



# THE PARISH PRESS

## St. Philip Orthodox Church



**BABY STEPS TO HOLINESS - DROP YOUR DEMANDS**

**NEWS ~ N ~ NOTES**

**GIVING UPDATES**

**FORTY DAYS OF GROWTH IN STEWARDSHIP** continues. Have you turned in your pledge? Thank you and God bless you and all our faithful stewards! *There are diversities of gifts, but the same Spirit (1 Cor. 12:4).*

**MONTHLY OUTREACH COLLECTION: 32 bags** of Bath & Shower Supplies and Food were contributed in September! **In November: Turkeys R Us!** (But feel free to continue to bring in food and personal care items!)

**TURKEYS R US:** See Mark Smerkanich or Denise Yurchak to pledge a turkey. If you prefer, you may make a monetary donation; simply reference "Turkeys" on your check or envelope.

**May God bless all our faithful givers!**

**BISHOP THOMAS VISIT & PATRONAL FEAST**

**WED-SUN, NOVEMBER 13-17:**

**Be there, on time!**

**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



**A Message from Fr Noah**

Dear Brothers and Sisters in Christ,

After my recent pilgrimage to Mt Athos, I am spiritually refreshed and filled with great joy to return to my beautiful family and parish. We have much to be thankful for in Holy Orthodoxy, in our dynamic and welcoming parish life, the relative stability and prosperity of our country, and the love and mercy that God offers us in Jesus Christ. Let us cultivate our hearts so as to multiply these gifts. As we approach the Advent Fast, join me in redoubling our efforts of reconciliation, prayer, scripture reading, tithing and almsgiving, fasting, and church attendance so that Our Father's will be done "on earth as it is in heaven."

Thankful to be your Servant in Christ,

+ *Fr. Noah*

**Wisdom from Elder Paisios**

- Be you a mirror or the lid of a tin can, you won't dazzle if the sun's rays don't fall on you.
- If you retain your own will, you cast out the will of God and hinder divine grace.
- A correct person is not one who says all the right things, but one who lives properly, in accordance with the gospel.
- Although many people have everything, they are sorrowful, because they don't have Christ.

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."

**Mark Your Calendar!**

**Youth Choir Rehearsals**  
Saturdays, November 2-23, 5 p.m.

**Mt. Athos Presentation**  
Saturday, November 9, following Vespers

**Bishop THOMAS visit, Patronal Feast & Delegates' Meeting**

Wed-Sun, November 13-17

**Feast of St Philip**

Wednesday, November 13

Vespers & Artoklasia 5 pm, Matins 6 pm, Hierarchical Liturgy 7 pm  
Potluck Supper follows (festal menu)

**Nativity Fast begins Friday, November 15**

**Delegates' Meeting**

Saturday, November 16

**Hierarchical Liturgy**

Sunday, November 17

Service times as usual

**Advent Services - Nov 15 - Dec 23**

Compline, Mon, Wed, Fri, 7 p.m.

Paraklesis, Tues, Thurs, 7 p.m.

(exc. Dec 5)

**Entry of the Theotokos into the Temple**

Wednesday, November 20

Vespers & Artoklasia, 7 p.m.

Thursday, November 21

Matins 9 a.m., Liturgy 10 a.m.

**Thanksgiving Day Liturgy**

Thursday, November 28, 9 a.m.

**Services for St Nicholas**

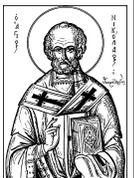
Thursday, Dec 5

Vespers & Artoklasia, 7 p.m.

followed by youth activity

Friday, Dec 6

Matins 9 a.m., Liturgy 10 a.m.



**Services for Christmas**

Tuesday, Dec 24

Royal Hours 9 a.m.

Vesperal Divine Liturgy 10 a.m.

Matins 7 p.m., Divine Liturgy 8 p.m.

Wednesday, December 25

Vespers 12 Noon

Thurs, Dec 26 (Synaxis of the Theotokos)

Matins 9 a.m., Liturgy 10 a.m.

**Did You Know?**

- **Dn Herman** is now offering acoustic guitar lessons for beginners. See him for details.
- **Linda Henry** is looking for Iconography commissions.
- **Youth Choir Rehearsals** began Saturday, November 2, 5 p.m., and continue at that time each Saturday through November 30.
- **Chanting Workshop**, led by Simeon Acker, following Akathists on Wednesdays, is a continuing success. You can learn this ancient and sublime art of psalmodia!
- You can be an apostle and an evangelist in your daily life. **Ask God to use you for His purposes** and then be bold and humble in sharing the peace with God and man that you have!
- In October, our **website** was visited by 1,179 unique visitors from over 90 countries. Have you visited our website recently?
- Your **Amazon** purchases can benefit St Philip's! Simply start your shopping from the link at the top of every page of the **St Philip's website**.
- Your **Redner's Market** purchases can benefit St Philip's! Simply **put your receipts in the envelope** posted on the bulletin board in the hallway.
- **Coffee hour** is a vital ministry of hospitality. Please help us keep this tradition of fellowship strong in our parish. Remember, it doesn't have to be a meal; just a refreshing snack is sufficient.
- **Coffee hour does not start until after the Liturgy is over.** The food is blessed after the announcements after we sing Our Father together.



• Our **Library & BookShelf Ministry (bookstore)** have a great selection of many topics related to our Holy Faith. Get a book for the Advent Fast!

- If you spend less money on gifts, entertainment, food, etc., you'll have more to give in **alms, special projects, and stewardship.**
- **Zacchaeus** (Luke 19) showed his thankfulness to God by being generous. How about you?
- There are **many new faces** worshiping with us, you can get to know them.
- Your faithful and generous Stewardship is a Big Boost to **God's Work at St. Philip's.**
- **Today can be a blessing** if you allow God's love to shine through you!
- **God loves you!** Share His love with others.
- We are blessed a **beautiful choir**, but please join in!
- An Orthodox Christian should **come to church** for Vespers, Matins, Feasts, and other special services.
- An Orthodox Christian ought to **come to confession** about four times per year and as needed.
- **We live from Pascha to Pascha!** April 20th, 2014. Take off from work at least Holy Friday and Bright Monday.

**Ask Abouna**

**Previous Question:** Fr. Noah, tell us about your trip to Mt. Athos.

**Answer:** Our pilgrimage was truly an awesome experience historically, relationally, and ecclesially.

First, it was like stepping into a church history book. I venerated the relics (skulls, large pieces of bones, entire caskets...) of many saints (especially St. Philip, Ss. Peter and Paul, St. John the Baptist, St. Andrew, St. Demetrios, St. Anesia, St. Haralampos, St. Ignatius of Antioch, St. Photeini) and prayed before some beautiful and ancient icons (Glykophiloussa, Hodigitria, Axion Estin). In Thessaloniki, I prayed in the prison and place of martyrdom of St. Demetrius beneath the massive church dedicated to him and also at the place where St. Paul preached (Acts 17).

Second, as one of the priestmonks, Geronda Macarius, said, "We don't travel to see places, but to meet people." Not only did I meet the saints in their icons and relics, I met some beautiful people living their lives at full throttle for God's glory. Many monks and pilgrims gave me a warm smile, a wise and loving word, or a sharp rebuke that, I guess, I needed. We traveled with the names of all our parishioners to meet our holy family on the other side of the world. Also, I was given the simple and magnificent advice to cultivate my heart for the sake of my family and my parish.

Finally, after about sixty church services in 10 days, in a foreign language, I realized that it is not necessary to travel at all. The Orthodox Church is one body, one family of saints "militant" and saints "triumphant." Our liturgy, as well as our ethos of obedience, self-sacrifice, trusting in God, praying ceaselessly, our love of scripture and saints, forge us into unity in Christ. I went to liturgies in massive cathedrals larger than a football field, in 1,000 year old churches, and tiny chapels, celebrated in Greek, French, Slavonic, and English, and I realized (though I already knew this) that we have everything in our parish of St. Philip. We are the "Catholic" (universal = like a 'stem cell' - each part has the entire 'DNA' of the church) Church and are members of Christ and of each other.

It was truly humbling and strengthening to encounter God in the tragedy and triumph of history - our living history - as well as in the personalities and spiritual dynamism of our church. Please join me and Nick as we share slides and stories (and sweets!) from our pilgrimage: November 9th, following 6 p.m. Vespers.

**New Question:** Fr. Boniface, tell us how things are going at St. Andrew in Lewes, DE.



**OUR SYMPATHY IN CHRIST**



is extended to the **Godshall family** upon the passing of Angela's mother, Kaliope Kousisis, October 15.

AND to the **Black family** upon the passing of John's step-father, F. Russell Trimmer Jr., also on October 15.

AND to the **Ibrahim family** upon the repose of Michael's aunt Sylvania, in late October.

**MAY THEIR MEMORY BE ETERNAL!**

**Sweet Potato Black Bean Chili**

- |   |   |
|---|---|
| 2 small onions, diced   | 2 cups chopped kale   |
| 3 cloves garlic, minced   | 1 cup sweet peppers, diced  |
| 1-1/2 tbsp chili powder   | 2 15-ounce cans black beans   |
| 1-1/2 tsp cumin   | 1 24-ounce can diced tomatoes or equal amount of fresh diced tomatoes |
| 1 tsp oregano   | 1 cup vegetable broth   |
| 1 tsp smoked paprika  | salt and pepper   |
| 1/2 tsp crushed red pepper  |   |
| 3-4 cups sweet potatoes, scrubbed clean and diced. Leave the skin on. |   |

In a large, heavy-bottomed pot, sauté onion and garlic with a sprinkle of salt over medium-high heat for a couple minutes until onion begins to soften. Mix in spices and cook for another minute. Add potato, kale and peppers and a splash of the broth and stir well. Cover and cook for ~5 minutes until veggies begin to soften. Add tomatoes, beans and broth, stir well and bring to a boil. Reduce heat, cover and simmer for 20-25 minutes, stirring occasionally. Salt and pepper to taste.

<http://bloomingglenfarm.com/blog/recipes/sweet-potato-black-bean-chili>