



# THE PARISH PRESS

## St. Philip Orthodox Church



SPIRITUAL WARFARE: "I AM NOT MY EMOTIONS."

### NEWS ~ N ~ NOTES

#### GIVING UPDATES

**MONTHLY OUTREACH COLLECTION:** Thank you for your generosity to the needy of our community! In **October**, we are collecting **Bath & Shower Products**.

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

#### MINISTRY OPPORTUNITIES

**Choir** - Women singers needed! If you are interested in participating, please get Fr. Noah's blessing and speak with Kh. Elizabeth about singing in the choir.

**Liturgical offerings** - Prospora, Artos, Kolyva, Altar Candles, Wine, Flower Decorations ... These are simple and profound ways to offer our talents to God and to each other. We are in need of more **Prospora bakers!** If interested, please talk to BethAnn Hyatt.

MAY GOD BLESS ALL OUR  
FAITHFUL GIVING & SERVICE!

### A Message from Fr Noah

Dear Saint Philip's Family, Glory to Jesus Christ!

Well, by God's mysterious and often unpleasant will, our burial ministry team has successfully completed its first holy task: the preparation for burial of Timothy Becker, a young husband, father, theologian (in the true sense that 'he prayed' - indeed without neglecting family or other duties he dedicated many of his nights to the love of God in vigil and prayer), and friend of our parish.

With logistical support behind the scenes, with material support from donations of needed items, our men's body prep team came together at St George in Upper Darby with parishioners, family, friends to modestly wash, anoint, dress Tim's blessed remains. We then brought him up to the church for viewing, keeping vigil over his body with a full cycle of services, reading the Psalter and also selections from the Philokalia (St Maximos's *Four Centuries on Love*), one of Tim's favorite texts. We then brought him to St Philip for the viewing, funeral, burial, and a mercy meal.

It was truly the least we could do for a friend and a faithful vessel of Grace. It was also the most we could do. In fact, I was transported back to apostolic times and am extremely grateful for the loving, dedicated, and talented faithful people that I am blessed and humbled to lead.

If you are interested in being involved, please reach out to myself or Stephanie Muzekari.

May the Good Lord help us to grow in love for Him and each other as we wend our way through this fragrant yet tragic valley to the luminous mountain of heaven.

In Christ,  
+Fr. Noah

### Mark Your Calendar:

**Compline & Patristic Reading**  
*Wednesday evenings (6 pm)*

**Intro to Orthodoxy Class**  
*Saturdays at 4:30 pm*

**Men's Breakfast Fellowship**  
*October 20, 8-10 am*

**Liturgy for St. James**  
*Tuesday, Oct 23*  
Divine Liturgy 10 am  
w/Festal Potluck to follow

**Annual Parish Meeting**  
*Sunday, Oct 28, approx. 1 pm*

**Advent Retreat**  
*Saturday, December 8*  
with Drs. David & Mary Ford  
*"The First & Second Comings of Christ"*

**Bp THOMAS Visit**  
*December 22-25*

### FORTY DAYS OF GROWTH IN STEWARDSHIP

*"One Body In Christ"*

We all have something to offer! God in His providence has made the Church in such a way that we all need one another to be and become who we truly are in Christ, a living Icon of the Trinitarian life of mutual love and self-giving.



As we launch into our 40 Days of Growth in Stewardship this year, prayerfully consider how God is calling you to give more of your time, talents, and resources for the building up of Christ's body! Perhaps you could support our church in these ways:

1. With your pledge, growing toward a tithe. Prayerfully return the pledge card ASAP.
2. Get involved with at least one ministry.
3. Host coffee hour at least once per year.
4. Pray, and repent of your sins.
5. Attend services with visitors.



### Food Festival

#### Many Thanks!

to all our leaders, coordinators, cooks, runners, givers, prayers, singers, greeters, tour guides, workers, creators, mailers, heavy-lifters, assemblers, disassemblers, cleaners, supporters, sponsors, and everyone who played a part in this tremendous endeavor.

**May God bless you and grant you Many Years!**

### MEN'S FELLOWSHIP

**Saturday, October 20, 8-10 am**

Breakfast at church.  
"Cultivating Joy."

### Holy Mysteries

**Theo Daniel**, son of Ben & Holly, was baptized into Christ here at St Philip on September 30.



**MAY GOD GRANT HIM MANY YEARS!**

**OUR SYMPATHY IN CHRIST**

to the **Bailey family** upon the passing of **Helen Bailey**, who reposed on Sept 18. The funeral was held on Sept 22 in NJ.



AND to **Caroline Becker & family** upon the passing of **Timothy Becker**, a parishioner of St. George (Upper Darby), and good friend of our parish, who reposed on Sept 22. The funeral was held on Sept 29 at St. Philip.

AND to **Sdn Tom D'Eramo & family** upon the passing of his son, **Gregory**.

AND to **Zerfenesh & family** upon the passing of her husband, **Ayele Shermeka**, who reposed on Oct 2. The funeral was held on Oct 6 at St. Philip.

**MAY THEIR MEMORY BE ETERNAL!**

**Challenge for 2018:**

**Keep the Feasts & the Fasts**

We've all heard the proverb that says, "Absence makes the heart grow fonder." Likely we've also heard the famous opening line of St. Augustine's *Confessions*, "You stir man to take pleasure in praising You, because You have made us for Yourself, [O Lord,] and our heart is restless until it rests in You." St. Athanasius expresses the same thing in slightly different words when he says, "Knowledge of [our] Creator is for men the only truly blessed and happy life" (*On the Incarnation* §11).

But how do we cultivate this sense of longing, restlessness, & affection? Indeed, do we even realize the depth and beauty of God's desires and intentions for us as His Image-bearers that we have forfeited in sundry ways?

This is why fasting has been, from the very beginning, such a central part of the Church's way of life, its "spirituality." We fast to remind us that, while God's creation is good, as is our enjoyment of it, there is something infinitely better, and that is God Himself whose very life we are called to participate in.

Keeping the Fasts is one important way to form our desires—how we relate to our bodies and our impulses—so that we start the process of transcending all earthly cares, and so cultivate a homesickness for our true home, the Heavenly Kingdom, and our true occupation, giving ceaseless praise and thanks to the Triune God.

**Spiritual Warfare:**

**"I Am Not My Emotions"**

Drawing again this month on Archimandrite Meletios Webber's essay, "The Mind, the Heart and the Way of Salvation," let us consider his take on "emotions":

In the West, we have come to adopt a rather un-examined notion that [emotions] somehow belong to the heart, but this is not the way the Orthodox Fathers understood the situation at all. Instead of associating emotion with the heart, it seems more straightforward if **we were to treat emotions as the reactions of the physical body to the thoughts emanating from the mind.**

<http://pemptousia.com/2016/10/22256/>

That is indeed a profound thesis—Emotions are *physical reactions*, rather than "substantial" states of being! And thus, when our emotions tyrannize us, it is because both our mind and our body are operating without connection to our heart (*nous*), the core of who we are, the place in us where God communes with us, where His Image resides.

From this comes the revolutionary suggestion that if we refuse to identify with and entertain our "thoughts"—some of which do not even originate from ourselves—we can begin to shed our addiction to the emotional rollercoaster we often find ourselves riding.

To be sure, this is no easy task; we must rely on God's grace from beginning to end, participating fully in the life of the Church as the divine hospital of souls. But we must understand that there is another way—a way of being truly human that is not enslaved to the most shallow, easily agitated and manipulated parts of our human constitution.

**Missions Minute**

**IOCC Hurricane Response**

**Hurricane Florence** is gone, but the work of response and recovery is **just beginning**. IOCC team leaders and volunteers are on the ground to aid & assist those impacted by this massive storm.

A gift to IOCC's Hurricane Response Fund helps address immediate needs following a hurricane and supports long-term recovery efforts. Go to <https://www.iocc.org/> to donate!

**Everyday Evangelist**

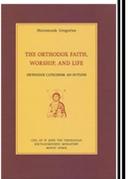
*"As the Father has sent me, so I send you." (In 20:21)*

Help a neighbor rake leaves.

**Did You Know?**

- On October 4, **Sandy Miller** presented a workshop at the NCTM (National Council for Teachers of Mathematics) Conference in Hartford, CT, focusing on developing a growth mindset in the mathematics classroom. The workshop began with a discussion about brain science and research that supports growth mindset followed by hands-on activities that teachers can use in their classrooms to promote growth mindsets.

- Interested in learning more about and growing in the Orthodox Faith? All are welcome to participate in the **Intro to Orthodoxy Class** which is held on Saturdays at 4:30 pm!



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to begin your shopping. Our commission ranges from 1% to 10%. (Note: This is not Amazon Smile, which pays only 1/2%, so you won't find us on their list.)

- Fr. Noah** is very thankful for the faithful, talented people in the parish, working together for the glory of God, making our church a hospitable, vibrant, and active house of prayer and community of repentance!

- "**Beneath Thy Compassion**" is the earliest known prayer to the Theotokos - at least as early as AD 250. Read more at <http://trisagionfilms.com/2014/09/09/prayer-to-the-theotokos/>

- Our **parish website** is rich with resources. Check it out: [www.st-philip.net](http://www.st-philip.net). And if you haven't already, check out our parish podcast titled **Living Orthodoxy**, produced by Sdn David and Rdr Justin. Included are **discussions** of the liturgical year (e.g., feasts & fasts), weekly **homilies**, and **interviews** from a variety of people. It can be accessed on the parish website (at the bottom of the home page) for download/subscription. They welcome your feedback!

