



**Holy Apostles
Greek Orthodox Church**

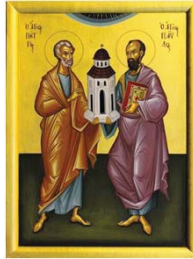
Priest: Fr. George Alexson
(cell) 703-314-6421

www.holyapostlesgreekorthodox.org
phone 703-421-7515, fax 703-956-9498

**February 11, 2018:
Judgment Sunday (Meatfare Sunday)**

**On Practicing the Jesus Prayer (Part Two)
*St. Ignatious Brianchaninov***

This is the general rule for practicing the Jesus Prayer, derived from the Sacred Scriptures and the works of the Holy Fathers, and from certain conversations with genuine men of prayer. Of the particular rules, especially for novices, I deem the following worthy of mention. **Be Attentive.** St. John of the Ladder counsels that the mind should be locked into the words of the prayer and should be forced back each time it departs from it (Step XXVIII, ch. 17). Such a mechanism of prayer is remarkably helpful and suitable. When the mind, in its own manner, acquires attentiveness, then the heart will join it with its own offering-compunction. The heart will empathize with the mind by means of compunction, and the prayer will be said by the mind and heart together. **Do Not Hurry.** The words of the prayer ought to be said without the least hurry, even lingering, so that the mind can lock itself into each word. Persevere bring attention Back to the Words when the Mind wanders. St. John of the Ladder consoles and instructs the coenobitic... "God does not expect a pure and undistracted prayer. Despair not should inattention come over you! Be of cheerful spirit and constantly compel your mind to return to itself! For the angels alone are not subject to any distraction" (Step IV, ch. 93). "Being enslaved by passions, let us persevere in praying to the Lord: for all those who have reached the state of passionlessness did so with the help of such indomitable prayer. If, therefore, you tirelessly train your mind never to stray from the words of the prayer, it will be there even at mealtime. A great

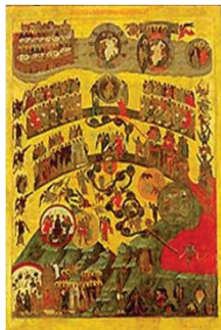


EPISTLE READING :

St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow

become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.



GOSPEL READING :

The Gospel According to Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from

another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my...

(Continued on the inside panel)

February Weekday Liturgical Schedule

Sat. Feb. 17 2nd Saturday of Souls, 8:15AM
Orthros, 9:30AM Divine Liturgy
Mon. Feb. 19th Beginning of Great Lent
7:00PM, Great Compline

The complete list of services is on our website.

UPCOMING EVENTS

TASTE OF GREECE — FEBRUARY 16-18, 2018 —

- **Volunteer!** Go to our website for the online link. Please only sign up if you can work an ENTIRE shift. This will greatly help our planning.
- **Share the TOG flyer** found on our website.
- **Can't attend? Make a donation!** Write "TOG donation" in the memo section of your check.



AHEPA Meeting

Wed. Feb. 21st, 7:30 PM

Home of Alex Kangelaris

We hope you can join us! For more info, visit us at ahepa542.org.



GOYA Consignment Sale Prep

Sat. Feb. 24th, 1:00 PM

Home of Christy Lisciandro

GOYANs will prepare items for the March consignment sale fundraiser.

GOYA Meeting

February 25th after Liturgy



GOYA Fundraiser Through Feb.

Collecting gently used children's clothing and toys for resale at a consignment sale. Look for the box in the church hall. Hangers appreciated! Contact: Lia (liaecon@comcast.net)



Philoptochos Clothing

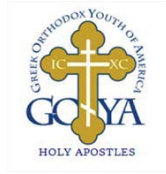
Drive for Mobile Hope

Through February

Holy Apostles Church

Collecting New socks for boys and girls, NEW tee shirts for boys, NEW underwear for boys and girls. Drop off your items in the box by the Philoptochos bookcase.

UPCOMING EVENTS



GOYA Lenten Retreat

Sat., March 3rd, 11:00 AM

Holy Apostles Church

Discussion by Father George followed by lunch in the church hall.



PAREA (Our Company of Friends!)

Fasting Potluck Lunch

Tues. March. 6th, 11:30 AM

Blair residence

47753 Allegheny Circle, Potomac Falls, VA, 20165

RSVP to Marina (703-349-1842)



St. John Chrysostom Oratorical

Festival, Sun. March 18th

Holy Apostles Church

Students in grades 4-12 must select topics announced from the Archdiocese. Competition details are on our website.

(Gospel Reading Cont...) Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

SPECIAL ANNOUNCEMENTS

Today at 2pm at a reception at the Embassy of Greece in Washington, DC, our student of the Ellinomatheia program, Sophia Panagopoulos, will receive her official certificate for passing Level 1 with Excellent. Congratulations Sophia!

ATTENTION HIGH SCHOOL SENIORS! Student applications are now available for the Washington Metropolitan Area 48th AHEPA Scholarship program, The Awards will be presented during the May 20, 2018 Annual AHEPA AWARD DINNER. Applications must be postmarked no later than April 6, 2018 for consideration. Contact **Steve Martnishn** at smartnishn@aol.com or **Ergini B. Martnishn** at: ergini@aol.com, 703-652-4426.

Weekly Feature: Fasting

Fasting from foods and, more important, from sins is observed in preparing for Holy Communion. Christians fast on certain days and seasons. For example, Orthodox Christians fast on Wednesdays in remembrance of the betrayal of Christ and on Fridays in remembrance of His crucifixion and death. We also fast in preparation for a feast. It is especially important in fasting that the Christian also abstain from harming his neighbor, envying his fellow man and from being prejudiced. While avoiding negative thoughts and practices he also should cultivate thoughts and practices consistent with the new commandment of love and charity. In the New Testament fasting is linked with prayer. Jesus Christ, in reference to the banishment of the evil spirit, assured His disciples that even the devil is rebuked by prayer and fasting: "This kind (of the devil) can come forth by nothing but by prayer and fasting"

(Mark 9:29; cf. Matt. 17:20-21). During all fast periods those of sound health abstain from meat, fish and all dairy products is observed, except when fish is permitted. The use of vegetable oils is permitted during fast periods, although olive oil may be consumed only on Saturdays and Sundays of Lent.

The main purpose of children fasting is to make them aware that fasting is a dedication and pledge to obey the principles of faith in Christ, not simply abstaining from food. This will bring them closer to

ADDITIONAL ANNOUNCEMENTS



Purchase **Taste of Greece** raffle tickets in the hall after Liturgy. 1st prize- 55" LED HDTV, 2nd prize – iPad, 3rd prize - Wine gift basket. Tickets are \$10 each, 3 for \$20.

(Cover Message Cont...) Such prayer," that is, the grace-given prayer of the mind in the heart, which shuns imaginings, "is not characteristic of children; wherefore we who are like children, being concerned with the perfection of our prayer," that is, the attentiveness which is acquired by locking the mind into the words of the prayer, "must pray a great deal. Quantity is the cause of quality. The Lord gives pure prayer to him who, eschewing laziness, prays much and regularly in his own manner, even if it is marred by inattention" (The Ladder, Step XXVII1, ch. 21). **It Takes Time.** Asceticism needs both time and gradual progress, so that the ascetic can mature for prayer in every respect. In order that a flower might bloom or the fruit grow on a tree, the tree must first be planted and left to develop; thus also does prayer grow out of the soil of other virtues and nowhere else... Pulled hither and thither by its acquired predilections, impressions, memories and worries, the novice's mind constantly breaks its salvific chains and strays from the narrow to the wide path. It prefers to wander freely, to stroll in the regions of falsehood in association with the fallen spirits, to stray aimlessly and mindlessly over great expanses, though this be damaging to him and cause him great loss. The passions, those moral infirmities of human nature, are the principal cause of inattentiveness and absentmindedness in prayer. The more they are weakened in a man, the less is he distracted in spirit when praying. The passions are brought under control and mortified little by little by means of obedience, as well as by self-reproach and humility— these are the virtues upon which successful prayer is built. Concentration, which is accessible to man, is granted by God in good time to every struggler in piety and asceticism who by persistence and ardor proves the sincerity of his desire to acquire prayer. (St. Ignatious Brianchaninov)



Thank you to our Sunday School and Greek School for sponsoring today's coffee hour!