



# 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 worshipers.*

*Our priest is Fr. Peter Irfan, Acting Rector.  
You may reach him at 716-342-8520 (cell) or at fatherpeter777@yahoo.com.*

*Please join us for prayer and fellowship.  
Divine Liturgies are held every Sunday at 10 am.  
Great Vespers are held every Saturday evening at 5 pm.*

## Services this week:

**Saturday, October 19th**  
Great Vespers - 5:00 pm

**Sunday, October 20th**

Matins - 8:45 am  
Divine Liturgy - 10:00 am

Lunch and fellowship will follow the service

The above services are at  
**St. Olympia Chapel**  
123 Main Street  
Potsdam, NY, 13676

### **Also:**

Daily Reader's Vespers  
at 5 pm  
St. Olympia Hermitage  
Edwards, NY

Visitors are welcome to attend. E-mail  
[mothersophronia@gmail.com](mailto:mothersophronia@gmail.com)  
to confirm and for directions.

## Excerpts from *A Diary of a Russian Priest*

"Lay not up for yourselves treasures upon the earth . . . take no thought' (Matt. vi. 19, 34). Why? Earthy riches are corruptible, They are useless - 'the life of man does not depend upon the wealth of his estate.' They require care and worry and are therefore harmful even from the worldly point of view. They enslave our heart: 'Where your treasure is, there will be your heart also' (Matt. vi 21). Care and anxiety about them are godless, for they presuppose the absence of Providence: compare the parable of the rich man (Luke xii. 16-21). They weaken our spiritual powers: 'Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life ...' (Luke xxi. 34). They make us put things the wrong way around: 'Seek ye first the kingdom of God, and His righteousness' (Matt. vi. 33). They determine our destiny on earth and after death."



## Boosting Confidence One Child at a Time

Eight-year-old Hassan\* was not only spending a lot of time by himself, but he was having a hard time concentrating and following directions at the Dream Center his mother enrolled him in.

As a way to boost confidence and encourage him to participate in group activities, the center's psychologist came up with a plan tailored to Hassan's needs.

The center's staff spent time with Hassan, earning his trust. Activities like crafts and drawing have helped Hassan improve his concentration, while music and dance have grown his communication skills and comfort playing with others.

Not only has Hassan learned new coping skills thanks to the Dream Center, but Hassan's mother also has too. Through special sessions for caregivers, Hassan's mom was able to learn new techniques in caring for Hassan while meeting his particular needs.

"I'm so grateful for all the support my son received in the Dream Center; you're so sincere in supporting the children you receive at the center," said Hassan's mother.

Your gift today can support other people like Hassan, in Syria.

**CREATE A SAFE SPACE**

\*Not his real name and not pictured

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## Introduction to Byzantine Chant

Dr. Jessica Suchy-Pilalis will be giving a concise introduction to the Byzantine modes. The next sessions will be on Saturday, November 2nd and Saturday, November 9th. All sessions are at 4:00 pm. No previous chanting experience is necessary. All materials will be provided at the sessions.