calendar:

#### Lenten Services

**Mondays:** Great Compline, 7 pm  
**Wednesdays:** Presanctified Liturgy,  
7 pm  
**Fridays:** Presanctified Liturgy,  
10 am  
**First five Fridays:** Akathist, 7 pm

#### Lenten Retreat

**Saturday, March 7**  
Fr. Josiah Trenham  
*Healing Our Diseases:  
The Church as a Spiritual Hospital*

#### Teen Retreat

**Saturday, March 14**  
Marek & Allison Simon  
*Whom does God want me to be?*



#### Annunciation

**Tuesday, March 24**  
6 p.m. Matins  
7 p.m. Vespers &  
Artoklasia  
**Wednesday, March 25**  
7 p.m. Divine Liturgy

#### Bible Study

**Saturdays, March 21 & 28**  
*The Anaphora of St Basil*  
Presented by Fr Noah

**Pascha - April 12, 2015**

**Honoring Fr Boniface & Kh Joyce**  
*Tuesday, May 19*

#### Parish Life Conference

*July 1-5, 2015*  
Hauppauge, NY  
[www.stjohnorthodoxchurch.com](http://www.stjohnorthodoxchurch.com)

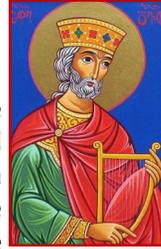


### Did You Know?

- During 2014 the **Matushka Olga Sewing Group** of St Philip's made and donated **992 pillowcases** to ConKerr Cancer. This organization gives them to children fighting cancer. 
- Our **Library & BookShelf Ministry (bookstore)** have a great selection of many topics related to our Holy Faith. Get a book for the Great Fast!
- **Carpooling to Church** can be a great way to save money and deepen your relationship with your neighboring parishioner.
- **Coffee hour does not start until after the Liturgy is over.** The food is blessed after the announcements and after we sing Our Father together.
- You can help make our many visitors feel welcome by a warm smile and a kind greeting. Please take a minute to **say hello to visitors.**
- Our **parish website** is rich with resources. Check it out: [www.st-philip.net](http://www.st-philip.net)
- You can be an apostle and an evangelist in your daily life. **Ask God to use you for His purposes** and then be bold and humble in sharing the peace with God and man that you have!
- Your **Amazon** purchases can benefit St Philip's! Simply start your shopping from the link at the top of every page of the **St Philip's website.**
- Your **Redner's Market** purchases can benefit St Philip's! Simply **put your receipts in the envelope** posted on the bulletin board in the hallway.
- **We live from Pascha to Pascha – April 12th, 2015.**



### Baby Steps to Biblical Literacy: Old Testament Poetry & Wisdom



This section of the Bible is very rich and if read carefully can teach us a lot. The Psalms are the "Hymn Book" of the church from David's until now and guide us in offering every emotion in a prayer to God. The history of Job brings human wisdom to its knees before God's majesty and providence. The Song of Solomon reignites our frigid faith with divine eros. The proverbs and the other wisdom books bring us to the pinnacle of human knowledge.

It is a good practice to read at least a Psalm as well as a section of Proverbs each day.

### CHECK YOUR ORTHODOX VOCABULARY

- Incarnation:** God became flesh, born of the Virgin Mary
- Vespers:** Evening prayer
- Artoklasia:** A service of "breaking of bread" when we remember how Christ multiplied the five loaves.
- Orthros (Matins):** Morning Prayer
- Liturgy:** The service (worship) we offer to God
- Eucharist:** Means "Thanksgiving." Describes our Liturgy of Communion
- Prosfora/Khurban:** Bread offered for Holy Communion

### Challenge for 2015: Build Up the Body of Christ (Ephesians 4)

"I was glad when they said unto me let us go to the house of the lord!" Psalm 121(122)

### Ask Abouna

**Previous Question:** How should I answer if someone asks what makes us Orthodox Christians?

**Answer:** I like to answer this type of question with a two-pronged approach: **information and invitation.**

**Information:** Focus on history: our church is the oldest body with the original and authentic ("Orthodox") worship, structure, spirituality, and teaching.

**Invitation:** Yet, it is still alive. Come and See: I can describe our church to you, but it is better to experience our worship. "I'll pick you up at 9 on Sunday!"

It is also good to tell stories. Read the life of a saint and be ready to share his or her story, or your own story to illustrate your answer.

**New Question:** What is new in our archdiocese?

### Holy Mysteries



**Tafya "Amelia" Zemelak,** daughter of Zemelak Wolde & Meleseh Lemma, was baptized into Christ on Saturday, January 10.

**Sebastian Theodore Muzekari,** son of Reader Nicholas & Stephanie Muzekari, was baptized into Christ on Saturday, February 7.

**Arabella Sarem Wyant,** daughter of Travis Wyant & Betelehem Shermeka, was baptized into Christ on Saturday, January 31.

**Natalie Mae Acevedo,** daughter of Brandon & Ana (Gambashidze) Acevedo, was baptized into Christ on Sunday, February 15.

**MAY GOD GRANT THEM  
MANY YEARS!**

### Wisdom on Fasting

The comparison that comes to my mind is that of tuning a musical instrument; this is what fasting is, to acquire the power not only to command our body, but also to give our body the possibility to respond to all the promptings of the Spirit.

- Metropolitan Anthony Bloom

What we gain by fasting is not so great as the damage done by anger; nor is the profit from spiritual reading as great as the harm done when we scorn or grieve a brother.

- St. John Cassian



### The Audacity of Humility

I walked up to an old, old monk and asked him, "What is the audacity of humility?" This man had never met me before, but do you know what his answer was? "To be the first to say, 'I love you.'"

From *Tales of a Magic Monastery*  
By Theophane the Monk