

GREEK ORTHODOX ARCHDIOCESE
**PARISH OF ST. PARASKEVI, ST. BARBARA &
ST. JOHN THE MERCIFUL**

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PROGRAMME OCTOBER 2018



The Holy Protection of the Theotokos (October 28th) *Apolytikion*

O Virgin, we extol the great grace of thy Protection, which thou didst spread out like a bright cloud beyond all understanding; for thou dost invisibly protect thy people from the foe's every assault. Since we have thee as our shelter and certain help, we cry to thee with our whole soul: Glory to thy great deeds, O most pure Maid. Glory to thy shelter most divine. Glory to thy care and providence for us, O spotless one.

PROGRAMME OCTOBER 2018

Every Thursday Evening the program is as follows (except School Holidays):

6pm: The St Ignatius children's group and choir (primary school age and up)

7pm: Paraklesis service to the Theotokos (in English)

7.45: Bible study group (for all ages), led by Fr Demosthenis

MONDAY 1st OCTOBER: PANAGIA GORGOEPIKOOS, Matins, Divine Liturgy and Festival at the Monastery in Geelong

TUESDAY 2nd OCTOBER: STS CYPRIAN AND JUSTINA, Matins, Divine Liturgy and blessing of the water, 7.30-10.00am

SATURDAY 6th OCTOBER: APOSTLE THOMAS, Matins and Divine Liturgy, 7.30-10.00am

SUNDAY 7th OCTOBER: 3rd SUNDAY OF LUKE, Matins and Divine Liturgy, 7.30-11.00am

THURSDAY 11th OCTOBER: Evening: Divine Liturgy in ENGLISH, 7.30-9.00pm

SUNDAY 14th OCTOBER: SUNDAY OF THE 7th ECUMENICAL COUNCIL, Matins and Divine Liturgy 7.30-11.00am

THURSDAY 18th OCTOBER: ST LUKE THE EVANGELIST, Matins and Divine Liturgy, 7.30-10.00am

SATURDAY 20th OCTOBER: ST GERASIMOS KEFALONIAS, Matins and Divine Liturgy, 7.30-9.30am

SUNDAY 21st OCTOBER: 6th SUNDAY OF LUKE, Matins and Divine Liturgy, 7.30-11.00am

TUESDAY 23rd OCTOBER: DIVINE LITURGY OF ST JAMES THE BROTHER OF THE LORD, at the Church of St Eustathios, Sth Melbourne, 8.00am

FRIDAY 26th OCTOBER: GREATMARTYR DEMETRIOS THE MYRRHFLOWING, Matins and Divine Liturgy 7.30-10.00am.

SUNDAY 28th OCTOBER: HOLY PROTECTION OF THE THEOTOKOS, Matins and Divine Liturgy and Doxology for the National Feast day of "OXI", 7.30-11.00am

St. Isaac the Syrian: A humble man is . . .



A humble man is never rash, hasty or perturbed, never has any hot and volatile thoughts, but at all times remains calm. Even if heaven were to fall and cleave to the earth, the humble man would not be dismayed. Not every quiet man is humble, but every humble man is quiet. There is no humble man who is not self-constrained; but you will find many who are self-constrained without being humble. This is also what the meek humble

Lord meant when He said, 'Learn of Me, for I am meek and humble of heart, and ye shall find rest unto your souls.' [Matt 11:29] For the humble man is always at rest, because there is nothing which can agitate or shake his mind. Just as no one can frighten a mountain, so the mind of a humble man cannot be frightened. If it be permissible and not incongruous, I should say that the humble man is not of this world. For he is not troubled and altered by sorrows, nor amazed and enthused by joys, but all his gladness and his real rejoicing are in the things of his Master. Humility is accompanied by modesty and self-collectedness: that is, chastity of the senses; a moderate voice; mean speech; self-belittlement; poor raiment; a gait that is not pompous; a gaze directed towards the earth; superabundant mercy; easily flowing tears; a solitary soul; a contrite heart; imperturbability to anger; undistributed senses; few possessions; moderation in every need; endurance; patience; fearlessness; manliness of heart born of a hatred of this temporal life; patient endurance of trials; deliberations that are ponderous, not light, extinction of thoughts; guarding of the mysteries of chastity; modesty, reverence; and above all, continually to be still and always to claim ignorance.

+ *St. Isaac the Syrian, "Homily 72: On the Vision of the Nature of Incorporeal*

Bless My Enemies O Lord (A Prayer For Our Enemies)

St Nikolai Velimirovich

Bless my enemies, O Lord. Even I bless them and do not curse them.

Enemies have driven me into Thy embrace more than friends have.

Friends have bound me to earth, enemies have loosed me from earth and have demolished all my aspirations in the world.

Enemies have made me a stranger in worldly realms and an extraneous inhabitant of the world.

Just as a hunted animal finds safer shelter than an unhunted animal does, so have I, persecuted by enemies, found the safest sanctuary, having ensconced myself beneath Thy tabernacle, where neither friends nor enemies can slay my soul.

Bless my enemies, O Lord. Even I bless them and do not curse them.

They, rather than I, have confessed my sins before the world.

They have punished me, whenever I have hesitated to punish myself.

They have tormented me, whenever I have tried to flee torments.

They have scolded me, whenever I have flattered myself They have spat upon me, whenever I have filled myself with arrogance.

Bless my enemies, O Lord. Even I bless them and do not curse them.

Whenever I have made myself wise, they have called me foolish.

Whenever I have made myself mighty, they have mocked me as though I were a dwarf.

Whenever I have wanted to lead people, they have shoved me into the background.

Whenever I have rushed to enrich myself, they have prevented me with an iron hand.

Whenever I thought that I would sleep peacefully, they have wakened me from sleep.

Whenever I have tried to build a home for a long and tranquil life, they have demolished it and driven me out.

Truly, enemies have cut me loose from the world and have stretched out my hands to the hem of Thy garment.

Bless my enemies, O Lord. Even I bless them and do not curse them.

Bless them and multiply them; multiply them and make them even more bitterly against me:

so that my fleeing to Thee may have no return;

so that all hope in men may be scattered like cobwebs;

so that absolute serenity may begin to reign in my soul;

so that my heart may become the grave of my two evil twins: arrogance and anger;

so that I might amass all my treasure in heaven;

ah, so that I may for once be freed from self deception, which has entangled me in the dreadful web of illusory life.

Enemies have taught me to know what hardly anyone knows, that a person has no enemies in the world except himself.

One hates his enemies only when he fails to realize that they are not enemies, but cruel friends.

It is truly difficult for me to say who has done me more good and who has done me more evil in the world: friends or enemies.

Therefore bless, O Lord, both my friends and my enemies.

A slave curses enemies, for he does not understand.

But a son blesses them, for he understands. For a son knows that his enemies cannot touch his life. Therefore he freely steps among them and prays to God for them.

Bless my enemies, O Lord. Even I bless them and do not curse them.

Amen

"This Was From Me" (Saint Seraphim of Viritsa's Spiritual Testament)

Have you ever thought that everything that touches you touches Me as well? For that which touches you touches the apple of My eye. You are dear in my eyes, precious, and I have loved you; therefore it is a particular pleasure for Me to educate you.

When temptations arise against you, and the enemy comes like a river, I want you to know—This was from Me. Your weakness needs My strength, and your safety comes from giving Me the opportunity to fight for you. If you find yourself in difficult circumstances, among people who do not understand you, who do not take what you like into consideration, who alienate you—This was from Me.

I am God, Who arranges circumstances. It was no accident that you find yourself in the place where you are; this is the place I have appointed for you. Did you not ask that I teach you humility? Well, then, look: I have placed you in precisely that place, in that school, where this lesson is learned. Your surroundings and those who live with you are only fulfilling My will. If you find yourself in financial difficulty, if you find it hard to make ends meet—This was from Me.

For I have your material means at my disposal. I want you to call unto me, for you to be dependent upon Me. My reserves are inexhaustible. I want you to be confirmed in fidelity to Me and to My promises. May it not be said to you in your need: “You did not believe in the Lord your God.”

Are you in a night of suffering? Are you separated from your loved ones and those close to your heart? This was from Me. I am the Man of suffering, Who has tasted affliction. I have allowed this so that you would turn to Me, so that in Me you would find eternal comfort. If you have been let down by your friend, to someone to whom you opened your heart—This was from Me. I allowed this disappointment to touch you so that you would know that your best friend is the Lord. I want you to bring everything to Me and to speak to Me.

Has someone slandered you? Give this to me, and bring your soul closer to Me, your Refuge, to hide from the “contradiction of the nations.” I shall bring forth your righteousness as the light, and your judgment as the noonday. If your plans have been destroyed, if you are downtrodden in soul and tired—This was from Me.

You made plans, and brought them to Me, so that I would bless them. But I want you to leave Me in charge of the circumstances of your life, and then responsibility for everything will be Mine, for this is too difficult for you; by yourself you can not manage them, for you are only an instrument, and not the actor. If unanticipated

problems of life have visited you, and if despondency has seized your heart, then know—This was from Me. For I want your heart and your soul to be always aflame before My eyes; to conquer faint-heartedness of the soul in My name. If you do not hear from your dear ones and friends for a long time, and in your faint-heartedness fall into despondency and grumbling, know—This was from Me.

By this anguish in your spirit, I test the strength of your faith in the surety of My promise and the strength of your boldness in prayer for these dear ones of yours. Was it not you who entrusted them to the Protection of My All-Pure Mother? Was it not you who once entrusted their care to My providential love? If serious illness, either temporary or incurable, has visited you, and has confined to your bed, then know—This was from Me.

For I want you to know Me even more deeply in you bodily infirmities, so that you would not grumble over this trial sent to you, that you would not try to penetrate My plans through different means for the salvation of people's souls, but that you would uncomplainingly and submissively bow your neck under My goodness towards you. If you have dreamed of performing some special deed for Me, and instead haven't fallen onto a bed of sickness and weakness—This was from Me.

Then you would have been immersed in your activities, and I would not have been able to attract your thoughts to Me, for I want to teach you My deepest thoughts and lessons, so that you would be in My service. I want to teach you to recognize that you are nothing. Some of My best co-workers are those who have been cut off from vital activity, that they would learn to wield the weapon of unceasing prayer.

Have you unexpectedly been called to occupy a difficult and responsible position? Go, place it on Me. I entrust these difficulties to you so that the Lord God would bless you for this in all your deeds, on all your paths, in everything that will be done by your hands. On this day I put into your hands a vessel of holy oil. Use it generously, My children! Every difficulty that arises, every word that insults you, every obstacle to your work that could elicit in you a feeling of annoyance, every revelation of your weakness and inability, shall be anointed with this oil.

Remember that every obstacle is a Divine instruction. Every sting will be dulled when you learn to see Me in everything that touches you. Therefore place the word I have declared to you today in your heart: This was from Me. For this is not an empty matter for you—**this is your life.**

COLOURING CORNER



SAINT DEMETRIOS
FEAST DAY: OCTOBER 26TH
SAINT OF GOD PRAY FOR US!