

## Next Services

Saturday

November 25th

Great Vespers at 5:00 pm

Sunday

November 26th

Divine Liturgy at 10:00 am

both at

St. Olympia Chapel

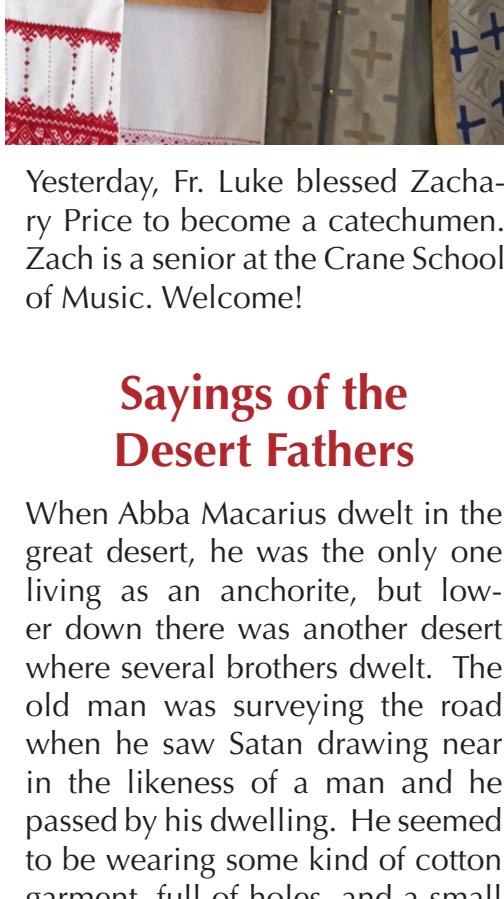
123 Main Street

Potsdam, NY

All welcome!

## Otego Nuns Wooly Works

Mother Sophronia has posted her monastery's products and we'd like to share them as our holiday season approaches. These items make beautiful gifts and also support the monastery. For more items and information go to <https://www.etsy.com/shop/OtegonunsWoolyWorks>



Yesterday, Fr. Luke blessed Zachary Price to become a catechumen. Zach is a senior at the Crane School of Music. Welcome!

## Sayings of the Desert Fathers

When Abba Macarius dwelt in the great desert, he was the only one living as an anchorite, but lower down there was another desert where several brothers dwelt. The old man was surveying the road when he saw Satan drawing near in the likeness of a man and he passed by his dwelling. He seemed to be wearing some kind of cotton garment, full of holes, and a small flask hung at each hole. The old man said to him, "where are you off to?" He said, "I am going to stir up the memories of the brethren." The old man said, "And what is the purpose of the small flasks?" He replied, "I am taking food for the brethren to taste." The old man said, "All those kinds?" He replied, "Yes, for if a brother does not like one sort of food, I offer him another, and if he does not like the second any better, I offer him a third; and of all these varieties he will like one at least." With these words he departed. The old man remained watching the road until he saw him coming back again. When the old man saw him, he said to him: "Good health to you." The other replied: "How can I be in good health?" The old man asked him what he meant and he replied, "Because they all opposed me, and no one received me." The old man said, "Ah, you did not find any friends down there?" He replied, "Yes, I have a monk who is a friend down there. He at least obeys me and when he sees me he changes like the wind." The old man asked him the name of this monk. "Theopemptus," he replied. With these words he went away. Then Abba Macarius got up and went to the desert below his own. When they heard of it the brothers took branches of palm to go to meet him. Each one got ready, thinking that it was to him the old man was coming. But he enquired which was the one on the mountain called Theopemptus, and when he found out he went to his cell. Theopemptus received him with joy. When he was alone with him the old man asked him, "How are you getting on?" Theopemptus replied, Thanks to your prayers, all goes well." The old man asked: "Do not your thoughts war against you?" He replied: "Up to now, it is all right," for he was afraid to admit anything. The old man said to him, "See how many years I have lived as an ascetic, and am praised by all, and though I am old, the spirit of formulation troubles me." Theopemptus said, "Believe me, Abba, it is the same with me." The old man went on admitting that other thoughts still warred against him, until he had brought him to admit them about himself. Then he said, "How do you fast?" He replied, "Till the ninth hour." "Practice fasting a little later; meditate on the Gospel and the other Scriptures, and if an alien thought arises within you, never look at it but always look upwards, and the Lord will come at once to your help." When he had given the brother this rule, the old man then returned to his solitude. He was watching the road once more when he saw the devil, to whom he said, "Where are you going this time?" He replied, "To arouse the memories of the brothers." And he went on his way. When he came back the saint asked him, "How are the brothers?" He replied that

it had gone badly. The old man asked him why. He replied, They are all obdurate, and the worst is the one friend I

had who used to obey me. I do not know what has changed him, but not only does he not obey me any more, but he has become the most obdurate of them all. So I have promised myself not go down there again at least not for a long while." When he had said this, he went away leaving the old man, and the saint returned to his cell.



ST OLYMPIA ORTHODOX CHURCH

POTSDAM, NEW YORK 13676



ORTHODOX CHURCH OF AMERICA  
DIOCESE OF NY AND NJ

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

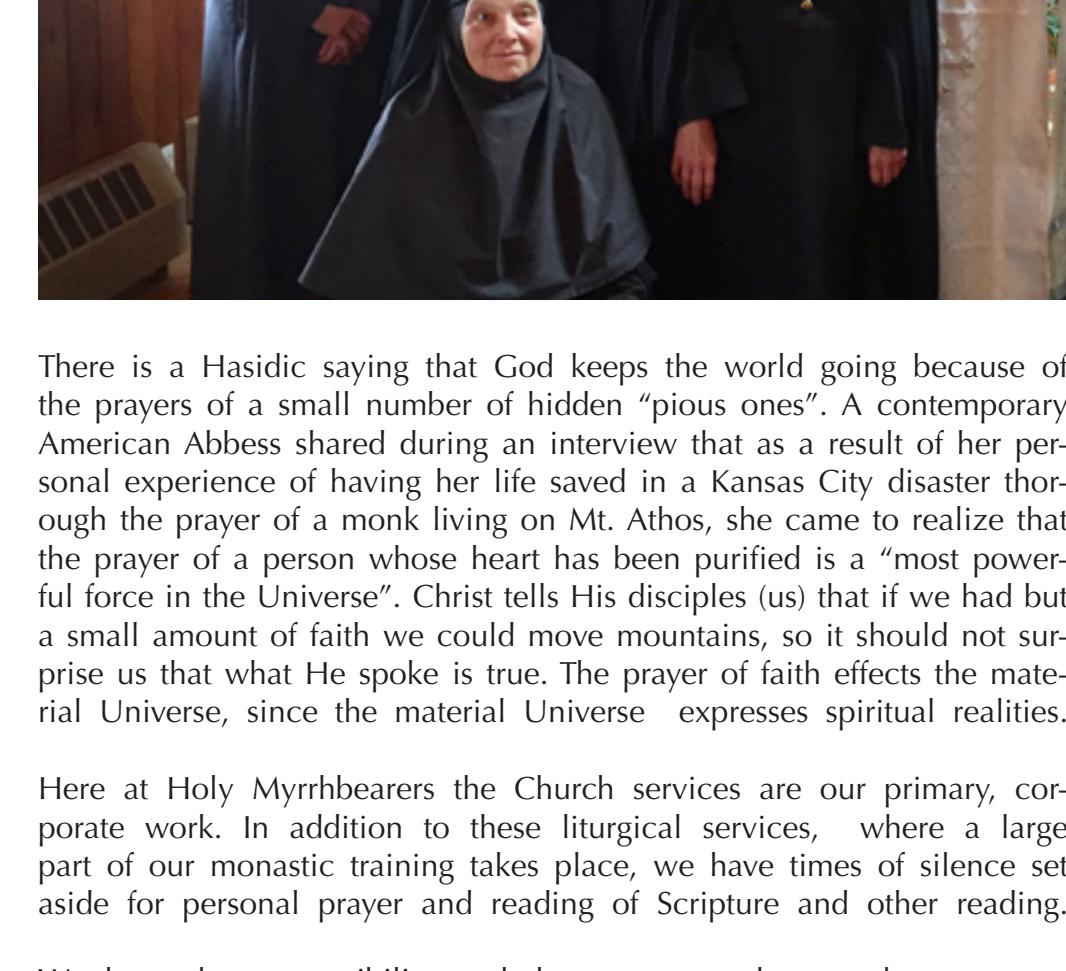
Join us for prayer and fellowship.

Divine Liturgies are held every Sunday and are primarily in English.

Fr. Luke Majoros is our presbyter.

## A Day in the Monastery (Holy Myrrbearers, Otego NY)

Editors note: we asked Mother Sophronia if she would tell us about her life at the monastery and she was kind enough to send the following report.



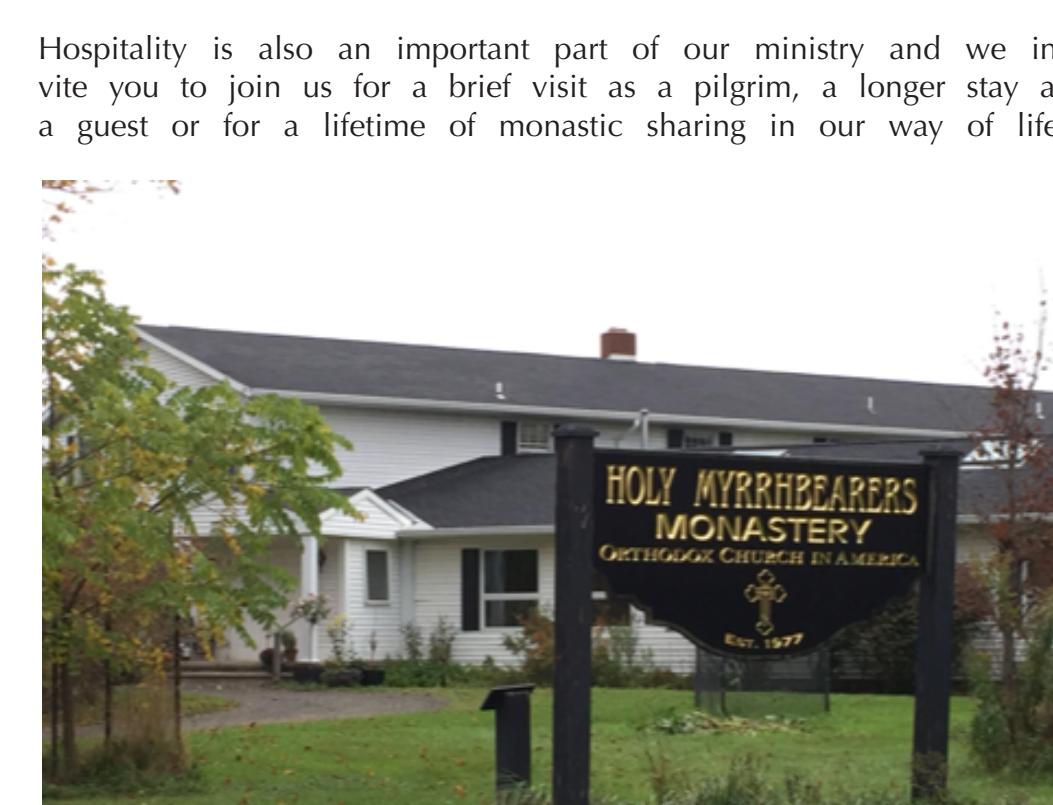
There is a Hasidic saying that God keeps the world going because of the prayers of a small number of hidden "pious ones". A contemporary American Abbess shared during an interview that as a result of her personal experience of having her life saved in a Kansas City disaster thorough the prayer of a monk living on Mt. Athos, she came to realize that the prayer of a person whose heart has been purified is a "most powerful force in the Universe". Christ tells His disciples (us) that if we had but a small amount of faith we could move mountains, so it should not surprise us that what He spoke is true. The prayer of faith effects the material Universe, since the material Universe expresses spiritual realities.

Here at Holy Myrrbearers the Church services are our primary, corporate work. In addition to these liturgical services, where a large part of our monastic training takes place, we have times of silence set aside for personal prayer and reading of Scripture and other reading.

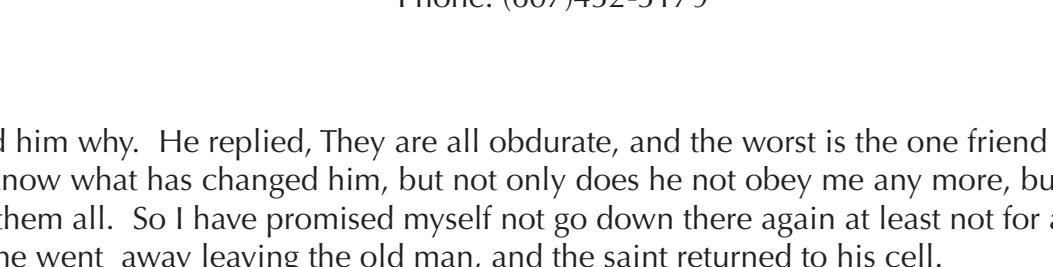
We have the responsibility to balance our need to work to support ourselves, and our obligations to this world of noise and technology with our calling to grow in greater silence and simplicity of life.

Our day begins with Matins and First Hour at 6:00 am followed by quiet time, personal chores, breakfast and attending to the needs of livestock on our farm. At 9:00am we have the Third Hour followed by a house meeting and work time until noon. At noon we have the Sixth Hour, followed by lunch, work and an hour of personal time. At 3:00 pm we have the Ninth Hour and work time until 5:00 pm when we have Vespers followed by community supper and cleanup. At 7:00 pm we have Compline and quiet time after which we who do not have necessary evening chores keep silence. We take our meals in silence and during supper our formal meal, we listen to readings while we eat.

Currently there are six of us here in community. Two have been monastics for all of their adult lives, sharing their wisdom of lived experience (well over a century between the two) with those of us who came to monasticism later in our lives. We have a former nurse/musician, former teacher/musician, business owner and manager, and scientist/iconographer/teacher among us. Here we use the talents we brought with us to work at animal husbandry, fiber arts, communications, cooking and bookkeeping.



Hospitality is also an important part of our ministry and we invite you to join us for a brief visit as a pilgrim, a longer stay as a guest or for a lifetime of monastic sharing in our way of life.



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