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ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Daniel, Metropolitan Antony, Metropolitan Yurij, Anastasia [Metropolitan Yurij's mom], Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, Father Nestor Kowal, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John & Pani Mary Anne Nakonachny, Father Steve Repa, Protopresbyter William Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smolynech, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Joshua Agosto and his family, Eva Malesnick, Nick Behun, Grace Holupka, Joseph Sliwinsky, Gary & Linda Mechtly, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Sam Wadrose, Isabella Olivia Lindgren, Ethel Thomas, Donna, Erin, Michael Miller, Grace & Owen Ostrasky, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Liz Stumpf, Theodore Nixon, Michelle Corba Kapeluck, Linda Hippert & family, Margaret Vladimir, Luke Emmerling, George Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Archbishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, Nathan Forbeck, Sarah Doyle, Samuel Peters, Esther Holupka, David Vallor, Henry Faraly, Julie Eiler, Dorothy Lednovich, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—young man with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Carl & Margaret Reed, Lydia Wilson, Robert Pointon, Walter Cecelia, John

Persico, Jeff Miller, Mary Kernick, Glenn Miller, Jean Marie, Donna & Walter McCrackin, Bonnie & Eugene Blair [Pani Gina's parents], David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Strozh [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Patrick, Linda Morris, Howard Simpson, Chris, David Hiles, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, Susan Lucas, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Mira Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Howell Swarm, Jane Bielewicz Allred, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Kyranna Cherpas, Pastor Bruce Nordeen, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Sherri Walewski, Marika Zeliszczuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], Stella McKeag, Margie Sekelsky, Gary Howell, Fran Fulton, Gina Catanese, Bill Vizza, Jamie Swarm, Kevin Allen (from Ancient Faith Radio), Kathy Flaherty, Tori Reade-Henry's niece, Derick-Glen Burlack's neighbor, Michael, Nichole & Christopher, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, Gregory Cervo, Lisa Bruce, Martha Nezolyk, Kathy Cvetkovich, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Phil Bouse, Ralph & Beverly Stoker, Noah Willard, Nikola, Natalie, Nikola, & Nevenka Jovonovich, Julia Collier, Amy Kemerer, Thomas Smith, Tracy Slaughaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Marianne Mulroy, Joe Samchuck—vocations, Albert Heckman, Brianna Stumpf, Stanley Porembka, David & Terry Coyne Hartnett, Mike C., Jennifer Scheirer [Nick Behun's daughter], Catherine Beecham [Father Bob's cousin], JoAnne & Dave Andrews, Rev. Peg Bowman, and Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer

Paul Kline and Walter Sakol. We pray that God will grant them all a speedy recovery.

**“We must not be distressed by anything that happens to us, even if it affects our present weakness. For although we don’t know why everything happens to us is sent by God as a blessing, we should be convinced that everything that happens to us is for our good.” -
*Saint Basil the Great***

PLEASE REMEMBER IN YOUR PRAYERS: All Christians and the others in the Middle East who are suffering during this time of great tragedy and unrest. May God watch over and keep them safe! Lord have mercy!

Please remember ALL American service men and women in your prayers. May God watch over them and all American service men and women—and bring them all home safely!

REMEMBER—PRAYERS ARE ALWAYS FREE!

Communion Fasting: nothing to eat or drink after midnight, EXCEPT in cases where your doctor tells you to eat or drink something for medical reasons: medication, diabetes, etc. If you have a question, please ask Father Bob.

AT ANY TIME—if there is an emergency, if you have questions, or if you just need to talk, please CALL FATHER BOB at [412] 279-5640.

SCHEDULE OF SERVICES

SUNDAY, JULY 28 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
6TH SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE FIRST 6 ECUMENICAL COUNCILS; HOLY EQUAL-TO-THE-APOSTLES GREAT PRINCE VOLODYMYR-ENLIGHTENER OF KIEV-RUS; MARTYRS CYRICUS & MOTHER JULITTA; MARTYR ABUDIMUS

Tone 5

Romans 12:6-14; Galatians 1:11-19; Hebrews 13:7-16

Matthew 9:1-8; John 10:1-9; John 17:1-13

SUNDAY, AUGUST 04 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

7TH SUNDAY AFTER PENTECOST; HOLY MYRRH-BEARER AND EQUAL-TO-THE-APOSTLES MARY MAGDALENE; TRANSLATION OF THE RELICS OF HIEROMARTYR PHOCAS; SAINT CORNELIUS-MONK OF PEREYASLAV

Tone 6

Romans 15:1-7; 1 Corinthians 9:2-12

Matthew 9:27-35; Luke 8:1-3

Litany in Blessed Memory of Father Peter Natishan, Samuel Mrvos, David Yenni, Denise Lawrence, Rudy Obradovich, Michael Horvath, John Sheliga, Anna Harte, Mildred Kitch, Agnes Rossi, Michael Cherepko, & Mary Vigani—Fr. Bob

SUNDAY, AUGUST 11 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

8TH SUNDAY AFTER PENTECOST; MARTYR CALLINICUS OF GANGRA IN ASIA MINOR; VIRGIN-MARTYR SERAPHIMA OF ANTIOCH; MARTYR THEODOTA & 3 SONS IN BITHYNIA; MARTYR MICHAEL

Tone 7

1 Corinthians 10-18

Matthew 14:14-22

BULLETIN INSERT FOR 28 JULY 2019

6TH SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE FIRST 6 ECUMENICAL COUNCILS; HOLY EQUAL-TO-THE-APOSTLES GREAT PRINCE VOLODYMYR-ENLIGHTENER OF KIEV-RUS; MARTYRS CYRICUS & MOTHER JULITTA; MARTYR ABUDIMUS

TROPARION—TONE 5

Let the faithful praise and worship the Word,
Coeternal with the Father and the Spirit;
Born for our salvation from the Virgin;
For He willed to be lifted up on the Cross in the flesh,
To endure death, and to raise the dead by His glorious Resurrection!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever,
and unto ages of ages. Amen.

KONTAKION—TONE 5

Thou didst descend into Hell, O my Savior, Shattering its gates as almighty;
Resurrecting the dead as Creator, And destroying the sting of death.
Thou hast delivered Adam from the curse, O Lover of Man,
And we all cry to Thee: O Lord, save us!

PROKEIMENON—TONE 5

READER: Thou, O Lord, shalt protect us and preserve us from this generation forever.

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this generation forever.

READER: Save me, O Lord, for there is no longer any that is godly.

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this generation forever.

READER: Thou, O Lord, shalt protect us and preserve us...

PEOPLE: From this generation forever.

ALLELUIA VERSES—TONE 5

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be prepared in the heavens.

The Kingdom of God

Matthew 6:33-But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (KJV)

Christ calls each person to seek first the Kingdom of God and His righteousness. True desire within the person is necessary in moving toward God's Kingdom. The seeking of the ultimate in life is necessary for a person to seek the Kingdom. Dissatisfaction with the present inspires the person to look to God for direction. God's love offers the Kingdom for the fulfillment of each true seeking believer.

Matthew 12:28-But if I cast out devils by the Spirit of God, then the kingdom of God is come unto you. (KJV)

God's action and love are necessary for the believer to experience the Kingdom. The Kingdom entails the presence of God and the absence of all that is not of God. Desire to be embraced by God's healing love motivates the believer to draw near. The rejection of evil makes room for God's presence to prevail within the believer. The Kingdom is the ultimate destination for seekers and lovers of the living God.

Matthew 19:24-And again I say unto you, It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God. (KJV) Seekers are required to follow the narrow path toward the Kingdom of God. (Mt.7:14)

Carefully examining the heart reveals the person's ultimate goal and desire of life. Willingness to forego all that is not of God is fully necessary to enter the Kingdom. Being content with God's provisions in life lightens the burden for the journey. Traveling the road to the Kingdom entails removing the burden of worldly riches.

Matthew 21:31-Whether of them twain did the will of his father? They say unto him, The first. Jesus saith unto them, Verily I say unto you, That the publicans and the harlots go into the kingdom of God before you. (KJV)

Repentance marks the lives of the persons truly desirous of the Kingdom of God. Changes within the heart and mind reflect repentance and foster obedience to God. Reconsideration of life's goals leads to redirection of life toward God's Kingdom. The healing love of God is quickly manifested when the heart opens to the Lord. Travel toward the Kingdom hastens when God's welcoming is fully embraced.

Matthew 21:43-Therefore say I unto you, The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof. (KJV)

Failure to follow the path to the Kingdom throughout life puts the soul in peril. All believers set out toward the Kingdom of God at the time of Holy Baptism. Rejection of sin and repentance restore the believer's direction to the Kingdom. Joy in the Kingdom becomes possible for the adherers to God's pleasing ways. Vigilance is necessary throughout life to experience the joy of the Kingdom.

*Venerable Athanasius of Mt. Athos; Venerable Sergius, Wonderworker of Radonezh.
July 5/18, 2019. Hidden Valley, Pennsylvania. Father Rodney Torbic*

Glory be to Jesus Christ!

"In the hour in which we are tempted we must be patient and pray. Temptation is a clever craftsman. He is able to make small things loom large. Temptation disquiets, saddens, and creates external battles... Don't let the winds of temptation affect you. They cannot do you any harm."
+Saint Amphilochios of Patmos, *Precious Vessels of the Holy Spirit*

The demoniacs were possessed by demons. Jesus healed them as He can heal us!

Now let's consider the unhappy end to the heard of swine in today's Gospel – This is a sign and warning to us. "Jesus suggests that abandonment to the power of evil always leads to death and destruction."

If we relinquish ourselves to our temptations—it will lead to our spiritual death. Do not surrender. When tempted, pray the Lord's Prayer... "and lead us not into temptation, but deliver us from evil."

Remember, "In the hour in which we are tempted we must be patient and pray. ...Don't let the winds of temptation affect you. They cannot do you any harm."
+ + +

*It was so hot in church today that the house flies passed out, BUT so many of you braved the heat and it was beautiful to pray with you this morning!
Have a beautiful week! Enjoy the bulletins! and the cooler temperatures that are on the way!*

Fr Dave Urban, St John the Baptist Orthodox Church, Pittsburgh, Pa

[We are the children of the resurrection. Without Sunday's joy, you can neither live nor be saved. Mt. Athos ascetic George \(Vitkovich\)](#)

Angels Unawares

I've been asked to repost this story from the past

While sitting in Murchie's Tea and Coffee sidewalk cafe in Victoria, B.C., with my friend Archpriest Basil Rhodes, having a cup of coffee and a lemon scone, a homeless man stopped behind me. The man was staring at our food, so Father Basil asked him if he was hungry. He answered with an enthusiastic "yes," and when Father asked what he'd like to eat, he said "sausages and eggs." Father Basil told him they didn't have such a breakfast here, but passed a Canadian five-dollar bill for me to give the man, telling him to find just what he wanted, elsewhere.

Another man, around thirty years of age, was standing nearby, listening to every word. As the homeless man walked away, the younger man walked up and confronted us with the question, "how could you give money to a junky? You are not doing him any good by giving him money. Aren't you men of God?"

I responded by saying that it was not our place to judge anyone, to which he replied, in a confrontational manner, "he's just going to buy drugs with that money. You don't seem to be very intuitive". I told him I'd worked with the homeless before, and that the man was hungry and deserving of our charity. The man said "cheers" and dismissively walked away.

A woman seated at a nearby table called over with the words, "good response." She then came over to our table, knelt down beside me, and with tears in her eyes, identified herself as a social worker, and told us she'd been going through a particularly difficult time, and that the interaction she'd just witnessed had helped her immensely.

I then told this woman the story of the time I was walking with an elderly bishop of the Russian Church, and how I had spotted a filthy homeless man walking towards us. This man's hair was disheveled, filthy with years of dirt, and was wearing torn clothing. He had no soles on his shoes, so with each step we could see the bottom of his feet. Instinctively, I took the elbow of the bishop, and attempted to get him to cross in the middle of the street. The bishop asked why, and I said, "Look at the crazy man coming towards us". The bishop told me we were not crossing, but would continue.

When directly in front of the man, the bishop stopped, reached out, taking the man's filthy right hand into his own, and placed a twenty-dollar bill into the man's hand, covering the bill with the man's left hand. At that moment the man looked up into our eyes, saying nothing. But looking back were the bluest, clearest eyes I had ever seen. They were not the eyes of a homeless man, nor the eyes of a deranged man, but eyes filled with wisdom and holiness.

As we walked away, I remarked about the man's eyes, to which the bishop responded by saying, "We just encountered an angel unaware, and we were being tested," recalling the words of Scripture, "Be not forgetful to entertain strangers: for thereby some have entertained angels unawares" (Hebrews 13:2).

After the social worker left, a man seated at a nearby table remarked, "that was a remarkable story, and you made my wife cry". This other couple had witnessed the whole of these encounters.

A moment later, the young man who'd judged us so harshly after the original encounter, returned. He came to our table, asked forgiveness for having judged us, and said he'd followed the homeless man, witnessing him "buying yogurt and fruit" with the money we'd given him. I stood up, told the young man that we'd forgiven him the moment we'd heard the words come out of his mouth, and I gave him a hug.

Only then did Father Basil and I finally taste our, by now, cold cappuccinos and lemon scones.

With love in Christ, Abbot Tryphon

The saint's authority extended not only over the earthly realm, but even over the very abysses of hell. Once Fr. Seraphim related the following about himself: "Two nuns, both former abbesses, were dying. The Lord revealed to me their lot beyond the grave: how their souls were led past the aerial toll-houses; how at the toll-houses they were tortured and then judged. For three whole days I, the poor one, prayed, appealing to the Mother of God. The Lord, in His graciousness, by the prayers of the Mother of God, had mercy upon them. They passed through all of the aerial toll-houses and received forgiveness from the merciful God."

Here is another incident. One day two merchant brothers came to St. Seraphim. Their father had drunk too much wine and died without repentance. They had not yet been able to tell the Saint, but he himself came to them and placed a prosphora in each of their mouths. He told them, however, not to chew them, but to swallow them slowly as they dissolved. Leaving them alone, he went to his cell to pray. When he came back out, both brothers' countenances had darkened and tears streamed down their faces.

"Was it difficult for you?" asked the God-pleaser. They said, "It was so difficult that we almost lost our breath." "Well, it was just as hard, Fr. Seraphim added, "to tear the soul of your drunken father from the arms of Satan; and the Holy Church does not accept prayers for those who have died in drunkenness." Then Fr. Seraphim ordered the brothers to have a bell made in remembrance of their father and to donate it to some church. It so happened that they had come to him specifically to ask a blessing for just such a donation.

For such boldness in prayer, the enemy was vengeful against Fr. Seraphim, sometimes obviously. The Diveyevo sister Anna Alexeevna recalls: "One sister was vouchsafed to pray with St. Seraphim in his cell. Suddenly there came such a darkness that she fell to the floor from fear... When she came to her senses, the Saint asked her to arise, and explained to her the reason for this occurrence:

"Do you know, my joy, why such a clear day suddenly became so horribly dark? It is because I prayed for a deceased sinful soul and tore it from the arms of satan himself. He therefore was furious with me and flew here, causing that darkness.'

"That is how his prayer was on the earth. Now, with the Lord in heaven he can ask for anything and receive it."

Saint Seraphim Wonderworker of Sarov And His Spiritual Inheritance
Helen Kontzevitch Part I, Ch 2

HOW TO PRAY FOR THOSE WHO REQUESTS YOU TO PRAY FOR THEM?

- Geronda, when they ask us, for example: "Pray for my child who is taking the exams", or "Pray for such and such—he will have an operation, "then do you need to ask how everything went?"
 - Why ask how it went? To say, "Glory to Thee, O God, that my prayer worked"? Prayed? Did your job? Nothing else is required of you.
 - Geronda, how do you pray for the people for whom you are being asked to pray?
 - Before the operation, the notes that they gave me, I read standing up, making prostrations from time to time. When I returned from the hospital, I began reading while lying on my side. But as soon as I came to myself, I again began to read the notes while standing.
 - Geronda, when some pilgrims leave us notes for commemoration, and we do not know their needs, then how do we pray for them?
 - Say: "Lord, have mercy on Your servants, whose needs You yourself know."
 - And when, Geronda, we pray for people and don't know if they are alive or dead?
 - Say: "Lord Jesus Christ, have mercy on Your servants."
 - Geronda, sometimes I forget to pray for those who asked to pray for a particular case on a certain day and time.
 - Begin your prayer for them and say: "Remember, O Lord, Your servants who commanded us unworthy to pray for them." Remember the names of them two or three times, and then pray for the whole world, saying: "Lord Jesus Christ, have mercy on Your servants."
 - Sometimes, Geronda, I do not remember the names of people who ask for prayers.
 - If you do not remember the names that are given to you, then pray in general: for the sick, for the young, those who have gone astray, etc. At the beginning say: "Help, my God, first to those who need help more", and then continue: "Lord Jesus Christ, have mercy on Your servants."
 - Geronda, I write down the names of people who ask for prayers, according to their needs for health, for enlightenment, etc. But the names are getting bigger and bigger. How long do you need to keep these names and pray for these people?
 - First, commemorate the new names, and then say: "Lord Jesus Christ, have mercy on Your servants and all Your world," this is so that your train does not go half empty.

- Geronda, when I am asked to pray for some need, how long should I pray?

- Depends on the needs of the person and how much you sympathize with him. He may not have any serious need, but by compassion for him you can pray for him for years.

- What is, Geronda, the criterion that I prayed enough?

- Pray until it bothers you. And in terms of quantity, it depends on how much time you have. But the main thing is not how many times you pray for people, but how you pray. You can pray for a long time and think that you are praying, but in reality you are not praying because you do not have compassion in prayer. And someone may not be praying for long, but his prayer is real, because it is created with contrition and humility. But if there is both quantity and quality, then a pious soul receives a double grace from God.

-Geronda, when people come to the monastery with some grief and leave their names for me to pray, I sympathize with them, but sometimes I don't have enough time to pray for their needs, and the thought confuses me.

- A person shares his pain with you, you listen to him and deeply sympathize. Then, even if you do not have time to pray for him, this compassion is worth hours of prayer; it is a heartfelt prayer and it has beneficial results. Or you read the names that are given to you, and you worry that you have no time to do something more. One heartfelt sighing when pronouncing names is recorded in Heaven, goes straight to the throne of God! *Saint Paisios the Athonite*

I do not despise one who is poor, but the world has become despicable to me because though it is poor and pretends to be rich. Neither do I despise one who is selfish, but the world has become despicable to me because though it is selfish and pretends to be generous. Nor do I despise one who is insane, but the world has become despicable to me because though it is insane it pretends to be sane. Nor do I despise one who is sick, but the world has become despicable to me because though tuberculous it intentionally contaminates the water of the healthy. I despise the imposter and the charlatan, oh Lord, who bury my life with the earth while speaking continuously to me about heaven. *Saint Nikolai [Velimirovich] - from Prayers by the Lake*

ON THE HOLY SPIRIT IN YOUR LIFE:

“The grace of the Holy Spirit which is given mystically to every Christian when he is baptized acts and is manifested in proportion to our obedience to the commandments of the Lord.

That is, if a Christian obeys the commandments of the Lord more, grace acts with him more, while if he obeys them less, grace acts within him less. Just as a spark, when covered in the ashes of fire becomes increasingly manifest as one removes the ashes, and the more fire wood you put the more the fire burns, so the grace that has been given to every Christian through Holy Baptism is hidden in the heart and covered up by the passions and sins, and the more a man acts in accordance with the commandments of Christ, the more he is cleansed of the passions and the more the fire of Divine grace lights in his heart, illumines and deifies him.”

+ *Saint Nikodemos of the Holy Mountain, Commemorated July 14*