



THE PARISH PRESS

St. Philip Orthodox Church



DROP YOUR DEMANDS.

NEWS ~ N ~ NOTES

STEWARDSHIP

As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God (1 Peter 4:10).

40  **Forty Days of Growth in Stewardship** - Thanks to all for returning your pledge and your continued faithfulness in supporting St Philip's.

FASTING AND FEASTING FOR THANKSGIVING?

With non-Orthodox loved-ones, the law of Love (expressed in this case by giving and receiving hospitality) very well might require us to relax the fast for Thanksgiving. So if it will be offensive to your loved ones to not serve or eat the meat and dairy traditional to our American Thanksgiving, God bless you in doing so with thanksgiving to God, love for your neighbor, and strictness with yourself. In most cases, we should resume the fast on Friday, freezing the left-overs to save them for the festal days of Christmas. We are free in Christ but this freedom can easily become an opportunity for the flesh unless checked by the asceticism of the Church.

POINSETTIAS FOR CHRISTMAS

You can order your poinsettias from one of our Teens through November 20. Pickup will be December 3-4 & 10-11. Thank you for your support of the Teens' upcoming mission trip to Appalachia.



Also, please make a donation for decorating our church for the Holy Days. Use one of our specially-marked "flower offering" envelopes. Thank you!

CHALLENGE FOR 2011

Bring someone to church. The year is almost over. Invite someone to our Christmas service.

A Message from Father Noah

Christ is in our Midst!

The fact of the incarnation is so foundational to who we are as Orthodox Christians that we prepare for it for 40 days. I hope you will join me in growing in prayer, fasting, and almsgiving during this holy season. If we pray more, we should eat less and therefore have extra money to give to the poor.

The fast is about tuning the heart to God, so we need to identify some distractions. Among these distractions are TVs, computers, and electronic media. At our house, the Wii (computer game) goes away until the feast. If you can't unplug entirely, at least strictly limit them to, say, 30 minutes per day. Replace these activities with increased family devotions: reading from the Scriptures, the lives of the saints, and other edifying writings.

Also, I call all of you to confession during this holy season and also attend an "extra" service per week.

Make your plan now with your family and get my blessing, so with God's help you can return to Him.

Your Servant in Christ,

+ Fr. Noah

The Christmas Fast begins Tuesday, November 15th and ends December 25th. Keep the Fast! Receive the blessings!

SEE YOU IN CHURCH!

- Saturday:** VESPERS, 6 p.m.
- Sunday:** MATINS, 8:50 a.m.
DIVINE LITURGY, 10 a.m.
Followed by Sunday School & Teens
- Wednesday:** AKATHIST, 7 p.m.
(unless a festal service supersedes)
- Friday:** MATINS, 7 a.m.

CONFESSIONS before or after Vespers and during Matins as time allows, or by appointment.

Baby Steps to Holiness

November: Drop your demands.

It is at least a 75-minute drive each way to confession, and very beautiful, especially with the autumn foliage reminding us of the beauty and wisdom of God's creation. Father Mark, as usual, greets us with a big smile and a warm blessing.

After my wife unburdens her soul, my children begin to file in and out, blissfully ignorant of the heaviness of life. (Unless we become like children, we shall by no means enter the Kingdom of Heaven!) It is my turn and I routinely run down my laundry list... "I did such and such." When my list is through, he asks "how is your heart?"

"How is my heart?" That is quite a question. My heart is often annoyed and sometimes truly upset, such that I don't think clearly. Even in the midst of the greatest joys, the roar of anger is just below the surface. "How is my heart? It is angry."



"Drop your demands." He looks at me with such joy and peace.

After a few moments of reflection, I respond honestly, "But, I really don't demand a lot from anyone."

"Don't demand in word or in thought. Even if we are not declaring our expectations verbally, we all do project them. Even if we don't project them, we set an emotional trap for ourselves whenever we think we are justified in expecting such and such. Of course, when your demands are not met, you get upset. Just drop them and everything will give you peace and you will give everyone else peace."

I am struggling to grow into these words and I share them with you so that you can, likewise, drop your demands and, therefore, inherit the "peace of God that passes all understanding."

Watch for your Turkeys-R-Us giving opportunity!

Did You Know?

- **Alexander Ibrahim** recently traveled to Australia, Thailand, and Hong Kong. In Australia he visited his sister Lisa and Mary Pier (daughter of Fr. Peter Pier of St John Chrysostom Church in York). In Thailand he visited friends, and in Hong Kong he visited the local office of his New York law firm.
- **The Sunshine List** (homebound parishioners) is waiting for you on the "Free Literature Table" in the Great Room. Pick up a copy of the list and send a Christmas Card.
- It is all of our duty to **visit the sick**, etc. Even though Fathers Noah and Boniface as well as Deacon Herman do this regularly, you are not relieved from this beautiful responsibility.
- **You have talents and skills** that St. Philip's can utilize in building up this beautiful parish. Please prayerfully consider speaking to Father Noah about how you can offer your time.
- We have **catechumens** and many **inquirers**. Pray for them.
- **Pascha**, the feast of feasts, is April 15th in 2012. Indeed, Christ is Risen!



Recipe

Leek, Potato and Pea Soup

A chunky, filling winter soup. These quantities make a large pan of soup - they can easily be reduced by half if desired.

- 2 tablespoons of sunflower oil
- 2 medium leeks, sliced widthways into thin round slices
- 2 or 3 cloves of garlic (crushed, optional)
- 6-8 large potatoes, cut into chunks (about 2 or 3 cm.)
- 2 tablespoons of white flour
- 1 cup of frozen peas
- 5 or 6 cups of water
- Salt and pepper to taste



Cook the leeks and garlic, if using, in the sunflower oil for a few minutes then stir in the flour. Add one cup of water and stir well to blend. Add the potatoes and the rest of the water (you may need to adjust the quantity slightly - make sure all the vegetables are well covered). Bring to the boil, stirring occasionally to prevent sticking, and then turn down to simmer until the potatoes are just about cooked. Finally add the peas and cook for a further few minutes until tender. Season to taste.

<http://www.veganfamily.co.uk/soups.html>

Practical Wisdom From the Saints

Do not ask for love from your neighbor, for if you ask and he does not respond, you will be troubled. Instead, show your love for your neighbor and you will be at rest, and so will bring your neighbor to love.

- St. Dorotheus of Gaza

Let us not grieve when we make a slip, but when we become hardened by it.

- St. Isaac the Syrian

The ignorance of Scripture is a great cliff and a deep abyss; to know nothing of the divine laws is a great betrayal of salvation.

- St. John Chrysostom

Mark Your Calendar:

Catechumens & Inquirers classes
Wednesdays through November 16,
following Akathist at 7 p.m.

Services for St Philip
Sunday, November 13
Vespers & Artoklasia, 7 p.m.
Monday, November 14
Matins 9 a.m., Liturgy 10 a.m.

Nativity Fast begins November 15.

Services for Entry of the Theotokos
Sunday, November 20
Vespers & Artoklasia, 7 p.m.
Monday, November 21
Matins 9 a.m., Liturgy 10 a.m.



Advent Paraklesis
Fridays, December 2, 9, 16, & 23, 7 p.m.

Services for Saint Nicholas:
Monday, December 5
Vespers & Artoklasia, 7:00 p.m.
(followed by youth activity)
Tuesday, December 6
Matins 9 a.m., Liturgy 10 a.m.

Holy Mysteries

Alyssa Marie, daughter of Dr Joe & Myriam Kyriakos, was baptized into Christ here at St Philip's on Saturday, October 15.

James William Henry was received into the Holy Orthodox Church by chrismation here at St Philip's on Sunday, October 2.

Val & Nina (Foehl) Hulik were united in Holy Matrimony here at St Philip's on Saturday, October 8.

MAY GOD GRANT THEM MANY YEARS!

Ask Father

Previous Question:

Father, I can't get over such-and-such insult. Help me!



Answer: Here are some remedies; one of them will work for you:

- Thank God for the blessing.
- Pray for the offender as for a benefactor.
- Try to explain it away. He was tired and stressed. He didn't mean it the way I am taking it.
- Examine your conscience. There must be a kernel of truth in their words, or this would not be bothersome.
- Act as if you forgive the person.
- Do something nice for them, without them even knowing it.
- Be on your guard to not hurt someone in the same way. Perhaps you have in the past.
- Drop your demands. Sure, we prefer to be treated nicely, but we can certainly bear a little, out of love for God.
- Read the Bible. How can we maintain our spiritual vision unless we constantly look through the lens of the Holy Scriptures?
- Come to confession. Lack of forgiveness is a sin and confessing is not only necessary but it will probably help the situation.
- Sin is sickness. Perhaps so-and-so is spiritually sick (we all are); if so, how can you help.
- Remember, you are a sinner and God has forgiven you, unless of course you do not forgive in turn.



New Question: Father, I'd like to share the good news. How can I start? - Shy Silouan

Bring someone back to church.

You haven't seen so and so? Open the directory, say a prayer, and give them a call. "We miss you." Love cannot bear to let people forsake their holy vows and separate themselves from the Kingdom of Heaven!