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# Great Lent—the Great Fast

**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 Yuriy, Archbishop Jovan, Bishop Robert, Metropolitan Savas, Metropolitan Kallistos of Diokleia, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, 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], Father George Livanos, Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father Steve Hutnick [COVID-19], Father Victor Wronskyj [COVID-19], Father George & Dobrodijka Oksana Bazylevsky, Fr. Volodymyr Muzychka [COVID-19], Diakonissa Mary Ann Cherkas, 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, 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,

Yvonne Christy, Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Loretta, Nancy, Carol, & Michael Sheliga, Gaele 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, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, 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, 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 Trachine, 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], 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 & Gordon Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, 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, Pat Jennings, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Steven—Harry Batch's cousin, Rose Mary Pavlovich—Mary Anne Kuznik's Cousin, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Micky Delans [COVID-19], Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Dolores Wachnowsky, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Deacon Joe Uzar—vocations, Tim—surgery, Archimandrite Raphael—COVID-19, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko [triple by-pass], John, Kris & Kait, Jeff & Mary Jane Double [COVID-19], Terri Crosby-Vega [COVID-19], Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Barbara Shegat & Chaplain Rachelle Zazzu, 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.

***Love one another—as I have loved you!***

**Dear Brothers and Sisters in Christ... There is **NOTHING** to keep us from praying...for each other, for our family and friends, and most of all for the first responders—EMTs, nurses, doctors, firefighters, police officers, and members of our military who keep us safe. Be well, and be **SAFE!!!** God Bless!**

*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**.

### **SERVICES IN SLICKVILLE**

**SUNDAY, MARCH 21 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM**  
**FIRST SUNDAY OF GREAT LENT; SUNDAY OF ORTHODOXY; TRIUMPH OF**  
**ORTHODOXY; SAINT THEOPHYLACTUS-BISHOP OF NICOMEDIA; APOSTLE**  
**HERMAS OF THE 70; HIEROMARTYR THEODORETUS OF ANTIOCH; SAND**  
**DOMETIUS-MONK**

***Triumph of Orthodoxy LIVESTREAM from Holy Cross Greek Orthodox Church—***  
***4:30 PM***

*Tone 8*

Hebrews 11:24-26, 32-12:2

John 1:43-51

**SUNDAY, MARCH 28 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM**  
**SECOND SUNDAY OF GREAT LENT; SAINT GREGORY PALAMAS-ARCHBISHOP OF**  
**THESSALONICA; SYNAXES OF THE VENERABLE FATHERS OF PERCHEVSKY**  
**LAVRA; MARTYRS AGAPIUS, PUBLIUS, TIMOLAUS, ROMULUS, 2 NAMED**  
**DIONYSIUS, & 2 NAMED ALEXANDER OF CAESAREA IN PALESTINE;**  
**HIEROMARTYR ALEXANDER OF SIDE IN PAMPHYLIA; MARTYR NICANDER**  
**OF EGYPT**

*Tone 1*

Hebrews 1:10-2:3; Hebrews 7:26-8:2; Galatians 5:22-6:2

Mark 2:1-12; John 10:9-16; Luke 6:17-23

**SUNDAY, April 04 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM**  
**THIRD SUNDAY OF GREAT LENT; ADORATION OF THE HOLY CROSS;**  
**HIEROMARTYR BASIL-PRESBYTER OF ANCYRA; MARTYR DROSIDA OF**  
**ANTIOCH & 5 VIRGINS; VENERABLE ISAAC-FOUNDER OF THE DALMATIAN**  
**MONASTERY AT CONSTANTINOPLE**

*Tone 2*

Hebrews 4:14-5:6

Mark 8:34-9:1

***Litany in Blessed Memory of Frank Pendlyshok, John Cherepko, Ollie***  
***Pendlyshok, Stella Peanoske, Rose Lopushanski, Mary Haluszczak,***  
***Vladimir Hanczar, Michael Brittan, Deacon Dennis Lapushansky, & Lynne***  
***Giglione--Fr. Bob***

## **BULLETIN INSERT FOR 21 MARCH 2021**

**FIRST SUNDAY OF GREAT LENT; SUNDAY OF ORTHODOXY; TRIUMPH**  
**OF ORTHODOXY; SAINT THEOPHYLACTUS-BISHOP OF NICOMEDIA;**  
**APOSTLE HERMAS OF THE 70; HIEROMARTYR THEODORETUS OF**  
**ANTIOCH; SAND DOMETIUS-MONK**

**TROPARION—TONE 2**

We venerate Thy most pure image, O Good One,  
And ask forgiveness of our transgressions, O Christ our God.  
Of Thy good will Thou wast pleased to ascend the cross in the flesh  
And deliver Thy creatures from bondage to the enemy.  
Therefore, with thankfulness we cry aloud to Thee:  
Thou hast filled all with joy, O our Savior,  
For thou didst come to save the world

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

### **KONTAKION—TONE 8**

No one could describe the Word of the Father  
But when He took flesh from you, O Theotokos,  
He accepted to be described  
And restored the fallen image to its former state  
By uniting it to divine beauty.  
We confess and proclaim our salvation in word and images

### **PROKEIMENON—TONE 4**

**READER:** Blessed art Thou, O Lord God of our Fathers and praised and glorified is Thy name forever!

**PEOPLE: Blessed art Thou, O Lord God of our Fathers and praised and glorified is Thy name forever!**

**READER:** For Thou art just in all that Thou hast done for us!

**PEOPLE: Blessed art Thou, O Lord God of our Fathers and praised and glorified is Thy name forever!**

**READER:** Blessed art Thou, O Lord God of our Fathers

**PEOPLE: And praised and glorified is Thy name forever!**

### **ALLELUIA VERSES**

Moses and Aaron are among His priests; Samuel also was among those who called on His name.

They cried to the Lord, and He answered them.

### **Thank God**

***Matthew 11:25-At that time Jesus answered and said, I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them unto babes. (KJV)***

The Lord Jesus Christ is the primary source for learning from and about children. Christ's attention to children in the Holy Scriptures merits the gratitude of adults. Seekers of wisdom cherish and learn from the teachings of the Lord Jesus Christ. Attentive believers find lasting lessons for life and life eternal in the Lord Jesus. Jesus Christ is grateful for revelations to children and Jesus is due our gratitude. Being ever-grateful to the Lord is a continuing expectation for serious believers.

***Mark 8:6-And he commanded the people to sit down on the ground: and he took the seven loaves, and gave thanks, and brake, and gave to his disciples to set before them; and they did set them before the people. (KJV)***

Blessed nourishment from Jesus Christ comes to believers in different forms. Believers have their minds, hearts and souls nourished by Jesus Christ's teachings. The Precious Body and Blood of the Lord Jesus Christ enriches believers' souls. Jesus Christ took time to give thanks when nourishment was to be partaken. Each generation of believers has the responsibility to show gratitude to the Lord. Gratitude can never be sufficiently expressed to the Lord for Divine nourishment.

***Luke 17:16-And fell down on his face at his feet, giving him thanks: and he was a Samaritan. KJV)***

Each moment is an opportunity to humbly and sincerely give thanks to the Lord. The Lord's love revealed in healing of soul and body is cause for giving thanks. Take time daily to be grateful for opportunities in Jesus to have peace of mind. When Jesus brings peace to the mind, heart and soul abundant gratitude is due. The attentive heart, mind and soul reflect gratitude for healing by the Lord Jesus. Gratitude exists deep within the heart, mind, and soul of the appreciative believer.

***John 11:41-Then they took away the stone from the place where the dead was laid. And Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me. (KJV)***

The Lord Jesus Christ teaches by direct example the importance of being grateful. God's goodness, mercy, love, and nourishment are too often taken for granted. Too often individuals draw from the Lord God's goodness without being thankful. Prayers answered by the Lord God deserve resultant expressions of appreciation. The joy generated by God in answering prayers is best acknowledged by gratitude. Responsible Christians thank the Lord God for unending love as often as possible.

*Saint Tarasius, Archbishop of Constantinople. February 25/March 10, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic*





Dear Friend,

The Great Lent starts on March 15th in the Belarusian Orthodox Church this year.

The sisters of Saint Elisabeth Convent invite you to embark on this journey to Easter with us by reading what the Church Fathers have said about the three important pillars of Lent: fasting, almsgiving, and prayer.

Pillar #1 - Fasting - The Great Lent is the time to prepare our hearts to be able to truly feel the joy of Holy Pascha by fasting:

"Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity." (St. Augustine)

Pillar #2 - Almsgiving - We have to make sure that we make an effort to help those around us:

"Lift up and stretch out your hands, not to heaven but to the poor; for if you stretch out your hands to the poor, you have reached the summit of heaven. But if you lift up your hands in prayer without sharing with the poor, it is worth nothing." (St. John Chrysostom)

Pillar #3 - Prayer - The Church Fathers have always seen prayer as the most important component of Lent:

"What then, is prayer? Prayer is the raising of the mind and heart to God in praise and thanksgiving to Him and in supplication for the good things that we need, both spiritual and physical. (St. Theophan the Recluse)

The Lord calls His bishops to feed His flock, and gives them freely of the grace of the Holy Spirit. It is said that the Holy Spirit stablished the bishops in the Church, and in the Holy Spirit they have the power to bind and remit sins. And we are the sheep of the Lord's flock whom He loved unto the end and to whom He gave our holy pastors. They are heirs to the Apostles, and by the grace accorded them they bring us to Christ. They teach us repentance; they teach us to keep the Lord's commandments. They proclaim the word of God, that we may know the Lord. They guide us along the path of salvation, and help us to climb the heights of the lowly spirit of Christ. They gather the afflicted and straying sheep of Christ into the Church's fold, that their souls may find rest in God. They pray to God for us, that we may all be saved. As the friends of Christ, they are able to entreat and be heard of the Lord, attaining humility and the grace of the Holy Spirit for the living, forgiveness of sins for the dead, and for the

Church peace and freedom from bondage. They carry the Holy Spirit within them, and through the Holy Spirit forgive us our sins.

By the Holy Spirit they know the Lord, and like the angels they contemplate God. They are strong to tear our minds from the earth and attach them to the Lord. They grieve when they see us grieving God and preventing the Holy Spirit from dwelling in us. All the troubles of the earth lie on their shoulders, and their souls are carried away with love of God. They pray without cease, beseeching comfort for us in our afflictions, and peace for the whole world. By their ardent prayers they draw us, too, to serve God in a spirit of humility and love. For their own humility and love for the people, the Lord loves them. Inasmuch as they continue in great toil and struggle, they are enriched by the wisdom of the Saints, whose example they seek to follow in their own life. The Lord so loved us that He suffered on the Cross for us; and His sufferings were so great that we are unable to apprehend them because we love the Lord so little. Likewise do our spiritual pastors suffer on our account, although we often do not see their sufferings. And the greater a pastor's love, the greater are his sufferings; and we who are His sheep should understand this, and love and revere our pastors. *(St Silouan, Pray For Us!)*

**Saint John of Kronstadt: "Watch your heart throughout your life; examine it, listen to it, and see what prevents it from uniting itself with the Lord. Let this be your supreme and constant study, and with God's help you will easily observe what estranges you from Him, and what draws you to Him and unite you to Him. It is the evil spirit more than anything else that stands between our hearts and God; he estranges us from God by the several vices, or by the desires of the flesh, and by worldly pride."**

**In Christ Service,**

*via Fr. George L. Livanos, Proistamenos  
All Saints Greek Orthodox Church, Canonsburg, PA*

"And forgive us our trespasses as we also forgive those who trespass against us.' For we have many sins. For we offend both in word and in thought, and very many things we do worthy of condemnation; and 'if we say that we have no sin' (I Jn. 1:8), we lie, as John says...The offenses committed against us are slight and trivial, and easily settled; but those which we have committed against God are great, and need such mercy as His only is. Take heed, therefore, lest for the slight and trivial sins against you, you shut out for yourself forgiveness from God for your very grievous sins. *St. Cyril of Jerusalem*



***There is  
nothing colder  
than a Christian  
who does not seek  
to save others.***

*St. John Chrysostom*



*Good Morning!*

May your day begin with  
a smile on your face,  
a song in your heart and  
joy in your soul!

*lessonslearnedinlifeinc.*

### **Vladyka Lazar Puhalo:**

It is interesting to me how the "10 Commandments" have become such a fetish piece among so many Christians. The "10 Commandments" are not terribly significant and certainly not unique. The same basic Commandments, or laws, appear in every legal system from the most ancient times, and were certainly not invented by the Hebrews.

If one will read the Scripture carefully one must conclude that they are not even the ones that were placed in the Ark, not even the 10 having been received by Moses on the mount of Sinai.

Far more impressive would be making the Beatitudes the central theme for plaques, monuments, and veneration. Just take a sober look at the 10 Commandments that we so often see venerated and see if you see anything special about them. Do we really think that everybody ran around killing everybody else up until one of these commandments said not to murder?

The very framing of the regulations about worship of God clearly indicate that the Hebrews were not monotheist but rather Henotheist. We know from archaeology and other sources that Israel was never an actual monotheistic society, but rather polytheistic with limitations that were certainly not always applied.

In the time of Moses, adultery was something that only women could be guilty of, since men were allowed as many wives as they could afford, and no one ever criticized men for frequenting prostitutes. Essentially, any commandment prohibiting adultery would apply only to women and not to the whole community.

Millennia before the time of Moses and the existence of the Hebrews, all the things mentioned in the 10 Commandments were already prohibited in most societies.

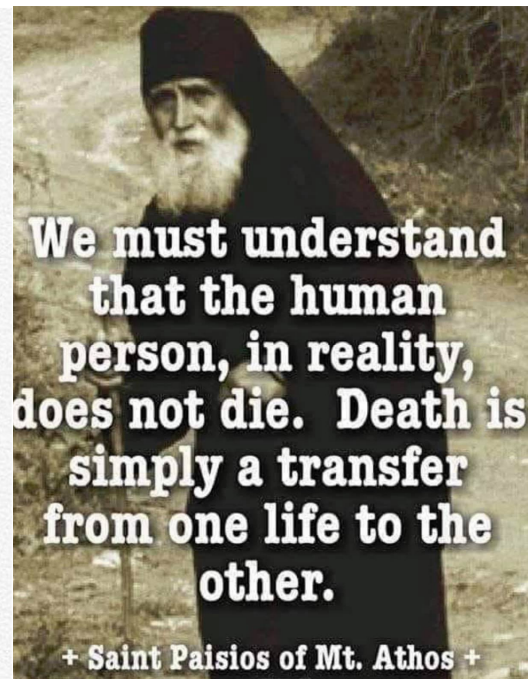
The Beatitudes, on the other hand, are quite innovative and much more worthy of being venerated and of having people strive to live them. If we think about it, the 10 Commandments have almost nothing to do with Christianity and the Beatitudes have everything to do with Christianity.

Don't be impressed by:

1. Money
2. Titles
3. Appearances
4. Social Media
5. Achievements
6. Degrees

Be impressed by:

1. Kindness
2. Empathy
3. Generosity
4. Humility
5. Integrity
6. Honesty



## Memory

### **The memory that resides within the Holy Tradition of the Church**

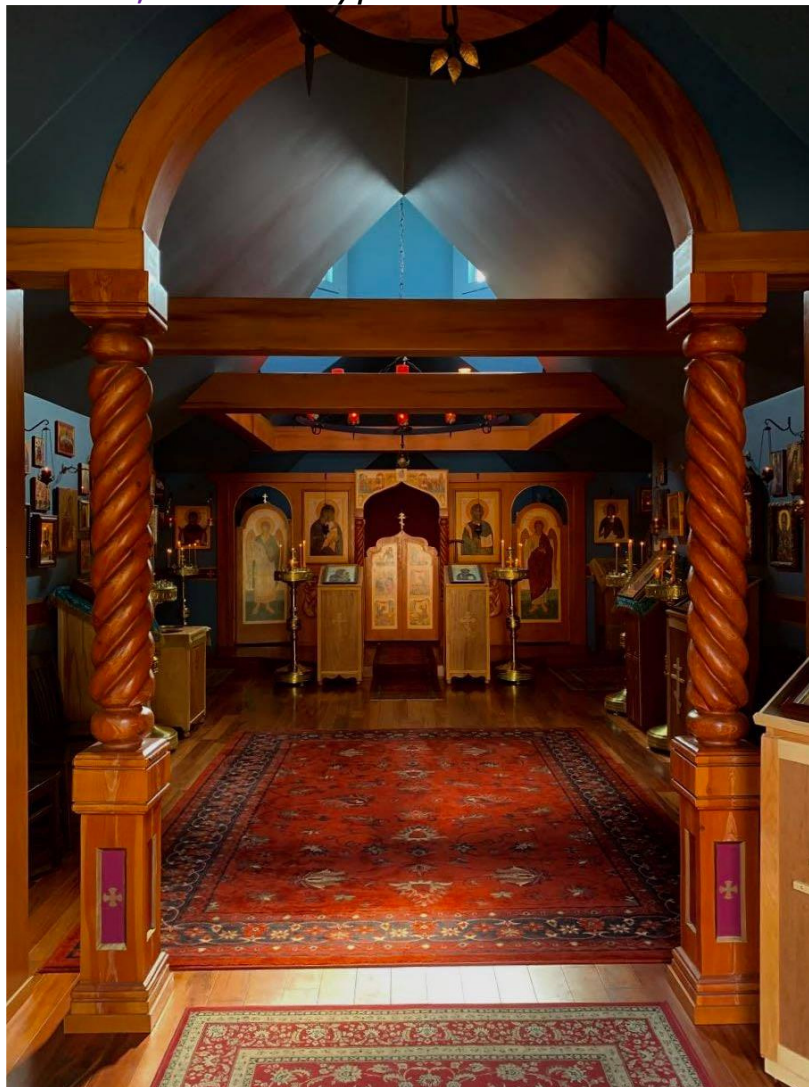
The fact that protestants, by and large, have traveled far from the faith and traditions of the Apostolic Church, is testament to what happens when one departs from the "memory" of the Church. This "memory" is kept alive through Holy Tradition, from which came the very Canon of the New Testament. Deciding what the Early Church believed, and how they worshiped, without Holy Tradition as the guide, has resulted in more than 44,000 different denominations, all of which have departed, in various degrees, from the Church founded by Christ Himself.

"Rituals", are not important to Orthodox, for rituals are simply external forms of religion. What is important is that we follow the grace filled services and practices preserved from the time of the Ancient Church. We do not need to reinvent worship every few years, in a sad attempt to remain relevant to the culture around us. Rather, we attempt to resist the fallen culture around us, while infusing modern culture, devoid of Christian values and beliefs, with a culture infused with Orthodoxy.

We don't try to understand a particular scripture passage outside the Mind of the Church, for we know that the Church always decided teachings, worship practices, and the Canon of Scripture, itself, according to what was always taught, everywhere, and at all times. We believe Christ's promise that the Gates of Hell will not prevail against the Church, and that the Church is protected, as long as she sticks with her conciliar nature, which has guided her for over two thousand years.

The Orthodox Church one hundred years from now, provided the Lord has not returned before then, will be the same as she is today, in worship, doctrine, and faith. It doesn't, in the end, mean a thing about what I think, or how I might interpret a passage in the Bible. What matters is that I cultivate the Mind of the Church within myself.

With love in Christ, *Abbot Tryphon*



**"Watch your heart throughout your life; examine it, listen to it, and see what prevents it from uniting itself with the Lord. Let this be your supreme and constant study, and with God's help you will easily observe what estranges you from Him, and what draws you**



**to Him and unite you to Him. It is the evil spirit more than anything else that stands between our hearts and God; he estranges us from God by the several vices, or by the desires of the flesh, and by worldly pride.” *Saint John of Kronstadt***

Contributed by Father George Livanos

*Every day you should try to plant in your soul something spiritual, which will eject something worldly and sinful. Gradually, the old self will be disclaimed, and you will be able to move freely in the spiritual realm. Replace the sinful images in your mind with holy ones. Replace songs with hymns, worldly magazines with spiritual books. If you do not break away from all that is worldly and sinful, if you do not commune with Christ, with Panagia, with the Saints, with the Church Triumphant, and if you do not place yourself completely in the hands of God, you will not be able to acquire spiritual health.*

*St. Paisios the Athonite*

**“As the Prophets beheld, as the Apostles have taught, as the Church has received, as the teachers have dogmatized, as the universe has agreed, as Grace has shown forth, as Truth has revealed, as falsehood has been dissolved, as Wisdom has presented, as Christ has awarded: thus we declare, thus we assert, thus we preach Christ, our true God, and honor His Saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons; on the one hand worshiping and reverencing Christ as God and Lord; and on the other hand honoring as true servants of the same Lord of all, and accordingly offering them veneration. This is the Faith of the Apostles; this is the Faith of the Fathers; this is the Faith of the Orthodox; this is the Faith which has established the universe!”**