

CONFESSIO:

Spiritual Medicine for the Sin-Sick

As a spiritual hospital for the sin-sick, the Orthodox Church offers spiritual medicine for the healing of soul and body. One of the medicines that the Church offers is the sacrament of Confession. St. Nikolai Velimirovich writes,

"What is the Church, if not a place where the sick meet their physician? Those sick from sin come to confess their sickness to God the Physician, and to find medicine and healing from Him who is the true Healer from all human suffering and weakness, and the Giver of all good things."

Oh, what a loving Heavenly Father that we have who provides us with the healing medicine of the Body and Blood of His Son and the restorative remedies of the other sacraments of the Church! St. James writes,

"Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much." (James 5:16)

Making a confession regularly is a vital part of our spiritual life, and the four Fasts of the year are particularly important opportunities. In order to facilitate **confession with our children**, we have set aside two Sundays during the Nativity Fast on the Sunday School calendar as follows:

- December 8th – Grades 4-5
- December 15th – Grades 6-8

Let's join with our children in turning to the Church for the spiritual medicine that our sin-sick souls need. St. John the Evangelist writes,

"If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:8-9)

Confession is available for all during the following times:

- Saturdays after Vespers
- Sundays at the beginning of Orthros
- By appointment with Fr. Noah or Fr. James
- Special availability during the Nativity Fast
Dec. 20 – 4-7pm, 8-9pm

May this Nativity Fast be a season of repentance, confession, prayer and almsgiving!



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