

**Week of
February 5th
2017**

You can reach Fr. Luke at
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(613) 925-3004

Please leave a clear
message and include your
phone number

Next Divine Liturgy

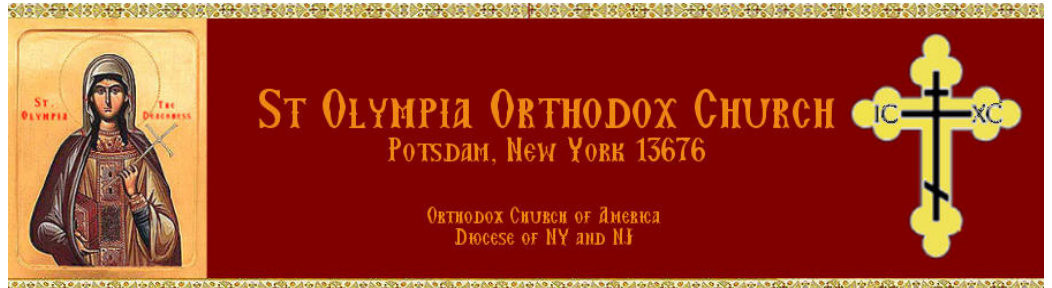
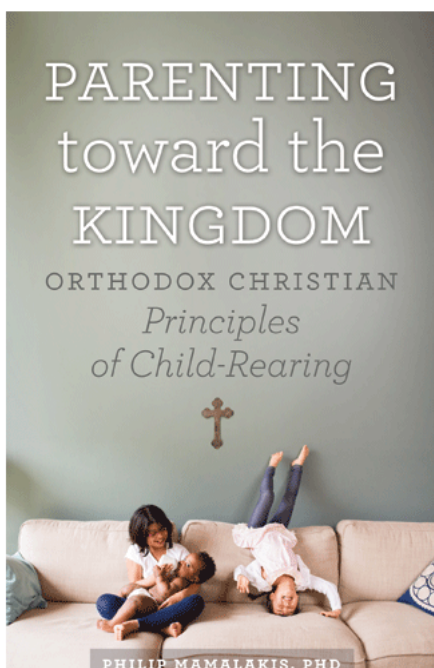
Sunday of the Prodigal Son
123 Main Street
Potsdam, NY
10:00 am

**Lunch and fellowship
to follow**



We want you to know, brothers, about the grace of God that has been given among the churches of Macedonia, for in a severe test of affliction, their abundance of joy and their extreme poverty have overflowed in a wealth of generosity on their part. For they gave according to their means, as I can testify, and beyond their means, of their own accord, begging us earnestly for the favor of taking part in the relief of the saints — and this, not as we expected, but they gave themselves first to the Lord and then by the will of God to us.

(1 Corinthians 8:1-5)



Welcome to St. Olympia Orthodox Church, a young and, God willing, growing community of worshippers.

Join us for prayer and fellowship. Divine Liturgies are held every Sunday and are primarily in English.

Visit us on Facebook or www.saintolympiaorthodoxchurch.org

The Pre-Lenten Season

The Church has now entered the period of the Triodion, the book containing the services full of hymns, readings and prayers that prepare us for Pascha. During this period, we are called to intensify our prayer, both within the services and throughout our life in order to grow anew in our quest for God.

The first Sunday that heralds the coming of Lent is the Sunday of Zacchaeus (Luke 19: 1-10). In the **Prologue from Ochrid**, Bishop Nikolai Velimirovic writes, “‘Today salvation has come to this house,’ says the Lord as He enters the home of Zacchaeus the sinner. Christ is the salvation that comes, and Zacchaeus is the house to which He comes. Each of us, my brethren, is a house in which sin dwells while Christ is afar off, and to which salvation comes as Christ draws near. Whether Christ is able or not to draw near to my house and yours depends on us. You see that He did not force an entry into Zacchaeus’s house, but came as a warmly-invited guest. Little Zacchaeus had climbed up into a tree, to see the Lord Jesus with his own eyes. He had sought Him, desired Him. And we must seek Him in order to find Him, and desire that He draw near to us, and climb us high in spirit to meet His glance. Then He will visit our house as He visited the house of Zacchaeus, and bring salvation with Him.”

In St. Paul’s first letter to the Thessalonians, he exhorts them to “Pray without ceasing.” According to St. John Cassian, “The Apostle divides prayer into a fourfold manner: ‘I exhort therefore first of all that supplications, prayers, intercessions, thanksgivings be made’ (1 Timothy 2:1). Supplication is an imploring or petitions concerning sins, in which one who is sorry for his present or past deeds asks for pardon. Prayers are a vow to God... We pray when we renounce this world, we pray when we promise that, despising secular honors and scorning earthly riches, we will cleave to the Lord in all sorrow of heart and humility of spirit. We pray when we promise that we will ever maintain the most perfect purity of body and steadfast patience, root out of our heart anger or sorrow that works death. Intercessions are prayers for others also, making request either for those dear to us or for peace. Thanksgiving is for past benefits, present ones or future, which God has prepared for those who love Him.” (quoted from **The Bible and the Holy Fathers**)

The most well-known prayer of supplication for the Lenten season is that of St. Ephraim the Syrian:

O Lord and Master of my life, take from me the spirit of slothfulness, faint-heartedness, lust for power and idle talk.

But give rather the spirit of chastity, humility, patience and love to your servant.

Yea, O Lord and King, grant me to see my own errors and not to judge my brother, for Thou art blessed unto ages of ages. Amen.

This prayer is included in private worship and also inserted into many Lenten services. In his book, **Great Lent**, Fr. Alexander Schmemmann writes that this prayer “enumerates in a unique way all the *negative* and *positive* elements of repentance and constitutes, so to speak, a ‘check list’ for our individual lenten effort.” The prayer is accompanied by prostrations. Fr. Alexander explains that, “In the long and difficult effort of spiritual recovery, the Church does not separate the soul from the body. The whole man has fallen away from God; the whole man is to be restored, the whole man is to return. The catastrophe of sin lies precisely in the victory of the flesh--the animal, the irrational, the lust in us--over the spiritual and the divine. But the body is glorious, the body is holy, so holy that God Himself ‘became flesh.’ Salvation and repentance then are not contempt for the body or neglect of it, but restoration of the body to its real function as the expression and the life of spirit, as the temple of the priceless human soul. Christian asceticism is a fight, not *against* but *for* the body. For this reason, the whole man--soul and body--repents. The body participates in the prayer of the soul just as the soul prays through and in the body. Prostrations, the ‘psycho-somatic’ sign of repentance and humility, of adoration and obedience, are thus the lenten rite *par excellence*.”

New to St. Olympia Library

Parenting Toward the Kingdom: Orthodox Christian Principles of Child Rearing by Philip Mamalakis. From the back cover:

[This book] will help all parents who have the aim of making their homes a ‘micro-church’ (a beautiful goal expressed by that great teacher of pedagogy, St. John Chrysostom)... [I]t combines high Christian ideals with everyday practical tips that everyone can learn to apply... [T]his book describes realistically how being a conscientious parent and trying to improve brings blessings upon the whole family. It deals straightforwardly with mistakes that parents make. It offers solutions and includes ideas about how to make positive use of parenting guides. It will often make the reader smile.

Save the Dates

Archbishop Michael’s next visits to Potsdam will be:

- Wednesday, March 22, 2017, for Presanctified Liturgy
- Saturday-Sunday, September 9-10, 2017