



Holy Apostles Greek Orthodox Church

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September 8, 2019: Sunday before Holy Cross

What is Prayer of the Intellect and of the Heart?

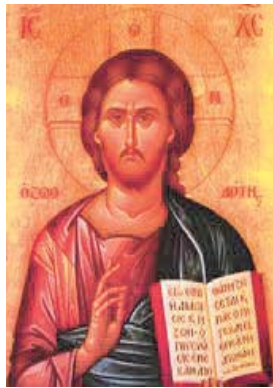
For prayer to be real, however, it must involve the whole person, not only the lips, or the intellect or the heart. Perfect prayer is of the heart and intellect simultaneously. The intellect prays through the heart, which is the centre of existence. In other words, the whole person prays from their depths and their centre, thus fulfilling the Lord's injunction: 'You shall love the Lord your God with all your soul and with all your heart and with all your strength and with all your mind; and your neighbour as yourself'. The whole person is offered to God. For this prayer we use the Jesus Prayer: 'Lord Jesus Christ, have mercy on me', which, with its short invocation, helps the mind to concentrate and the intellect to descend into the heart. From their own experience, the holy, or niptic, Fathers wrote about the method and manner of this prayer. Some of the works by these holy Fathers are collected in the Philokalia ['love for the beautiful'], a most apt name, since through prayer of the intellect and the heart, the faithful are united with God and are seen by Him, Who is most resplendent, supreme beauty. Since there's a danger of confusion between prayer of the heart and the various forms of meditation and prayer practised in Eastern religions, I think certain issues should be clarified.

1. Not only the Jesus Prayer, but every prayer of the Church, such as the fundamental, God-given Lord's Prayer, the 'Our Father', should come from the depths of our being, that is from the heart and the intellect.
2. For us Orthodox, acquisition of the gift of unceasing prayer of the intellect and the heart isn't, in the main, a matter of method and technique, but has more to do with heartfelt contrition, that is a heart... **(Cont. on the back)**



EPISTLE READING:
St. Paul's Letter to the
Galatians 6:11-18

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.



GOSPEL READING:
John 3:13-17

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

UPCOMING EVENTS



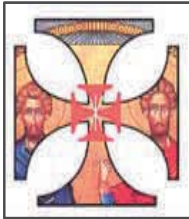
Classes begin TODAY!. Haven't registered yet? Complete a form in the church hall. See Denise Lansdell with questions or contact her via email: deniseinvirginia@gmail.com

Upcoming Youth Group Activities

- **HOPE (ages 5-8):** Mon. Sept. 9, 6:30-7:30pm at church, Craft activity led by Ashley Joiner.
- **GOYA (ages 13-18):** Sun. Sept. 15, 5:30-8:30pm, Pizza Party at the Economou home. RSVP to Lia: liaecon@comcast.net. Congratulations to our GOYA Officers who are taking the Oath of Office today!

NEW! INTRODUCTION TO ORTHODOXY: PART ONE

Sept. 11 to Nov. 13. Wed. evenings from 7-8:30PM at Church. Course designed for Inquirers into the beliefs and practices of the Orthodox Church. Open as well to practicing Orthodox faithful desiring to learn more about the Faith. Basic text: The Christian Orthodox Faith (copies available at Church).



Philoptochos "Welcome Back" Meeting, Sept. 15

At church after Liturgy

We will discuss and decide this upcoming year's activities.



PROPERTY TOUR AND COOKOUT! Sunday, Sept. 22

After church until 4pm

Address for Mapquest:
19775 Belmont Executive Plaza;
Ashburn, VA 20147

See our new property! Enjoy a gyro to go!



*Today's 40 day memorial is in memory of **Dean Malliaros**, beloved father of Eleni Malliaros and grandfather of Costantino, Maria and Alexandros. May his memory be eternal.*

UPCOMING EVENTS and events in our area



*Dinner Honoring Father
George Alexson and 50
Years in the Priesthood*

Sunday, October 27, 2019
Belmont Country Club

\$80/adult, \$20/child (under 12)
**Buy your tickets at our table
during coffee hour.**

Weekday Liturgical Services in September

Sat. Sept. 14 Exaltation of the Holy Cross;
Orthros, 8:15 AM. Divine Liturgy, 9:30 AM

Thurs. Sept. 26 Falling Asleep of St. John
the Theologian; Orthros, 8:15 AM. Divine Liturgy,
9:30 AM



NEW! Moms of Young Children Group

For mothers with newborn through
elementary school age kids. All
children welcome at meetings.

Meeting dates are flexible. More information is in the
church hall. Email Rebecca Rallis to sign up:
rebecca.rallis.holyapostles@gmail.com.

***St. Nicholas Cathedral Fall Bazaar**

Sept. 21 (11am-7pm), Sept. 22 (11am-5pm)

3500 Massachusetts Ave. NW, D.C.

Traditional Russian, Ukranian, Georgian and
Serbian Food. Music and dance performances.

***St. Mark Coptic Orthodox Church Egyptian Festival**

Sept. 21-22, 11am-6pm

11811 Braddock Rd., Fairfax 22030

Egyptian and Mediterranean cuisine, rides and
games for the kids, authentic Egyptian music.



The Parish Council is sponsoring today's
coffee hour. Thank you!

(Cover message cont.) which repents, suffers over its sins and has become humble. Without such a heart, no method or prayer technique, such as the control of inhalation and exhalation, will bring true prayer.

3. Prayer of the heart and the intellect depends on our participation in the life of the Church, in its sacraments, in observance of God's commandments and obedience to a spiritual guide. In other words, it's not an individualistic/ personal approach to God. Through the Church, humble Christians receive God's Grace and this Grace activates true prayer within them- naturally with their co-operation and consent. In concluding my remarks on the question of prayer, I'd like to say that people today are in particular need of prayer to prevent their being swallowed up by the modern, profoundly materialistic way of life. They're in danger of losing sight of their divine provenance, that is the fact that we have a divine point of departure and a divine destination. We also need prayer to retain our inner unity, balance and peace amid the terrible fragmentation of the modern world, its extroversion and lack of balance, so that, with the continuous sense of God's presence and providence in our life, we don't worry, despair and experience the world as a meaningless vacuum. With the continuous invocation of the most sweet and holy Name of Christ, we'll feel Him in our heart, we'll avoid sin and we'll cultivate feelings of love towards God and other people. We ourselves will become peaceful and our peace will spread to others around us. Allow me a brotherly piece of advice from the Holy Mountain: the more times a day we earnestly say the Jesus prayer, the closer to God we'll be and the more Grace and strength we'll receive to face the various difficulties and temptations of life. (ABBOT GEORGIOS KAPSANIS OF GREGORIOU)



The mortgage on our new property is approximately \$8,000 a month! This is in addition to our over \$5,000 a month rent in our current

facility. We need your help to start building a church so we can pay towards our PERMANENT home.

Donate TODAY to our Capital Campaign! All amounts appreciated.

Weekly Feature:

Nativity of the Theotokos, celebrated September 8

The Feast of the Nativity of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary, celebrated on September 8 each year, commemorates the birth of the Mother of Jesus Christ, our Lord. The birth and early life of the Virgin Mary is not recorded in the Gospels or other books of the New Testament, however this information can be found in a work dating from the second century known as the Book of James or Protevangelion. According to the story found in this book, Mary's parents, Joachim and Anna, were childless for many years. They remained faithful to God, but their prayers for a child were unanswered. One day, when Joachim came to the temple to make an offering, he was turned away by the High Priest who chastised him for his lack of children. To hide his shame, Joachim retreated to the hill country to live among the shepherds and their flocks. As Joachim was praying, his wife Anna was praying at the same time at their house in Jerusalem. An angel appeared to both of them and announced that Anna would have a child whose name would be known throughout the world. Anna promised to offer her child as a gift to the Lord. Joachim returned home, and in due time Anna bore a daughter, Mary.



The icon of the Nativity of the Theotokos presents to us the central figures of Saints Joachim and Anna, Mary's parents, and the Mother of our Lord as an infant. Saint Anna is in the middle of the icon with her right hand extended toward her daughter. Likewise, St. Joachim, Mary's father, is gazing upon the young child with his right hand extended toward her. Anna is surrounded by attendants who have assisted with the birth. The icon acknowledges the joy that was felt by Joachim and Anna as new parents with a child received through a promise from God. It also acknowledges a transition from barrenness to life, a foreshadowing of what would be offered through Christ, the transformation from death to eternal life.