



Orthodox Parish of St. Silouan of Mt Athos Southampton, Diocese of Sourozh, Moscow Patriarchate



Православной Приход Св. Силуана Афонского
Саутхемптон, Сурожская Епархия Московского Патриархата

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PARISH NEWSLETTER

2nd Sunday of Pentecost, Tone 1
Sunday of all the Saints of Russia,
Sunday of All Saints of Mt. Athos.

Sunday, 7th July 2013

Nativity of John the Baptist.

Matthew 4:18-23

18 As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the lake—for they were fishermen. **19** And he said to them, ‘Follow me, and I will make you fish for people.’ **20** Immediately they left their nets and followed him. **21** As he went from there, he saw two other

brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. **22** Immediately they left the boat and their father, and followed him. **23** Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.



THOUGHTS FOR EACH DAY OF THE YEAR BY ST. THEOPHAN THE RECLUSE

The Lord called Peter and Andrew, and immediately, leaving all, they followed Him. He called James and John, and they also immediately left all and followed the Lord. Why did they follow Him so quickly and willingly? Because they saw something better. Such is the law that we have in our soul, that once it has tasted and known what is better, it is repulsed by what is worse and abandons it. Here is accomplished the same thing that later the Lord described in His parable about the treasure hid in a field, and about the pearl of great price. The treasure and the pearl are faith in the

Lord and communion with Him according to the strength of faith. We have already been declared possessors of this in baptism. Why do we value this treasure so little, and so exchange it for barren insignificance? Because we were not brought up to cultivate a taste for this treasure, and it becomes foreign to our heart. Our heart does not know this better thing. It only knows that there is the bad, the very bad, and the not so bad, and bases its outlook upon this assessment. Here is the entire reason why the Lord calls some and they come; but we, the chosen ones, run from Him.

Troparion

Prophet and Forerunner of the coming of Christ, although we cannot praise you worthily, we honor you in love at your Nativity, for by it you ended your father’s silence and your mother’s barrenness, // proclaiming to the world the incarnation of the Son of God!

Tone 4

**Elder Porphyrios
(1906-1991)**



On spiritual struggle.

You won't become saints by hounding after evil. Ignore evil. Look towards Christ and He will save you. Instead of standing outside the door shooing the evil one away, treat him with disdain. If evil approaches from one direction, then calmly turn in the opposite direction. If evil comes to assault you, turn all your inner strength to good, to Christ. Pray, 'Lord Jesus Christ, have mercy on me.' He knows how and in what way to have mercy on you. And when you have filled yourself with good, don't turn any more towards evil. In this way you become good on your own, with the grace of God. Where can evil then find a foothold? It disappears!..Do not fight to expel the darkness from the chamber of your soul. Open a tiny aperture for light to enter, and the darkness will disappear. The same holds for our passions and our weaknesses. Do not fight them, but transform them into strengths by showing disdain for evil. Occupy yourself with hymns of praise, with the poetic canons, with the worship of God and with divine eros. All the holy books of our Church – the Book of the Eight Tones, the Book of the Hours, the Psalter, the books with the Offices for the Feasts and Saint-Day Commemorations – contain

holy, loving works addressed to Christ. Read them with joy and love and exaltation. When you devote yourself to this effort with intense desire, your soul will be sanctified in a gentle and mystical way without your even being aware of it.

From Wounded By Love, The Life and the Wisdom of Elder Porphyrios. (Greece, 2005) pp.135-136

**Elder Joseph the
Hesychast (1898-1959)**

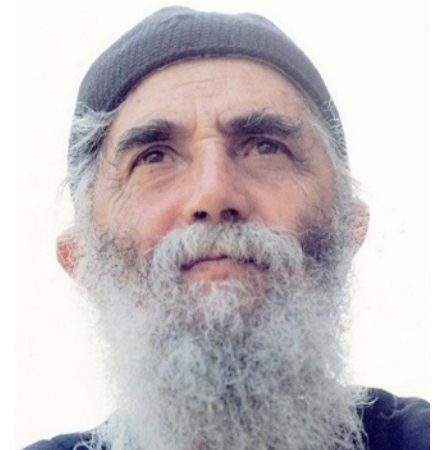


***Fom Mount Athos to a
spiritual son.***

Come now my beloved son, if only for a day. We will speak with God and about God. Come and enjoy Him Whom you miss. Listen to the wild boulders, those secret and silent theologians, while they develop deep thoughts for you and guide you, mind and heart, to the Creator. After Spring it is beautiful here. From holy Pascha until the feast of the Mother of God in August. The voiceless theologians theologize, the beautiful rocks and all of creation, each with its own voice or with its voicelessness. If you reach out your hand to a little plant, it immediately shouts loudly with its natural fragrance, "Ah! Can't you see me? You hit me!" Everything here has a voice and, with the blowing of the wind, as they are moved, they join together in a harmonious musical doxology towards God.

From Precious Vessels of the Holy Spirit, the Lives and Counsels of Contemporary Elders of Greece. (The Protecting Veil, 2011) pp.117-117

Elder Paisios (1924-1993)



Those who constantly partake of the love of God are often indifferent to material nourishment. Or, if they eat, they don't taste the food, for even then they continue to feel God intensely and to partake of the sweet blessing of His love. When the heart becomes a furnace through the love of God, it is then able to burn up all vanity that approaches, and this brings internal peace when man passes through the fiery trials of his life.

There are no people more blessed than those who have made contact with the "heavenly television station" and who are piously connected to God. In the same way, no people are more wretched than those who have cut contact with God and wander, dizzy, around the world, flipping through the world's many television stations so as to forget, if only for a short time, the anguish of the derailment of their lives.

From Precious Vessels of the Holy Spirit, the Lives and Counsels of Contemporary Elders of Greece. (The Protecting Veil, 2011) p.134

Wisdom in citations

A lot has been entrusted by God to a man, and each is given their talent. God does not have disadvantaged.

Archimandrite Ioann Krestiankin.

Let us solicit the everlasting from God, then He will not fail us in everyday needs.

St. Ephraim of Syria

Dislike keeps saying, 'Lord, Lord, why are you punishing me?' And love, 'Lord, Lord, for what do you have mercy on me?'.».

St. John of Shanghai

Measure yourself not by deeds, but by fading passions. One freezes - it's a step forward.

It is not enough to be good by nature, you have to be good according to the Gospel.

St. Theophan the Recluse

In family life there should not be a place for pride. Never indulge your sense of wounded pride by carefully calculating who should apologize.

Empress Alexandra Feodorovna Romanova

REFLECTIONS IN CHRIST. THE APOSTLES' FAST

The Orthodox year has a rhythm, much like the tide coming in and going out – only this rhythm is an undulation between seasons of fasting and seasons (or a few days) of feasting. Every week, with few exceptions, is marked by the Wednesday and Friday fast, and every celebration of the Divine Liturgy is prepared for by eating nothing after midnight until we have received the Holy Sacrament.

It is a rhythm. Our modern world has lost most of its natural rhythm. The sun rises and sets but causes little fanfare in a world powered and lit by other sources. In America, virtually everything is always in season, even though the chemicals used to preserve this wonderful cornucopia are probably slowly poisoning our bodies.

The Scriptures speaks of the rhythms of the world – “the sun to rule by day... the moon and stars to rule by night...”

The rhythm of the Church does not seek to make us slaves of the calendar nor does it treat certain foods as sinful. It simply calls us to a more human way of living. It's not properly human to eat anything you want, anytime



you want. Even Adam and Eve in the Garden initially knew what it was to abstain from the fruit of a certain tree.

Orthodox do not starve when they fast – we simply abstain from certain foods and generally eat less.

At the same time we are taught to pray more, attend services more frequently, and to increase our generosity to others (alms).

But it is a rhythm – fasts are followed by feasts. The fast of the Apostles begins on the second Monday after Pentecost and concludes on the Feast of

Sts. Peter and Paul on June 29. Most of Christendom will know nothing of any of this – that Eastern Christians will have begun a Lenten period while the world begins to think of vacations.

The contemporary God is much the same as the contemporary diet – we want as much of Him as we want – anytime, anywhere. There is no rhythm to our desire, only the rise and fall of passions. There is no legalism in the Orthodox fast. I do not think God punishes those who fail to fast. I believe that they simply continue to become less and less human. We will not accept the limits and boundaries of our existence and thus find desires to be incessant and unruly. It makes us bestial.

For those who have begun the fast – may God give you grace! For those who know nothing of the fast – may God give you grace and preserve from a world that would devour you. May God give us all the mercies of His kindness and help us remember the work of His blessed apostles!

OCA.org

Fr. Stephen Freeman

NEWS

Pilgrimage to Mt. Athos



Last month Fr Joseph and members of our Parish, Leon Nicholson, David Kessel, Peter Coleman, together with some members of the Portsmouth Parish went on a 8 days pilgrimage to Mount Athos (Greece), organised by the Diocese. We hope very much to publish a more detailed report of their trip in our next Newsletter.



Sunday school

Just a reminder that our Sunday school lessons run immediately after the Liturgy. All children who come to the services, are welcome. If you have energy, desire to help, love for children and are full of creative ideas, please come

forward with your thoughts. Contributions of materials are very welcome too. Please contact Evelina.



SUPPORT OUR PARISH

Dear Brothers and Sisters,

The work of the Parish is entirely self-financed. We receive no financial help from the Diocese, the State or any other external source. As such, we are in need of the support of our parishioners and friends to enable the Parish to carry out its mission.

To facilitate this kind of regular giving, we invite you to establish a Banker's Standing Order, for direct deposit of regular contributions into the parish's account.

Bank: NatWest
Name of organisation:
Orthodox Parish Of St Silouan

Account number: 45137943
Branch sort code: 60-20-45
Thank you and God Bless!

NEW ICONOSTASIS



Dear Brothers and Sisters

We continue to ask for your support in helping us to raise funds to pay for our new beautiful handpainted iconostasis.

The cost of the new icon screen is £10,000, which we still have to pay. As per end of June we managed to raise £6200.

If you wish to contribute, please, send your donations to:

Bank: NatWest
Organisation: Orthodox Parish of St. Silouan
Acc. No: 45159726
Sort code: 60-20-45

Alternatively, you can send a cheque payable to Orthodox Parish of St Silouan (**Icons a/c**) to the Treasurer, **Elvira Patrasco, 10 Monarch Way, West End, Southampton, SO30 3JQ.**

Holy Father Silouan, pray to God for us!

The Parish Council

July Calendar

July 1st – 11th
Apostles' Fast

July 7th
Nativity of John the Baptist

July 12th
The Holy, Glorious and All-praised Leaders of the Apostles, Peter and Paul

July 13th
Synaxis of the Holy, Glorious, and All-praised Twelve Apostles

July 14th
Sunday of All Saints of Britain & Ireland

July 15th
St. Swithun, bishop and wonderworker of Winchester (862)

July 17th
Holy Royal Martyrs of Russia: Tsar Nicholas II, Tsaritsa Alexandra, Crown Prince Alexis, and Grand Duchesses Olga, Tatiana, Maria, and Anastasia, and those martyred with them (1918)

July 18th
Uncovering of the relics (1422) of St. Sergius of Radonezh

July 20th
St. Hedda, bishop of the West Saxons (705). St. Willibald, bishop of Eichstatt, Anglo-Saxon missionary to the Germans (781-787). St. Maelruain of Tallaght (Ireland) (787)

July 21st
Kazan Icon of the Most Holy Theotokos (1579)

Next Services 2013:
August 11, September 1&22,
October 6, November 3,
December 8
2014: January 12

Contributors

We invite our parishioners to contribute material to this Newsletter. Your ideas, news, announcements, writings could be interesting to reader. Any requests for prayers are very welcome. Please send your contributions to Evelina benevelina@mac.com

Texts for this edition were taken from www.pravoslavie.ru, <http://silouan.narod.ru/indexe.html>, <http://oca.org/> and other sites.