

LIVING WATER

The Monthly Newsletter of Christ the Saviour Orthodox Cathedral ❖ Feb 2019



Brothers & Sisters in Christ,

The world we live in seems ever more hectic, as if time itself is diminishing. In spite of the many conveniences we have in our society, the hours slip through our fingers, and the important things in life remain undone. As Christians, we must recognize this problem as a spiritual one; and therefore it demands a spiritual solution.

As a priest, I hear the same complaints repeatedly. Why is my life so busy? Why don't I pray more? Why can I not find peace? Here are some pragmatic answers to help resolve these dilemmas.

1. **Limit your exposure to entertainment.**

The Saints teach us that our various diversions can easily replace our desire for prayer and contemplation. Our mind is a very busy place, with thoughts swarming like bees. But instead of redirecting these thoughts to God, we try to drown them out with something entertaining. And in our modern times, our access to entertainment is virtually unlimited. Terms like "binge-watching" have entered into our lexicon, and we spend, at times, several hours daily watching shows, movies, and short videos.

To rein in this tendency, we should be very deliberate about what we watch (or listen to). We should designate the duration in advance (for example, to watch no more than 1 hour in a day), and also be very selective in the types of shows we watch. There is an adage from St John Chrysostom that we should never view that which is forbidden for us, as Christians, to participate in. Watching shows with explicit sex and violence, or that heroize immoral characters, certainly affects our spiritual state, toying with our desires and emotions.



2. **Reduce your time on social media.**

Another common problem today is the amount of time spent looking at FaceBook, Twitter, Instagram, and other media. While these media can be helpful in maintaining and developing our relationships with others, they easily become addictive. In many cases, they begin to replace real relationships with the persons we see face-to-face. Our online persona becomes a tool of our ego; and our online relationships are often built on deceptions. In the real world, we must learn to cope with persons of many stripes; but online, we join a tribe, and spend our time being outraged at

those we disagree with. The more we reduce our time on social media, the more time we'll have to pursue "the one thing needful" (Lk 10:42).

3. **Make time for God.**

Nature abhors a vacuum, the saying goes. Once we reduce our time fixated upon entertainment and social media, we will need to fill that space with something else, or else another diversion will attract us. When we plan out our week, we should consciously plan our daily prayer time. In addition, we should resolve to never miss attending church, unless it absolutely can not be avoided. Instead of making TV or the internet a priority, we need to make our time with God a priority.

Time is a gift from God. We can either "redeem the time" (Eph 5:16), or we can squander it. How we use our time determines what we value: "For where your treasure is, there your heart will be also" (Mt 6:21).

Yours in Christ
Fr. Joseph Lucas



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**OFFERING THE LIVING WATER
TO SOUTHEAST FLORIDA**

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

www.OrthodoxMiami.org

Announcements

✠ *Lectures on Iconography*

Fr Joseph will be giving a two-part lecture and powerpoint on iconography at St. Paul's Episcopal Church in Delray Beach. The lectures will take place at 10 AM on Saturday, Feb 9 and Feb 16. The first lecture is titled, "The Story of the Icon: History"; and the second one is "The Story of the Icon: Symbolism." The cost is \$10. If you'd like to attend, please register with them by contacting Ann at (904) 710-2416

✠ *Home Blessings*

If you haven't had your home blessed yet, please email or call Fr Joseph to set up an appointment.

Clergy

Fr. Joseph Lucas, PhD. Cand., MDiv.
*Rector of the Cathedral
Dean of South Florida*

Attached

Fr. Philip Reese (Pastor Emeritus)
Dn. Carlos Miranda

Subdeacons

Randolph (Christopher) LaCroix

Readers

Dionysios Charles Doten
Christopher Herbert
Stephen Butcher
Anthony Brian Allen
Innocent Correa

Retired Attached

Fr. Peter Tutko
Fr. Alexander Padlo
Fr. Michael Zaperyniuk

Parish Administration

Parish Council Officers

Reader Christopher Herbert - Warden / Secretary
Rdr Dionysios Doten - Treasurer
Leonard Giacone - Asst Treasurer

Members

Jim Shiskin
Gary Popovich
Corina Mavrodin
David Waite
Elena Voronkova
Mary Perkins (Alt)
Gerasimos Evanoff (Alt)

Sisterhood

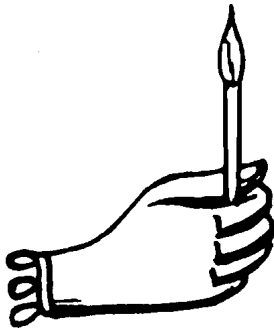
Corina Mavrodin - Director
Karen Budowski - Asst Director
Angela Allen - Treasurer
Susan Simpkins - Secretary

Choir Director

Rdr Dionysios Doten

Prayer List

Hannah Butcher / Lillian Raynes
Enis Jakolenko / Karen Budowski
Ludmilla Voinescu / Svetlana Roadway
Stanley Klein / Vernon Lee
Ann Ross / Susan Simpkins
Randolph LaCroix / Carrie Wusylko



Highlights of December Financials

All items should be at 50% of Budget for Nov.

| Expenses | Month | Year Total | |
|-------------|----------|------------|-----|
| Total Exp. | \$25,288 | \$107,681 | 54% |
| Income | Month | Year Total | |
| Collections | \$15,426 | \$69,759 | 47% |
| Candles | \$1,250 | \$5,730 | 41% |
| Misc. | \$0 | \$1,142 | 22% |
| Xmas Mail | \$2,176 | \$2,176 | 31% |
| Kitchen | \$76 | \$1,779 | 89% |
| Cemetery | \$100 | \$100 | 3% |
| Other | \$600 | \$2,668 | 67% |
| Total Inc. | \$19,213 | \$84,639 | 43% |

At month's close, we were 11% under-funded.

February Birthdays

- 1 Hardai (Joy) Lee
- 6 Nina Fortune
- 8 Nelson Tatis
- 9 Zachariah Doten
- 12 Isaiah Bryant
- 14 Kenneth Lowrey
- 18 Orlando Garcia
- 21 Michael Snavely
- 23 Mary Perkins
- 23 Angie Allen
- 23 Walter Budowski
- 24 Maja Georgakopoulos
- 25 Jeremy Paulovkin

February Anniversaries

- 2 Stanley & Carol Klein
- 3 David & Etsegenet (Tina)Waite
- 14 Willie & Rodlene Bryant
- 20 Kenneth & Violet Lowrey
- 20 Ann & Bruce Zipper
- 21 Lesley & Deborah Bowser
- 23 James & Kathleen Shiskin

Fund-Raising Drive

You may have noticed that the chairs in the Temple are falling apart. Several were beyond repair, and have been thrown out. The Board and Sisterhood would like to purchase new chairs for the Temple, and need your help.

Please let Fr Joseph know if you would like to help sponsor this project.