



# THE PARISH PRESS

## St. Philip Orthodox Church



**BABY STEPS: DON'T TAKE IT PERSONALLY.**

### NEWS ~ N ~ NOTES

#### CHRISTMAS IN JULY/AUGUST

These special offerings benefit the Camp Scholarship Fund, Middle East refugees, and the St Philip's Cemetery. Thank you and God bless you for your generosity!

#### BIBLE BOWL / PLC REPORT

Our recent Parish Life Conference was an uplifting and joyous "family reunion" of many Orthodox families in this region of our Archdiocese. In addition, our Teen team finished a very close second in the Bible Bowl! Next year's Bible Bowl book is the Gospel of St. Mark. We'll be looking to put together an adult team and middle school (age 10-12) team, in addition to the Teen team - start reading now!

#### GIVING UPDATES

**MONTHLY OUTREACH COLLECTION:** Thank you for your generosity to the needy of our community! In August, we are collecting Paper Products.

**NON-PERISHABLE FOOD COLLECTION:** We continue to collect non-perishables of all kinds for the food pantries.

**NEWSPAPERS:** Salfid Rescue Kennel, our neighbor on Clearview Road, is always in need of old newspapers. Look for the box in the hallway.

**MAY GOD BLESS ALL OUR FAITHFUL GIVERS!**



#### OUR SYMPATHY IN CHRIST



is offered to the **Smerkanich** family upon the passing of Helen's daughter-in-law, Lilla, who reposed on July 10. The funeral was held in Doylestown on July 14.

**MAY HER MEMORY BE ETERNAL!**

#### A Message from Fr Noah

Dear Saint Philip's Family,

These first two weeks of August are dedicated to the Virgin Mary with our special prayers and fasting, and hopefully disconnecting from our devices and social media to "hear the word of God and keep it" as She did so perfectly!

Now, with the raging of war, terrorism, moral confusion in our western world, and political circuses, we need the ministry, intercessions, and example of the Theotokos. May she continue to direct us to Her Son, our Lord, God and Savior Jesus Christ!

Most Holy Theotokos, Save Us!  
In Christ,

+ Fr. Noah

#### Wisdom

##### On Humility

The spirit of the saints burned with a bright flame, which the wind of temptation failed to extinguish but set burning stronger still.

- St. Silouan the Athonite

An old man said, "As the earth never falls down, neither does one who humbles himself."

He who is humble in his thoughts and engaged in spiritual work, when he reads the Holy Scriptures, will apply everything to himself and not to his neighbor.

- St. Mark the Ascetic

To uproot sin and the evil that is so imbedded in our sinning can be done only by divine power, for it is impossible and outside man's competence to uproot sin. To struggle, yes, to continue to fight, to inflict blows, and to receive setbacks is in your power. To uproot, however, belongs to God alone. If you could have done it on your own, what would have been the need for the coming of the Lord? For just as an eye cannot see without light, nor can one speak without a tongue, nor hear without ears, nor walk without feet, nor carry on works without hands, so you cannot be saved without Jesus nor enter into the Kingdom of Heaven. - St. Macarius

#### Mark Your Calendar:

##### Dormition

Sunday, August 14

Vespers, Artoklasia & Lamentations 7 pm

Monday, August 15

Matins 9 am, Liturgy 10 am  
Blessing of herbs & flowers.

##### Beheading of the Forerunner

Sunday, August 28

Vespers & Artoklasia 6 pm

Monday, August 29 - **STRICT FAST DAY**  
Divine Liturgy 10 am

##### Nativity of the Theotokos

Wednesday, Sept 7 - Vespers &

Artoklasia 6 pm, Matins 7 pm,

Thursday, Sept 8 - Liturgy 10 am

##### Sunday School begins Sept 11

##### Elevation of the Cross

Tuesday, September 13

Vespers & Artoklasia, 7 pm

Wed, September 14 - **STRICT FAST DAY**

Matins 9 am, Liturgy 10 am

##### International Food Festival

September 16-17



##### We live Pascha to Pascha!

April 16, 2017

#### Missions Minute

Stop by our Missions bulletin board and check out the recent mission update (with pictures!) received from Dr. William Black, one of the missionaries we currently support. Among many of his responsibilities is to further develop and implement the educational program for clergy throughout Kenya.

##### Everyday Evangelist

"As the Father has sent me, so I send you." (Jn 20:21)

**August:** Love your neighbor as yourself. (Matt 22:39)

Love is something you DO!

## Did You Know?

- **Confession** is not only a spiritual duty (four times a year) but it is a great medicine of the soul and a second baptism! Got something on your heart?
- There are **new families** at St. Philip's! Do you know their names? Do they know yours?
- **You can bring someone back to church!** Open the directory, say a prayer, and give them a call!
- 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.
- **Modesty** is something that we learn from Jesus Christ and the Saints. We are not only modest in our putting on our "Sunday Best," but also out in public.

## Recipe

### Tofu Chickpea Stir Fry with Tahini Sauce

*For the sauce:*

- 1/4 cup + 2 tablespoons water
- 1/4 cup tahini
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons honey
- 1 teaspoon minced ginger



*For the stir fry:*

- 1 tablespoon peanut oil
- 1 cup chickpeas, drained & rinsed if using canned
- 2 teaspoons ginger
- 1/2 medium red onion, thinly sliced
- 1 red or orange bell pepper, diced
- 8 ounces baked tofu, cubed

Stir together the ingredients for the sauce and set near the stove.

In a wok or large skillet, heat the peanut oil over medium-high heat. Add chickpeas, stirring and tossing for about 2 minutes, until the chickpeas start to pop. Stir in the minced ginger and continue to cook for one more minute.

Add the onions and the peppers to the wok along with the chickpeas and cook until onions are tender, 2 to 3 minutes. Toss in the baked tofu, cooking and stirring until tofu is golden and chickpeas are browning, 4 to 6 minutes (this timing will be depend on your heat source).

Pour the tahini sauce over the tofu and cook mixture for 60 seconds, just enough time to heat the sauce. Serve over grains of your choice and top with minced chives and toasted sesame seeds.

Serves 3-4.

<http://www.thekitchn.com/recipe-tofu-chickpea-stir-fry-with-tahini-sauce-recipes-from-the-kitchn-204205>

## Baby Steps to Holiness

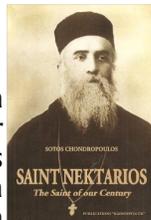
### August - Don't take it personally

How many times have we been ignored, insulted, rebuffed, snubbed, etc., and have gone away steaming and grumbling, "Why does he always do that to me?!" Often, the devil magnifies a minor injustice by making us take it personally. This spiritual epidemic causes unnecessary strife in families, workplaces, and churches. What is the solution? Be humble enough to realize that you are not the center of everyone's life and they don't sit around plotting the next trap they will push you into. No, you are just like everyone else, trying to keep up with life, accidentally embittering and embarrassing (recognize that phrase from the morning prayer?) others, not meaning any harm. Don't take yourself so seriously as to take everything personally!

## Book Recommendation

### *Saint Nektarios: the Saint of our Century*

by Sotos Chondropoulos



St. Nektarios was born in Silyvria of Thrace in October 1, 1846 and gave up his soul to the Lord in November 8, 1920 at an Athens hospital His baptismal name was Anastasios; the name Nektarios was given to him when he was ordained a deacon. In 1886, after the completion of his studies, he returns to Alexandria of Egypt where he is ordained Archpriest of the Metropolis of Pentapolis. His philanthropic deeds, the love of his flock and his saintly manners that begin to manifest themselves give rise to jealousy and slander. As a result, he is expelled from Alexandria; an unjust act that caused him great suffering. He arrives in Athens where he is treated with distrust while new tribulations, sorrows and afflictions start to invade his life. However, nothing can extinguish the fire that his burning heart has for love towards Jesus Christ and towards his fellow-men. During the last years of his life he established the convent in Aegina, where he was also entombed. Thus, his exemplary life left an unfading mark in the twentieth century; that of humility, perseverance, wise silence and hope. In other words, the mark of saintliness.

## Ask Abouna

**Previous Question:** Fr. James, please tell us about your pilgrimage to Scotland.

**Answer:** In early July I joined nine other pilgrims and Father Seraphim to journey to the Isles of Mull, Iona, and St. Brendan, to visit some of the sacred sites of early Celtic Christianity. On Mull we visited the Nuns' cave and Kilninian, the site of St. Ninian's church, which Father Seraphim is transforming into a monastery for women.

On St. Brendan's Isle (now deserted), we visited the ancient stone "beehive" huts of the monks, some of them still standing after 1,500 years, and we celebrated the Divine Liturgy in the (roofless) chapel. Because it was raining, one of the pilgrims had to stand over the "altar" with an umbrella to protect the Holy Gifts from the rain! On a hilltop above the monastery was the grave of (St?) Ethne, the mother of St. Columba, and we sang "Memory eternal" in her honor.

On Iona we visited the restored Abbey of St. Columba and celebrated the Liturgy in St. Oran's Chapel. St. Oran was the successor to the founder of the monastery, St Columba (died 597 AD). We prayed at Martyrs' Bay (where the Vikings slaughtered 68 monks in one of their early raids around 800 AD) and St. Columba's Bay--the point where he landed on Iona, after he was exiled from Ireland.

It was a wonderful opportunity to see some of the sacred places of Celtic Christianity! Oh, that their fervor could be known once again in modern Scotland!

**New Question:** How should we prepare for Holy Communion?

### Challenge for 2016: Pray Without Ceasing (1 Thessalonians 5)

Are you down? Would you like a little more joy in your life? Listen to the Psalmist: "I remembered God and was glad; I complained, and my spirit became discouraged." (Psalm 76:4) Lord, help us to pray. Give us the desire, focus, and strength to seek your face and be saved.