



THE PARISH PRESS

St. Philip Orthodox Church



BABY STEPS TO HOLINESS - DISPLAY ONLY A POSITIVE ATTITUDE

NEWS ~ N ~ NOTES

GIVING UPDATES

MONTHLY OUTREACH COLLECTION:

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

ONGOING NON-PERISHABLE FOOD COLLECTION:

We continue to collect non-perishables of all kinds for the food pantries as well.

May God bless all our faithful givers!

LIFE OF CHRIST CHOIR CONCERT

April 6th - thanks to the many who signed up to help make this outreach event a success. Please pray and work for success in this and all our undertakings. Especially, I ask you to invite friends, family, co-workers.

Wisdom from St. Dorotheos of Gaza On Fasting

There are two kinds of gluttony. There is the kind which concerns taste. Another man is concerned about satisfying himself. We must not only keep a sharp watch over our diet, but keep away from all other kinds of sin:



- So also may our tongue fast as we abstain from calumny, from deceit, from idle talk, from railing and anger, and all other vices which arise from the tongue.
- So also let our eyes keep fast. No looking for trivialities, no letting the eyes wander freely, no impudent lying in wait for people to talk to.
- The same with the hands and feet, to prevent them from doing anything evil.

A Message from Fr Noah

Dear Brothers and Sisters in Christ,
The Lenten Spring Has Come!!! We dive into this 40-day stream of repentance from the rock of forgiveness. If you were not able to attend our Forgiveness Vespers service, please accept my apology for my many shortcomings in guiding our beautiful parish toward of Heaven.

I urge you to make this a time of deep renewal: in your prayer life, your attitude, your relationships, your diet, your finances, and your openness to others and to God.

Return to Jesus with all your heart, with all your mind, with all your strength! Beg God for child-like zeal and faith. Rejoice in the Lord always! Again, I say rejoice!!!

Thankful to be swimming with you in the deep and refreshing streams of God's love, I remain,

Your Servant in Christ, + *Fr. Noah*

Carrots with Tahini Dressing

- 3 lb carrot, peeled & sliced 1/2 inch thick on the bias
- 1/4 cup fresh lemon juice
- 1/4 cup tahini sauce
- 1/4 cup olive oil
- 2 Tbsp water
- 2 small clove garlic minced kosher salt
- 2 Tbsp chopped flat-leaf parsley



Spread the carrots in a large steamer basket and steam until tender, about 6 minutes. Transfer to a bowl and let cool slightly.

In a medium bowl, whisk the lemon juice with the tahini, olive oil and water until smooth. Whisk in the garlic and season with salt. Pour the dressing over the carrots, add the parsley and toss to coat.

<http://www.kitchendaily.com/recipe/carrots-tahini-dressing>

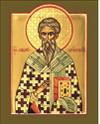


Challenge for 2014: Be like the Bee, not like the Fly!

Mark Your Calendar!

Great Lent begins Monday, March 3

Great Canon of St Andrew
12 noon on *Mon & Wed, Mar 3 & 5*
7 p.m. on *Tue & Thur, Mar 4 & 6*



Great Compline
Mondays in the Great Fast, 7 p.m.

Presanctified Liturgy
Wednesdays in the Great Fast, 7 p.m.
Fridays in the Great Fast, 10 a.m.

Akathist
First 5 Fridays of the Fast, 7 p.m.

Sunday of Orthodoxy Vespers
Sunday, March 9, 4 p.m.
at St. Nicholas (OCA), Bethlehem
& at St Thomas (GOA), Cherry Hill
More information is posted.

Missionary Visit
March 15-16
(presentation Saturday after Vespers)
Hear about Fr Seraphim's work establishing the monastery island of Mull in Scotland.

Village at Home
Saturday, March 22
Note: Vespers at 5 p.m.
A "day of camp" for youth ages 7-17, with Antiochian Village Camp staff. Register on the bulletin board.

Services for Annunciation
Monday, March 24
Vespers & Artoklasia, 5 p.m.
Matins, 6 p.m.. - Liturgy, 7 p.m.

Visit from Missionary Floyd Franz
Saturday, April 5, following Vespers

Choir Concert
Sunday, April 6, 2 p.m.
Invite a friend!

Pascha - April 20, 2014

Parish Life Conference
July 2-6, held at the Antiochian Village Conference Center
Call now to reserve your room! 724-238-3677

Did You Know?

- **P J Psomiadis** achieved his Eagle Scout badge; his project was building our new Festival Shed. Thank you, Peter, and congratulations!
- **John Carpenter** has been chosen to sing with the Bavarian State Opera in Munich for their upcoming 2014-2015 season. Congratulations!
- We welcomed at least **seven visitors at our Friends & Family Day**. Four of them joined Fr. Noah for a church tour after coffee hour.
- We have 28 children registered for **camp at Antiochian Village**, many of whom couldn't go without the help of our Scholarship Fund. **Thanks to everyone for their prayers and their support.**
- Our **Youth Choir** will sing the **Presanctified Liturgy** on Wednesday, March 26th. Come and pray in the acoustic space of their pure voices and hearts.
- Our annual **Parish Life Conference**, our diocese's family reunion, will be held at Antiochian Village **July 2-6**. Please plan on participating in the many edifying events and services and supporting our Bible Bowl Teams, our Orators, and our Choir. Reserve your room now: 724-238-3677.
- Pick up a book at the **Bookshelf or the Library** for a spiritually profitable Great Lent.
- **Personal Evangelism** - Statistics show what brings people to church:
 - 2% by Advertisement
 - 6% by the Pastoral Invitation
 - 6% by organized evangelism campaign
 - 86% by friends or relatives

More Wisdom

- + When a man leaves on a journey, he must know where he is going. Thus with Lent.
 - *Fr. Alexander Schmemmann*
- + Kindness softens and opens up the heart, as oil opens a rusty lock.
 - *Elder Paisios of the Holy Mountain, Athos*
- + If grief befalls you, dive into [the Scriptures] as into a chest of medicines; take from there comfort for your trouble, be it loss, or death, or bereavement of relations; or rather do not merely dive into them but take them wholly to yourself, keeping them in your mind
 - *St. John Chrysostom*

Ask Abouna

Previous Question: I am tired of fasting. Isn't that just for monastics anyway?

Answer: Great question! Thanks. Frankly, I tire of fasting myself. But let me remind you of the high calling of the fast.

Our Lord Himself fasted and said to his disciples, "when you fast..." (Matthew 6:16-18). He did not say, "fast if you are a monk, or a priest." He said "when" you fast. This is an obligation that Christ has modeled for us and passed along to us from his own mouth. But it not merely an obligation, it is a gift, an invitation, a reminder, and a promise.

Fasting is a gift because it frees us from the notion, as my children might say, that "your belly is your boss!"

Fasting is an invitation to a more important, joyous, and nourishing meal: to feast on the Lord's words!

Fasting is a reminder that we are not merely physical beings in a material world, that there is more to life than life.

Finally, **Fasting is a promise**. Our Lord said, if we fast without vain-glory and pride, Our Father will reward us.

Sure, we who are actively living in the world, supporting a family, raising children, etc., won't be able to be extreme in our fasting, but we can obediently humble ourselves, like Zacchaeus climbed into a tree, to draw nearer to Christ in joy and peace, during the fast.

New Question: Father, Why is Great Lent so long? What's the point anyway ?

Invite someone to Church!

Baby Steps to Holiness

March - Display only a Positive Attitude

A few years back my family lived through a major remodel of our house. While it turned out better than we had imagined, living through it was difficult, especially when Christmas rolled around and we were living in the basement. Kh. Elizabeth (6 months pregnant) and I decided we were going to make the most of the situation. ... On Christmas Eve of the next year, one of our children asked, "Can we please sleep in the basement tonight? It was so much fun last year." Glory to God! We were able to make it a beautiful and edifying time for our children by positively responding to the major disruption in our life.



In every situation, we are called to display a positive attitude. Why? Because God is in control and we shouldn't burden everyone with our own shortcomings in trusting Him. Of course, there are relationships that need openness and honesty even in frustration, but those are much fewer than we tend to think. Does this sound disingenuous to you? It certainly isn't, it is us being faithful to what we know rather than what we feel; it is making room by our actions for our hearts to be enlarged.

So, start by little routine things that come up every day. How are you? "Better than I deserve!" or "Never Better!" (*a la* Father Boniface) or "Thank God!" Take this Baby Step to Holiness together with me and let's watch how we can be blessings to everyone around us!

Holy Mysteries



Anna Maria Bushelli, daughter of Fr Noah & Kh Elizabeth, was baptized into Christ on Sunday, February 9.

Nina Marie Chavchanidze, daughter of Nikoloz & Chelsea Chavchanidze, was baptized into Christ on Sunday, February 23.

MAY GOD GRANT THEM MANY YEARS!