

MEN'S FELLOWSHIP

Hello Everyone!

The Killdeer have flown! Yes, the mom and all four of her chicks have left the premises. With Father John's return, we will now be able to get to work on the play area!

Mark your calendars for the following date:

What: Kid's play area work day

When: 9:00a—1:00p

Date: Saturday, August 23

Followed by lunch at S&S.

In addition to this event, both the Sisters of St Timothy

and the Men's Fellowship are encouraged to join Mary Kinney as she hosts her annual Family Pool & BBQ Party at her home in Concord. Details on time/location as well as a signup are available in the lunch room.

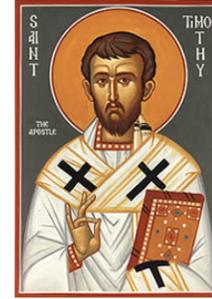
Finally, we are looking for suggestions on where to go for our next Men's Fellowship field trip. Father has talked about a retreat in the Sierras, some have talked about the monastery—where would you like to go? Please let Father or I know!

In Christ,

Tom

St. Timothy Orthodox Church
4593 Central Way
Fairfield, CA 94534

Postage

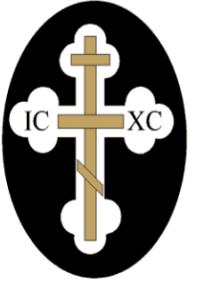


ST TIMOTHY

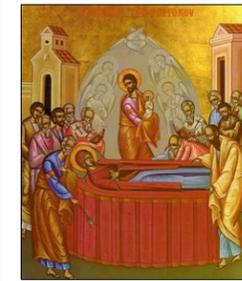
NEWSLETTER

August, 2014

Volume 2, Issue 7



PASTOR'S NOTES/REFLECTIONS



On the Road Again

With kids out of school, summer vacation and travel are a sure bet. Our community of believers at St Timothy's is no exception. Many of our people are away from home and we certainly keep them in our prayers, for safe travel, and a return to us, refreshed and revitalized. We're blessed by God to be able to take time off, it gives us a chance to kick-back away from the hustle bustle of daily life in the work world and re-connect with our Creator. Prayer, somehow, and reflection on the good things that God has bestowed, on each one of us, becomes easier as well, more front and center, and not "back burner" items, as is often the case in our busy lives.

Since Sunday afternoon, the 13th of July, Khouria Barbara and I have literally been on the road, that's 18 days and counting now. Barbara as Camp nurse in Frazier Park, above the "Grapevine" at Camp St. Nicholas, elevation 6,200ft, for a full two weeks. Then myself, for one week, at the 18th Biennial Archdiocesan Clergy Symposium in Pennsylvania, then straight to Camp St. Nicholas for another week. At Camp St. Nicholas I served as Camp Priest for the nearly one hundred, high school age and junior high age, campers and college age staff, for Camp session number two. Both



of us, with slightly different itinerary, were extremely blessed by our experience, and have "tons" of blessed reflections to share with all of you. It would take the entire newsletter, and then some, to put down in print all of the noteworthy memories of these last 18 days, so I will cut to the chase in the next few paragraphs and outline a few of the highlights from each venue.

Antiochian Village, just outside beautiful and historic Ligonier, PA is the home of our Archdiocesan Camp and Conference facility. Hundreds of clergy from the Archdiocese in North America, along with all but two of our Bishops, attended the week long conference. We were also blessed, of course, by our newly elected Metropolitan Joseph, who presided over the conference. The theme for the symposium was, "For the Sick and the Suffering...Medicine, Theology, and Healing." Each day we had two general sessions one in the

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- > 10 Commandments & marriage Pg 10

EVENTS OF

INTEREST

- > Kinney Pool/BBQ 8/16
- > Playground workday ... 8/23
- > Clarice Bridal Shower .. 8/31

TREASURER'S

UPDATE

(JUNE YTD)

Accounts:

Main	\$ 8,909.53
Rental	\$17,255.03
Bldg/Misc	\$11,305.15
Benevolence	\$ 5,769.66
Bookstore	<u>\$ 2,321.27</u>
Total	\$45,560.64

Income:

Tithes	\$62,270.35
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Expenses:

Budgeted	\$54,369.84
Non-Budgeted:	
Renovation	\$23,654.53
(paid from existing funds)	

Total Net:

Inc - Exp	(\$15,754.02)
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SISTERS OF ST TIMOTHY

Sisters of St Timothy,

Yes, I am an Antiochian woman. We (we women, that is) are all Antiochian Women. You may be saying to yourself, "Is she referring to me?"; "I don't belong to our women's chapter organization – I sing in the choir"; "I teach Sunday School"; "I belong to the Fellowship of St. Timothy's"; "I make altar cloths and help clean the church", "serving on parish councils", "cooking meals, My dear sisters in Christ, by virtue of your baptism and chrismation into the Antiochian Orthodox Church, you are an Antiochian woman. We are not prideful of what we do, it's a service needed by our Parish and those we serve, and with joy in our hearts to serve the Lord.



Thank you Victoria for an incredible learning experience with your flower arranging class! We had a good show of ladies (17). If you ask anyone of the ladies that went they will tell you what a fantastic time they had. Sad because you missed it? Have no fear, we are going to have another class November 8th. It will be wreaths this time using real or fake flowers for Thanksgiving or Christmas, your choice! Invite a friend or relative. Our meeting was also successful with new activity ideas. More will be revealed in an email from our Secretary Ruth Andrew.

Activities for August:

August 16th is Family Pool & BBQ Party at Mary Kenney's home. All are invited. Sign-up in refectory.

August 31, 2014 is Clarice Allen (Steve Allen's future wife....notice Clarice doesn't have to change her last name, bridal shower all ladies are invited

Remember-- (Nobody can do everything, but everyone can do something.)

Your Sister in Christ,
Lana Arons



THE TEN COMMANDMENTS AND MARRIAGE DEACON JOHN

"You shall not kill", Exodus 20:13

Examples: Cutting off others is a way of killing them.

Challenge: Move away from others or from one place to another only when necessary, such as for work, school, health or safety reasons.

Antidotes: Pray for those who grieve us.

"You shall not commit adultery", Exodus 20:14

Examples: How many examples do we know?

Challenge: Adultery severs not only one marriage, but two. It creates terrible stress, often silent, for children and later in life. We cannot hide from the effects, even if one succeeds in pulling the wool over the eyes of family members. One infraction or loose word makes it easier to continue into a pattern.

Antidotes: Confession, changing one's mind immediately and refusing to spend time in places of temptation voluntarily ("... and lead us not into temptation"). Ask trusted friends to keep an eye out for us if we are in danger. God does not allow temptation more than we can bear.

"You shall not steal", Exodus 20:15

Examples: Theft of money, possessions, and intellectual property.

Challenge: Overextended credit.

Antidotes: Almsgiving.

"Do not bear false witness", Exodus 20:16

Examples: Be careful about discussing the faults of others, even with your spouse. Be vigilant about discussing the lives of others when dating, because the pattern is likely to solidify in a permanent relationship.

Challenge: In social settings with friends or family, it can be hard to avoid gossip.

Antidotes: Confession, change the subject in conversations. Practice seeing the good in others and commenting on it. Encourage the talents of others, especially those with physical, mental, or emotional handicaps.

"You shall not covet your neighbor's house, or wife", Exodus 20:17

Examples: Comparing wealth, competing for the best cars, clothes, college educations. Imagining ourselves living the lives of others. This is tricky, because it is healthy to exchange ideas with others as a way of solidifying one's own beliefs, but idealizing about another's life paints an unrealistic picture. Equally, disdaining others and congratulating ourselves on not being like them distracts us from our own growth and can damage relationships.

Challenge: Jealousy can result from perceiving others to take an interest in your spouse. We cannot control this, except perhaps by setting an example and dressing modestly.

Antidotes: Avoid bragging. Offer hospitality. Almsgiving. Prayer. Get to know your neighbors! This can be very helpful for exchanging errands, for example. When it comes time for disagreements with neighbors, it's better if you have some rapport with them. Simple disputes between neighbors can sometimes escalate into legal maneuverings if we are not careful.

In Christ,

Deacon John

August

shaded squares note a
Fast Day

Service schedule for every week:
 5:30pm Friday, Paraklesis
 6:30pm Saturday, Great Vespers. Confessions heard afterwards
 9:00am Sunday, Orthros
 10:00am Sunday, Divine Liturgy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Dormition Fast begins Paraklesis - 5:30	2
3 Dormition Fast begins	4	5 Vespers Liturgy for Holy Transfiguration - 6:30pm	6 Holy Transfiguration	7 Vespers Liturgy Dormition of the Theotokos 6:30pm	8 Paraklesis 5:30p	9
10	11	12	13	14	15 Dormition of the Theotokos	16 Pool Party/BBQ Mary Kinney House
17	18	19	20	21	22	23 Men's Workday - Chil- dren's Playground 9:00-1:00, Lunch @
24	25	26	27	28	29 Paraklesis 5:30p	30
31 Bridal Shower Clarice Allen	Birthdays (B), Patron Saints (T) & Anniversaries (A) 1 Ghattas Abudawood (B,P) 11 Matthew Marinou (B) 15 Mary Abudawood (P) 20 Samuel Woldai (P) 30 Saad Awwad (B) 8 Emile Khoury (P) 12 Christina Fasho (B) 15 Mary Danzis-Rantisi (P) 23 Olga Dickson (B) 31 Angelina Dickson (B) 8 Ghassan & Maria Rantisi (A) 12 Tamara Dickson (B) 17 George (Khadr) Fasho (B) 17 Suleiman & Hala Abughazaleh (A) 25 Crissy Parrish (B) 24 Charlie & Cinda Koerber (A) 31 Howie Kebere (B) 9 Fr John Christianson (B) 15 Margaret B. Abudawood (B,P) 18 Lindsay Gower (B) 26 Natalie Wernecke (P)					

(Continued on page 11)

THE TEN COMMANDMENTS AND MARRIAGE DEACON JOHN

Below are brief reflections on each of the Ten Commandments as they relate to marriage. I encourage you to share your thoughts and responses as you reflect on your current (or upcoming) marriage. Use the Ten Commandments as a way of taking inventory before confession and other personal reflection.

“You shall have no other gods before me”, Exodus 20:3
Examples: Too much emphasis on work, money, pleasure, sexual activity, food, children.
Challenge: Each of these is part of marriage, but do not let them become the focus that takes us away from God.
Antidotes: Prayer, deciding on priorities and scheduling around these. This requires active cooperation between husband and wife.

“You shall not make for yourself a graven image”, Exodus 20:4
Examples: We are not typically prone to create an image and worship it, as some ancient peoples did. In fact we can say that our culture does the exact opposite: images are so plentiful that we devalue what we see or hear.
Challenge: TV and internet use provide ample opportunities for viewing images that are inappropriate and harmful.
Antidotes: Have an icon corner that reminds us about Jesus and the saints; restrictions from using electronic devices; fasting.

“You shall not take the name of the Lord in vain”, Exodus 20:7
Examples: Swearing. Casual behavior in church.
Challenge: We sometimes have to associate with those who do not respect God. When you cannot avoid improper language (working in such places as prisons), pray for each one who uses foul language.
Antidotes: Silence, setting limits, guiding young people to show respect.

“Remember the Sabbath day”, Exodus 20.8
Examples: Going to church, visiting family and friends. Sunday starts on Sat. night in the church cycle.
Challenge: Infants’ schedules, resistance from family members. Problem of inter-faith marriages.
Antidotes: Avoid forcing. Do things together as a couple and family. Pray during the week (this feeds the spirit). Have a backup plan for prayer in cases when it is not possible to attend a church.

“Honor your father and mother”, Exodus 20:12
Examples: Listening to parents, even if we don’t agree with them all the time. Encourage relationships with in-laws and grandparents, being careful not to manipulate or play favorites. Respect the time that parents can give you rather than taking them for granted.
Challenge: This is perhaps the most important commandment for marriage. Desiring to do things on one’s own without advice eventually isolates us from those who love us. Be committed to assist parents in their old age or in times of illness. Parents who are controlling can be difficult to navigate.
Antidotes: Talk about parents with your spouse, and set limits, if necessary. Collect and cherish family records and stories, if this interests you, starting with the oldest living relatives.

PASTOR'S NOTES/REFLECTIONS ... (Continued from page 1)

morning after daily Matins and breakfast, then again in the evenings after Vespers and supper. These sessions were led by PhD's, experts in their fields of medicine, psychology and/or theology.

Speaking to us in one morning session was noteworthy theologian and author, Paul Meyendorff, who spoke to us on the "Tradition" (capital letter "T") of the Church with regards to Her practices of dispensing healing to the faithful, and to those outside the Church, who request healing, through the administration of Holy Oil. That particular session was of great interest to all of us as we learned from our noteworthy speaker and theologian the deeper significance of this pious act of anointing oil.

In the last several years at St. Timothy's we have been accustomed to using Holy Oil at the conclusion of many of our services, for the healing of both soul and body. After listening to our speaker all of us clergy came out of the session blest out of our socks. Many of us had been undervaluing the precious means by which God Himself miraculously heals through this much underused practice of the Church. After his outstanding lecture, all of us realized that we have a great opportunity, through the administration of Holy Oil, to witness God's merciful kindness to us ("Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and His ways past finding out!"(Romans 11:33). We will have much more to say about this topic in the days and weeks to come.

In the afternoons, after lunch, we were blessed to participate in smaller group elective sessions. Just mentioning a few of the topics, Technology as a Pastoral Tool, New Challenges for Adult Education, Pastoral Problems and Family Life, Update on the Middle East Crisis and the Church, and Appropriate and Inappropriate Clergy Behavior. We were able to choose from these and half dozen other topics. Certainly one the highlights of the Symposium was when Metropolitan Joseph spoke to all of us clergy, representing America and Canada, his vision of the future, with regards to the continued growth and vigor of the Orthodox Church. We have taken his challenge and by God's grace, intend to fulfill his vision of a vital and thriving Orthodox presence in North America.



Of the time away from St. Timothy's, in these last 18 days, I would have to say that Camp Nicholas was the highlight. The serenity of the Los Padres National Forest, and the mountainous forest terrain, with star lit nights, the prayerful mornings and evenings, with all the campers and staff, time to reflect and re-compose, games and activities with the kids, free time in the pool or out on the soccer field, craft workshops, skits and "Ask Abuna", all spelled out a multifunctional, playful but spiritually centered time of growth and fellowship.

One early morning we all prayed the Akathist, "Glory to God for All Things". I don't think there was a dry eye in the whole of our group as we all sang together the masterpiece of this thanksgiving prayer, composed by Metropolitan Tryphon (Prince Boris Petrovich Turkestanov) in 1934, he was bed ridden as a child. As a bit of history, a copy was in the possession of Protopresbyter Gregory Petrov shortly before his death in a Russian prison camp in 1940. As we chanted the Akathist we made the Sign of the Cross at the conclusion of each refrain, and reflected on the words, making them our own. We all deeply meditated on the manifold ways that God blesses and sanctifies us in this life that we live on this earth.

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GOD'S PLAN FOR GIVING ... (Continued from page 8)

DEACON ANDREW

people placing money in the collection box. Many rich people put in lots of money but a certain poor widow put in a very small amount. Jesus said: "this poor widow hath cast more in than all they which cast into the treasury: For all they did cast in of their abundance; but she did cast in all that she had." This woman must have had the joy of giving.

Perhaps the greatest example of joyous giving occurred during the Last Supper. A woman came to Jesus with precious ointments and poured them on his head. Judas was full of indignation and asked why she hadn't spent the money on the poor. Actually, Judas was the treasurer and he wanted his percentage. But Jesus was so impressed by the faith, love, and joy of this woman that he went so far as to say that wherever the gospel is preached, this woman shall be remembered.

God also promises us results from our giving. We all know the saying "you can't take it with you." If you put it in the right place, you can take it with you. In Galatians 6 Paul says "Let him that is taught in the word communi-

cate unto him that teacheth in all good things. Be not deceived: God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth of the flesh, shall of the flesh reap corruption: but he that soweth to the spirit, shall of the spirit reap life everlasting." This is a promise of heaven.

Finally in Revelation there is a promise that our deeds of faith and giving on earth will not go unrewarded: "Blessed are the dead who die in the Lord henceforth that they may rest from their labors, for their works follow them."

God's plan for us today is that we be joyful in all that God has given to us and that in return we give back to God a part of what he has given us already. The time that the collection plate comes around is not important. What is important is that we understand its meaning.

In Christ,
Deacon Andrew

TEEN SOYO..... JACOB VOYCE

What a great summer! Once the school year ended, the teen group had some great opportunities to get together. Starting in June, we headed down to Santa Cruz with a Father John, not failing to get a good picture of all of us in the tree house in one piece. On the way back, we joined St. Stephen's Church in Campbell, Ca. for a beautiful Vespers service. Olivia incidentally got a chance to compete against the teens in french fry eating afterward.

We were tremendously blessed (again) by the generosity of our own parish as the teens raised over \$1000 in our annual car wash, covering all of our PLC expenses and then some. The PLC in July was a blast, even though the Bible Bowl competition was steep. Our teens got to have a close audience with our new Metropolitan Joseph, and he challenged them to continue in the theme of the PLC-Love God; love thy neighbor. Our own Marina, in the words of His Eminence himself, was "a winner" of the Oratorical Festival, and she certainly did make us all proud

(and quite impressed). As the beginning of another school year is firing up this month, we are looking to wrap up our summer fun with some fellowship with our sister parish in Sacramento, Holy Virgin Mary Church- details to be announced in coming weeks. Additionally, we are decidedly turning our attention for NEXT summer to the goal of having as many of our teens as possible attend our diocesan camp. This means we will likely NOT be preparing for the PLC next year in Riverside.

As always, our young people appreciate your prayers and support for themselves and their families as they each work our their faith with fear and trembling. The new school year is certainly cause for extra encouragement as well. God bless!

In Christ,
Jacob

GOD'S PLAN FOR GIVING DEACON ANDREW

When I was about 12 years old, I wondered why we interrupted the service every Sunday to pass around the collection plate. Then as I got a few years older and began to understand the goings on of the Liturgy, I discovered that the place in the service where the collection occurs (in parishes where a collection is taken) is right after the elements are changed into the body and blood of Christ. My first thought was "How can you put the money collecting at such a high point in the service?" For a long time I was full of questions about the motivations and bases of giving. It was to this end that I began to research God's plan for giving. This paper is a compilation of the results of my research.

The first thing I discovered was that there is plenty of resource material on this subject. I found that Jesus talked more on giving than he did about heaven.

To start my search I began in the beginning, in Genesis. The story of Cain and Abel is one of the first signs that God has a plan for giving, a way in which he expects us to give. God showed favor upon Abel's gift and did not have respect for Cain's. As a result, the first murder in the Bible stemmed mainly from not understanding God's plan for giving.

In Exodus 25 God gives specific orders to Moses regarding what should be given to God as offering. He says: "And this is the offering which ye shall take of them: gold, and silver, and brass. And blue, and purple, and fine linen, and goats hair. And rams skins dyed red, and badgers skins, and shittim wood." He goes on and on.

In Leviticus 1 God gives specific instructions as to how offerings should be made: "If his offering be a burnt sacrifice of the herd, let him offer a male without blemish: he shall offer it of his own voluntary will at the door of the tabernacle ..." God then goes into specific details as to the slaughter of the animal and what should be done with each part of the animal. God's people were instructed to give at times up to 30% of their harvests to God in various tithes and offerings.

It is important here to remember that God did not need these things that were offered. He could have required any other thing instead. The important point is that God wanted his people to make sacrifices to him as a sign of their willingness to be servants of God.

When the passover was initiated, God told the people to take the lamb to be sacrificed into their homes for some time before they killed it. Think how it would be

for you if you had a cute little animal in your house for a week and then you went out and killed it and put its blood on the door frame. You would feel terrible because you would have grown attached to the animal. The purpose here was to show the value of the sacrifice. It isn't really a sacrifice unless it is of value to you. The second point that I discovered is that God always initiates the giving. We are not ever expected to give unless God has first given us something. "In the beginning God created the heavens and the Earth". God gave the whole universe its existence without consulting us. God warned Noah about the flood, he ordered Abraham to move to the promised land and told him his descendants would be a blessing to the whole world. God called Moses to lead Israel out of Egypt. Before giving the Ten Commandments to Moses (asking the people to give God their specific obedience) God says "I am the Lord thy God, which has brought thee out of Egypt, out of the house of bondage."

In the New Testament the same pattern is followed. God sends an angel to Mary to tell her that she is going to have a son that will save the world from its sins. The virgin birth shows God as the giver. One of the most remembered quotes from the Bible says "For God so loved the world, that he gave his only begotten son, that whosoever believeth in him should not perish but have everlasting life." This is the ultimate gift.

Moving from the Old Testament to the New Testament, the attitude of giving changes. In the Old Testament, it is almost a tax that God is ordering upon his servants; in the New Testament a more joyful giving is demonstrated. In fact, as Paul writes to the Corinthians "Each one must do as he has made up his mind, not reluctantly nor under compulsion, for God loves a cheerful giver." In Acts, the church elders are reminded: "Remembering the words of the Lord Jesus, how he said 'it is more blessed to give than to receive.'"

The word Gospel means good news. We should be joyous in the gospel and this joy should be the basis of our faith. The entire Philippian letter (sometimes called the joy letter) was written by Paul from prison because the people of Philippi sent their offering to him there. Paul could not use the money, he was in prison. The people sent it not because he needed it, but purely for the joy of giving.

In Mark's gospel there is a story of Jesus watching
(Continued on page 9)

PASTOR'S NOTES/REFLECTIONS ... (Continued from page 4)

One of the stanzas reads, "Lord, how good it is to be Thy guest; the delicately scented wind, the mountains stretching to the sky, the waters reflecting like infinite mirrors, the golden rays of sun, the airiness of clouds. All nature secretly whispers, full of tenderness, and even the birds and beasts bear the mark of Thy Love. Blessed is mother earth with her transient beauty, longing for the homeland which is eternal and where an imperishable beauty rings out: Alleluia." There is much, much more to be said about this classic Orthodox prayer, which all of us should reflect upon from time to time. The impression that it made on the kids and counselors was indelible and will renew itself over a lifetime.

With that I conclude my abbreviated summary of the last two weeks, and look forward to being with my

Church family of St. Timothy's this coming weekend and the rest of this summer season. As a note for scheduling, the Feast of the Transfiguration on August 6th will be celebrated as a Vespertine Divine Liturgy on the 5th evening at 6:30 pm, and concluding the Liturgical Calendar year we celebrate the Dormition of the Theotokos on the 15th of August, (time and exact day to be announced). Each Friday now until the Feast of the Dormition we will serve the Paraklesis at 5:30 pm. Come and chant the Paraklesis with us, it's a blessed hymn of supplication and thanksgiving.

God speed!

Fr John

FROM THE BOOKSTORE LINDSAY GOWER

New Books, New Music

We have several new books and new CDs available in the bookstore. Come take a look!

Music CDs

THE DIVINE LITURGY

by Capella Romana, in English

This is a two-CD release of the Divine Liturgy set to Byzantine chant. Includes the Liturgy's hymns, psalms, and responses in a resonant natural acoustic according to the most authoritative Byzantine traditions. Sung by a male ensemble led by Alexander Lingas

AKATHIST TO MOTHER OF GOD, NURTURER OF CHILDREN

by Charissa Gianos and Father Apostolos Hill, in English and Greek

This sweet, yet powerful, prayer service is an offering to the Mother of God for her intercessions to help the young people we name grow to become worthy heirs of Christ's kingdom. This is based on the same booklet (published by Saint Paisius Serbian Orthodox in Arizona) that we use here at St Timothy's for the Saturday afternoon Akathist.

HYMNS OF THE HOGAR

by the Children of the Hogar Rafael Ayau

This recording includes 25 tracks of the children of the Hogar Rafael Ayau in Guatemala City singing the Orthodox Christian Hymns for Matins and Vespers, as they sing daily. All proceeds from the sale of the CD will support the Capital Campaign Building Fund for construction of Hogar San Miguel, a new orphanage for the children.

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FROM THE BOOKSTORE ... (Continued from page 5)

LINDSAY GOWER

Books

A PATRISTIC TREASURY by James R. Payton, Jr.

Early Church Wisdom for Today

The writings of the Church Fathers are regularly lauded but rarely read, yet they constitute the "first story" of the Christian faith, built upon its apostolic foundation. Patristic scholar James Payton has made the Fathers easily accessible by selecting passages that are devotionally stimulating, doctrinally thought-provoking, or epigrammatically striking. With his help, the average Christian can find stimulation, comfort, challenge, and inspiration in the Church Fathers.

AROUND A GREEK TABLE: RECIPES AND STORIES by Katerina Katsarka Whitley

Explore the intricacies of Greek cooking and come to understand these once-mysterious recipes! This book organizes 100 unique recipes around the Eastern Church's yearly seasons, and also delves deep into tales of Greek life with intimate and historical essays, exploring the ancient stories that are told around Greek tables in the honored tradition of combining myths with food.

COMMUNITY OF GRACE by Mary Alice Cook

Community of Grace is not a textbook for creating community – a close and caring group of people who provide for each other physical, material, emotional, and spiritual support. It's the story of how one such community was created: Join in the lives of the parishioners of St. John's Orthodox Cathedral in Eagle River, Alaska, as they experience the joys and sorrows, struggles and triumphs of being an intentional community dedicated to life in Christ.

CREATION AND THE PATRIARCHAL HISTORIES by Fr. Patrick Henry Reardon

Dale Liid is using this books for his current Adult Sunday School class. The Book of Genesis is foundational reading for the Christian, concerned as it is with the origins of our race and the beginnings of salvation history. Fr. Patrick shows clearly how the proper understanding of Creation and the Fall informs all of Christian doctrine, and how the narratives of the patriarchs from Noah to Joseph pave the way for the salvation history that continues in Exodus.

DESPONDENCY: THE SPIRITUAL TEACHING OF EVAGRIUS PONTICUS ON ACEDIA by Gabriel Bunge

This ultimately joyful work deals with the problem of despondency—*acedia*—and how it can be overcome. Evagrius Ponticus, a 4th-century desert Father, developed a sophisticated psychology which remains beneficial to us today, who are subject to silent despair. This is a companion book to the author's *Dragon's Wine and Angel's Bread*.

GOD'S PATH TO SANITY by Dee Pennock

Lessons from Ancient Holy Counselors on How to Have a Sound Mind

Holy physicians of the soul in ancient Christian traditions offer superbly clear examples of the patristic method of diagnosing and healing many disorders, which today are being widely treated with brain-crippling drugs. Drugs can soothe, notes the author. But only God can heal the afflictions of the soul that are causing such widespread psychological distress throughout the world today. Early reviewers have dubbed this book a "must read" for spiritual health and sanity.

GO FORTH! by Fr. Luke A. Veronis

Father Luke, a missionary to Albania, tells about the resurrection of the Orthodox Church after being almost exterminated by the communist government. We as a parish contribute to support of Anastasia Pamela Barksdale, another of OCMC's missionaries in Albania, who works for Archbishop ANASTASIOS, who has lead the Church in Albania to become a vibrant and growing member of the world Orthodox community. Learn more about the country in which we support missionary work by reading Fr. Luke's stories of people who answered the call of the Lord's Great Commission: Go Forth!

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FROM THE BOOKSTORE ... (Continued from page 6)

LINDSAY GOWER

LETTERS TO SPIRITUAL CHILDREN by Abbot Nikon

Abbot Nikon studied medicine and psychiatry before being ordained a hieromonk. He was sentenced to Siberian camps and died in exile in 1963. In addressing his spiritual children, he balances exhortation and reproach with encouragement and consolation, providing instruction in the Christian struggle to those seeking guidance on the difficult path to salvation. His letters speak to anyone seriously and sincerely desiring to attain the Kingdom of Heaven.

MY ELDER JOSEPH THE HESYCHAST by Elder Ephraim

Elder Joseph was a poor hermit on Athos, yet he became one of Orthodoxy's most influential figures of the twentieth century by kindling a revival of The Jesus Prayer. Many of these fascinating stories have never been published before, including delightful anecdotes about Elder Joseph's brotherhood, moving accounts of his spiritual struggles, insightful spiritual counsels from his deep wisdom, and amazing miracles.

ORTHODOX CHRISTIANITY, Volumes 1 and 2 by Metropolitan Hilarion

Volume I: The History and Canonical Structure of the Orthodox Church

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This series presents Orthodox Christianity as an integrated theological and liturgical system, in which all elements are interconnected. Theology is based on liturgical experience, and church art—including icons, singing, and architecture—is shaped by theology and the liturgy. Theology and the services, in their turn, influence the ascetic practice and the personal piety of each Christian; they shape the moral and social teaching of the Church as well as its relation to other Christian confessions, non-Christian religions, and the secular world.

The first volume is a detailed and systematic exposition of the history, canonical structure, doctrine, moral and social teaching, liturgical services, and spiritual life of the Orthodox Church.

The second volume examines the sources of Orthodox doctrine in Scripture and Tradition; its teaching on God in Trinity and Unity, in His essence and in His energies; on the world and man; on Jesus Christ, the incarnate God; on the Church, the body of Christ; on the Theotokos; and on eschatology, the last things

Metropolitan HILARION (Alfeyev) has authored numerous works on theology and church history. In the words of Patriarch ALEXEI II of blessed memory, "his many years of service to the mother church, his rich creative activity, and his broad perspective enable him to present the tradition of the Orthodox Church in all its diversity."

PLACE YOUR HOPE IN THE LORD by Jelena Stanisic (Author) and Milena Taylor (Translator)

The Poetic Spiritual Life of Father Lazar

Father Lazar of Ostrog Monastery in Montenegro became a revered spiritual leader within, and without, the walls of his monastery. The words and actions of this modern-day holy elder, born of an unflinching hope in Christ, cut through the din and clatter of a turbulent world. This is the inaugural publication of Orthodox Christian Translation Society

THE PRAYER ROPE by St. Nektarios Greek Orthodox Monastery

This simple, illustrated, pocket-sized booklet explains how to use a prayer rope, and gives a wonderful overview of the history and value of The Jesus Prayer. 24 pages, full color.

THE SCENT OF HOLINESS by Constantina R. Palmer

Lessons from a Women's Monastery

Every monastery exudes the scent of holiness, but women's monasteries have their own special flavor. Constantina Palmer writes of her pilgrimages to a women's monastery in Greece and how she observed and absorbed the nuns' particular approach to their spiritual life. If you're a woman who's read of Mount Athos and longed to partake of its grace-filled atmosphere, this book is for you. Men who wish to understand how women's spirituality differs from their own will find it a fascinating read as well. ver, Alaska, as they experience the joys and sorrows, struggles and triumphs of being an intentional community dedicated to life in Christ.