



Christ the Saviour Orthodox Cathedral
16601 NW 77th Court, Miami Lakes, FL 33016



APRIL 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 26 8:30 AM Matins 10 AM Liturgy Church School Adopt-A-Seminarian Sisterhood Mtg	Mar 27	Mar 28	Mar 29 6 PM Hours 6:30 PM Pre-Sanct	Mar 30 11 AM Bible	Mar 31	1 10 AM Liturgy Akathist 5 PM Adult Study 6 PM Vespers Confessions
2 8:30 AM Matins 10 AM Liturgy Church School Board Mtg	3	4	5 6 PM Hours 6:30 PM Pre-Sanct	6 11 AM Bible	7	8 <i>Lazarus Saturday</i> 9 AM Kid Confession 10 AM Liturgy Pancake Breakfast 1 PM Chrismations 5 PM Adult Study 6 PM Vespers Confessions
9 PALM SUNDAY 8:30 AM Matins 10 AM Liturgy Church School Fish Dinner 2 PM Matins	10 7 PM Matins	11 7 PM Matins	12 7 PM Unction	13 <i>Holy Thursday</i> 10 AM Vesp. Liturgy 7 PM Twelve Gospels	14 <i>Holy Friday</i> 3 PM Vespers 7 PM Matins	15 <i>Holy Saturday</i> 10 AM Vesp. Liturgy 11 PM Pascha Vigil Blessing of Baskets
16 PASCHA 12 Noon Vespers OPEN HOUSE Egg Hunt	17 <i>Bright Monday</i> 10 AM Liturgy Youth Outing	18 <i>Bright Tuesday</i> 10 AM Liturgy	19	20	21	22 6 PM Vespers Confessions
23 <i>St Thomas Sunday</i> 10 AM Liturgy <i>at Vista Memorial</i>	24	25	26	27	28	29 5 PM Adult Study 6 PM Vespers Confessions
30 8:30 AM Matins 10 AM Liturgy Church School Adopt-A-Seminarian Sisterhood Mtg	May 1	May 2	May 3	May 4	May 5	May 6 5 PM Adult Study 6 PM Vespers Confessions

VOICE OF ORTHODOXY

MAR / APR 2017

Orthodox Cathedral of Christ the Saviour

Dear Parishioners and Friends of the Cathedral,

Great Lent has often been called a “School for the Soul.” It is our intensive training in developing and understanding our faith. But how does one come closer to God? Are proofs sufficient? Does some personal tragedy have to take place to change our prospective?

It is said: “seeing is believing.” This implies the constant need for evidence which may welcome skepticism and doubt. It is good to be to be cautious in matters of personal vulnerability. However, closing our emotional and intellectual doors to new awareness impoverishes our inner selves and limits our capacity for living life to the fullest.

Orthodox Christianity presents us with a different viewpoint. It says: unless you commit yourself to your faith, you will never really comprehend what religious life is all about. And unless we involve ourselves fully in the context of faith and worship, then we can not fully comprehend the Gospel’s message of goodness and salvation. This approach does not mean for us to suspend all logic; after all God has also given us a brain. In the end, without sincere belief, we lose

our spiritual focus, a ritual will become for us dry and lifeless, Church life will become mechanical, and in the end worldly – our association not really much different than any social organization. If this is the case for us, then certainly this is the prime time to turn around and to regain all that is holy and good.

Let us take this season of Great Lent together to think more of life, death and eternity and of our own place in the scenario. Of taking more time to pray – alone and with others – in order to discover more deeply the light within our personal darkness. The Lenten Spring is always an invitation and a threshold to greater understanding, internal action and opportunity for growth.

Take advantage of this Holy Season. Stay the course together to the blessing of Holy Pascha! It’s worth it.



Yours in Christ,

A. Philip Reese

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Visit our website for news, announcements
and changes to our schedule.

www.OrthodoxMiami.org

ANCIENT WORSHIP. ANCIENT TEACHINGS.
ANCIENT CHRISTIANITY . . . TODAY.

Clergy

Rector
Archpriest Philip Reese

Associate
Priest Joseph Lucas

Deacon Carlos Miranda

Subdeacons
Randolph LaCroix
Alexander Dimich

Readers
Dionysi Charles Doten
Christopher Herbert
Stephen Butcher
Anthony Brian Allen
Innocent Correa

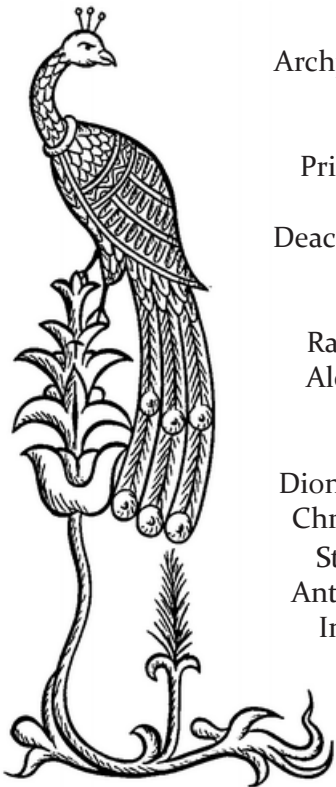
Council

Senior Warden
Christopher Herbert

Secretary
Mikhail Ramcharan

Treasurers
Jim Shiskin

Members
Gary Popovich
Dionysi Doten
Gerasimos Evanoff
Mary Perkins
Alexander Dimich
Vernon Lee
Derrick Budowski





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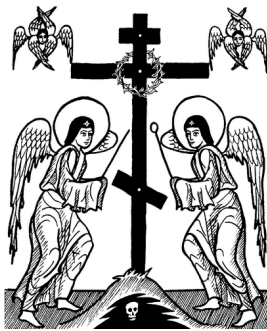


MARCH 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 26 <i>Forgiveness Sunday</i> 8:30 AM Matins 10 AM Liturgy Church School Cheesfare Lunch 2 PM Vespers	Feb 27 7 PM Grt Canon	Feb 28 7 PM Grt Canon	1 6 PM Hours 6:30 PM Pre-Sanct	2 11 AM Bible	3 11 AM Bible	4 <i>St Theodore</i> 10 AM Liturgy 5 PM Adult Study 6 PM Vespers Confessions
5 8:30 AM Matins 10 AM Liturgy Church School	6 11 AM Bible	7 6 PM Hours 6:30 PM Pre-Sanct	8 11 AM Bible	9 11 AM Bible	10 11 AM Bible	11 <i>Soul Saturday</i> 10 AM Liturgy 5 PM Adult Study 6 PM Vespers Confessions
12 8:30 AM Matins 10 AM Liturgy Church School Board Mtg	13 11 AM Bible	14 6 PM Hours 6:30 PM Pre-Sanct	15 11 AM Bible	16 11 AM Bible	17 11 AM Bible	18 <i>Soul Saturday</i> 9 AM Liturgy 11 AM RETREAT 3 PM Vespers
19 8:30 AM Matins 10 AM Liturgy Church School	20 11 AM Bible	21 6 PM Hours 6:30 PM Pre-Sanct	22 11 AM Bible	23 11 AM Bible	24 11 AM Bible	25 ANNUNCIATION 10 AM Liturgy 5 PM Adult Study 6 PM Vespers Confessions
26 8:30 AM Matins 10 AM Liturgy Church School Adopt-A-Seminarian Sisterhood Mtg	27 11 AM Bible	28 6 PM Hours 6:30 PM Pre-Sanct	29 11 AM Bible	30 11 AM Bible	31 11 AM Bible	Apr 1 10 AM Liturgy Akathist 5 PM Adult Study 6 PM Vespers Confessions

Announcements

In Need of Our Prayers

Lillian Raynes / Lidia Brookes
 Valentin & Enis Jakolenko
 Popodia Vasilka Gerov
 Ludmilla Voinescu
 Svetlana Roadway / Betty Calvert
 Hannah Butcher



Lenten Retreat

with

**Dr David &
 Dr Mary Ford**

Becoming One Flesh
*Insights into Marriage from the
 Saints through the Ages*

Saturday, March 18

Divine Liturgy at 9 AM
 Lecture 11 AM - 3 PM
 followed by Vespers
 Lunch Provided (donations appreciated)

March Birthdays

- 2 Rdr. Christopher Herbert
- 9 Zoe Doten
- 10 Amy Allen
- 10 Andrei Mavrodin
- 11 Rafael Lucas
- 12 Kaitlyn Budowski
- 17 Walter "Derrick" Budowski
- 18 Andrea Jammes
- 20 Elena Bond
- 25 Hope Petipren
- 25 James Lowrey
- 26 Anastasia Pineros
- 28 Olga Balutina

April Birthdays

- 2 Bishop Mark (Forsberg)
- 3 George Frisk
- 3 Jared Ross
- 4 Terri Budowski
- 5 Valerie Doten
- 10 Chase Budowski
- 12 Violet Lowrey
- 13 Deborah Bowser
- 13 Mya Rodriguez
- 14 Rdr. Dionysi Doten
- 16 Michael Richards
- 22 Mia Angelina Campos
- 23 David Waite
- 29 John Prystacky
- 29 Ludmila Voinescu

April Anniversaries

- 3 Dn. Carlos & Dalia Miranda
- 9 Igor & Elena Bond

Dear Abba

Dear Abba, why is fasting important?

Answer: Fasting is one of the traditions we Christians inherited from our Jewish predecessors. At the time of Christ, the Jews fasted every Monday and Thursday, as well as on certain sacred days like Yom Kippur. One of the oldest Christian books outside of the Bible is the Didache (circa AD 100). There it states that Christians will not follow the Jewish schedule, but will instead fast on Wednesdays and Fridays (these being the days our Lord was betrayed and later crucified). In addition to this weekly fast, the Church established longer periods of fasting, with the Great Lent and Apostles' Fast being the oldest.

The wisdom of the Church is a response to the words of Christ, where He says, "When you fast..." He assumes this will be a part of our spiritual practice, and even commands us to anoint our faces and be cheerful during these times, rather than gloomy. But He also tells us not to worry so much about what we will eat each day; and so the establishment of set days of fasting fulfills the necessity of this task, while at the same time removing the anxiety and egotism about having to create our own schedule of fasting.

But what is the utility of fasting? Simply put: fasting disciplines our body and enables our spirit to turn to God. The Scriptures often speak of our "flesh" as something unruly. Our physical body instinctually desires certain things for its survival, including food, drink and rest. But our bodies also tend to desire more than is necessary. In fact, our desires tend to control us, leading us away from self-control and moderation and towards sin and selfish satisfactions. Our mind and body become obsessed with the things of this world, and so we find it difficult to pray frequently and without distraction. When we fast, we put our body in check. Coupled with prayer, our mind turns toward God.

The Church Fathers tell us of yet another important reason to fast: to prepare ourselves for death. The "Age to Come" will be an existence without physical satisfactions as we know them now, including eating and drinking. The life we live in this present age is in preparation for eternity. By slowly freeing ourselves of enslavement to the things of this world, we prepare our soul to move on. But if we remain addicted to physical enjoyment, we will dread death because we will not want to leave pleasure behind. ❖

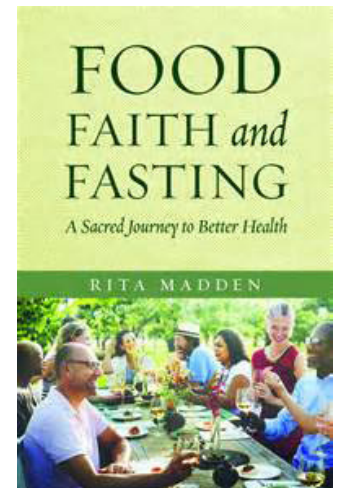
Readers Corner

Food, Faith and Fasting

Reviewed by Michael Richards

The Orthodox Church has always taught that there is a connection between the physical and spiritual worlds. Man is made of both body and soul. God did not make the two separate but united them together in the one person. This means that there is a connection between man's spiritual life and the physical activities he engages in such as eating, exercising, and work. Rita Madden, in her book "Food, Faith and Fasting," shows that healthy habits with food and exercise can lead to a healthy spiritual life.

The main spiritual focus of the book surrounds the concepts of healthy living with *nepsis* and communion. *Nepsis* is the spiritual discipline and awareness that a Christian possesses regarding their actions. It is this *nepsis* that allows the Christian to consider their action to see whether they line up with God's commandments by abandoning unhealthy habits that lead them further from God. She also shows how, through prayer, fasting, and feasting, a person can make their daily lifestyle of eating healthy and exercising part of their communion with God.



Rita Madden also uses her talents as a nutritional expert to guide the reader to a healthier lifestyle. Her advice boils down to eating less synthetic foods, eat less food that you will enjoy more, and take little moments to exercise and destress throughout the day.

"Food, Faith and Fasting" is highly recommended for its originality and timeliness since it gives ancient spiritual advice regarding health issues that have left most in the modern world confused. Rather than relying on modern fads that are here today and gone tomorrow, why not get a book with ancient wisdom that has stood the test of time? Let "Food, Faith and Fasting" be part of your spiritual reading list both during and beyond the fasting season. ❖

Lectio Divina

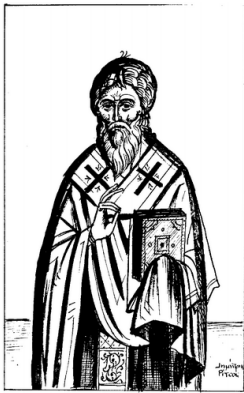
St Gregory of Nyssa on the Creation of Man

When, then, the Maker of all had prepared beforehand, as it were, a royal lodging for the future king (and this was the land, and islands, and sea, and the heaven arching like a roof over them), and when all kinds of wealth had been stored in this palace (and by wealth I mean the whole creation, all that is in plants and trees, and all that has sense, and breath, and life; and—if we are to account materials also as wealth—all that for their beauty are reckoned precious in the eyes of men, as gold and silver, and the substances of your jewels which men delight in—having concealed, I say, abundance of all these also in the bosom of the earth as in a royal treasure-house), he thus manifests man

in the world, to be the beholder of some of the wonders therein, and the lord of others; that by his enjoyment he might have knowledge of the Giver, and by the beauty and majesty of the things he saw might trace out that power of the Maker which is beyond speech and language.

For this reason man was brought into the world last after the creation, not being rejected to the last as worthless, but as one whom it behoved to

be king over his subjects at his very birth. And as a good host does not bring his guest to his house before the preparation of his feast, but, when he has made all due preparation, and decked with their proper adornments his house, his couches, his table, brings his guest home when things suitable for his refreshment are in readiness,—in the same manner the rich and munificent Entertainer of our nature, when He had decked the habitation with beauties of every kind, and prepared this great and varied banquet, then introduced man, assigning to him as his task not the acquiring of what was not there, but the enjoyment of the things which were there; and for this reason He gives him as foundations the instincts of a twofold organization, blending the sacred with the earthy, that by means of both he may be naturally and properly disposed to each enjoyment, enjoying God by means of his more sacred nature, and the good things of earth by the sense that is akin to them. ❖



Orthodox Teachings

Lent and Cyberspace
by Deacon Carlos Miranda

Our world is becoming more “virtual” with each passing day. It seems that all of us who engage in the world of computers and the internet, find ourselves living in a kind of cyber-land for extensive portions of our day. Moreover, this technology is not going away, cyber-life is here to stay. Nevertheless, for the committed Christian, cyber life presents a struggle. Our faith calls us to maintain our feet firmly planted in reality, and thus on the physical earth. Cyber-life, with all of its benefits and attractions is incomplete in that there is no physical connection to the life that dwells therein. There is no one truly there, cyber-life is full of only thoughts and images. And these thoughts and images, as important as they are, are not the fullness of life.

In the cyber world we can easily listen, learn, and try to understand the precepts and concepts of goodness all day long, yet find no physical impetus to put them into practice. In other words, it is a kind of living that allows us to know and think about good things, and yet never an opportunity to truly do them. Cyber goodness is often only a phantasm, and a delusion of our imaginations. This disconnect between the physical life we live on earth, and the mental life we live in cyber space can easily make us worse off than when we began. Met. Anthony Sourozh once wrote these very appropriate words, “listening and interest, without ever doing what we’re told, assures that quite soon we shall hear nothing anymore.”

The focus of the Christian has always been the reality that Christ is God in human flesh, and thus the one true human being in his fullness. Consequently, as followers of Christ each of us must also live in the same flesh which the Lord took upon himself. Therefore, the life Christ presents to us in His gospel and through the church wherein He abides cannot simply be topics for our mere thought, or concepts left alone to dwell in cyber space. His very way of life must be put on physically. This means that each of us must have real and actual steps that are to be physically carried out. Salvation is nothing less than being made into Christ’s image. That process cannot stop at our thought or image world. As we learn to see and acknowledge the effects of cyber space upon us, it makes our physical life in the Orthodox Church very pre-

cious and powerful. This is especially the case during the Lenten season and Holy Week. During this time of year, practicing our Orthodox worship, life draws this Christlikeness from within us out into the physical world. Our inner world of good, holy, and sanctifying thoughts and images are made to take on flesh. Holy meditation, careful thought, and quiet times are all necessary and good, but doing that which is Christ-like is better. ❖

News

January saw the completion of another phase of iconography in the nave of the Cathedral. Dmitri Shkolnik and team painted scenes from the feast days of our Lord in the apse of the northern wall, including the Resurrection (Harrowing of Hades), the Triumphal Entry (Palm Sunday), and the Raising of Lazarus. In the archway, 14 new medallions of female saints were completed. In the cliros where confessions are done, and icon of the Theotokos holding roses was added (sponsored by the Bolf family); and on the opposite side, by the choir, St Roman the Melodist appears, with the words of his famous Akathist written underneath. On the southern wall, the iconographers also began frescoes of the American saints. They will complete these during their next visit. Sponsorships for the completed icons, as well as the next phase, are currently sought.

On January 21 and 22, the Cathedral welcomed the new Bishop of Dallas and the South, His Grace +ALEXANDER. This was his first pastoral visit to South Florida and the Cathedral. On that Saturday, he led a fascinating retreat on “The Theological Relevance of the Old Testament.” And on Sunday he presided over the Divine Liturgy, and attended the patronal feastday banquet afterwards.

On February 10, the Cathedral Brotherhood met for the second time, this time hosted by Leonard Giacone. After dinner and a spiritual reflection, they enjoyed billiards at a nearby pub in Hollywood. The announcement of the next meeting is forthcoming.

Deanery Mission Vespers for Lent will be held on March 12 at St. James (Port Saint Lucie) and March 26 at St. Demetrius (Naples). Join us and support our local parishes, and enjoy fellowship with our fellow South Florida faithful. ❖

Parish Wish List

We are looking for sponsors of the following icons (\$1,000 each):

Most Recent Phase

St. Filofteia (Protectress of Romania)

St. Mary of Egypt

St. Matrona of Moscow

St. Macrina

St. Thekla

St. Phoebe the Deaconess

St. Maria Skobtsova

Next Phase

St. Tikhon of Zadok

St. Sergius of Radonezh

St. Anthony of the Kiev Caves

St. Theodosius of the Kiev Caves

St. John Cassian

St. Justin Martyr

St. Mark of Ephesus

St. Jacob Netsvetov

St. John Maximovitch

St. Alexander Hotovitsky