

# LIVING WATER

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



Brothers & Sisters in Christ,

As winter bleeds into spring, the Church begins its annual Lenten journey towards Pascha. But rather than see this season of one of renewal and strengthening, we often view the Fast with anxiety. Many even opt-out of fasting, justifying their decision by dismissing the importance of abstaining from certain foods and activities.

So we must ask ourselves, why do we fast? What have we to gain?

If we look to the Saints for guidance, they tell us what is the root cause of human wickedness: self-love. St Maximos the Confessor writes that “self-love is the first sin, the first progeny of the devil, and the mother of the passions (sinful desires) that come after it.” Self-love, simply put, is the will to put our own desires ahead of the well-being of others. The opposite of self-love is “selfless love” (agape), which is the love that Christ tells us to emulate in the Gospel.

So how do we overcome self-love? We must follow the path of Jesus Christ, who taught us the meaning of true love. Through His suffering and death for our sakes, He demonstrated that love is an action, not a mere emotion. We love when we sacrifice ourselves for others.

And yet, it is impossible for us to live in such a way unless we first deal with our selfish desires. The Lord tells us, “If anyone would come after me, let him deny himself and take up his cross daily and follow me” (Luke 9:23). We must learn to deny

ourselves, and thereby put our selfish desires in check, if we want to learn how to truly love.

St Maximos also tells us that “self-love is an irrational love for the body.” This is where fasting comes in. We need food and drink to survive and flourish; but we also tend to desire much more than we need. Our bellies control us. But when we abstain from rich and satisfying foods (like meat and dairy), we deny our gastronal desires, and strengthen our spiritual resolve. Joined to prayer, fasting is a powerful tool in our arsenal against self-satisfaction. And with the money saved on groceries, we are able to give more to those in need.

It is understood by the Church that not everyone is able to fast. There are those whose health conditions prevent such. But the suffering they endure is itself an ascetic feat. When faced with prayer, such health problems also become a way to overcome selfish desires.

As we enter into Lent, let us remember that asceticism is not a law, but a tool. The fast was made for man, not man for the fast. But for those who accept it, the fast is the necessary means to a glorious end.

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](http://www.OrthodoxMiami.org)

**Announcements**

✦ *Movie Night*

Join us on Friday, March 15 (7 PM) for  
an encore presentation of the film, "The  
Gospel of John" starring Ian Cusick and  
Christopher Plummer.

✦ *Wednesday Pre-Sanctified Liturgies...*

Begin on March 13. The "Agape" meal  
afterwards will be combined with our  
weekly Bible Study lesson.

✦ *Sunday of Orthodoxy...*

Will be hosted by St Mary Antiochian  
Church in West Palm (March 17 at 5 PM)

✦ *Young At Heart Club*

We will meet on March 7 at 11 AM.

**Clergy**

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

**Attached**

Fr. Philip Reese (Rector 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  
Fr. Ernesto Rios

**Parish Administration**

**Parish Council Officers**

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

**Members**

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

**Sisterhood**

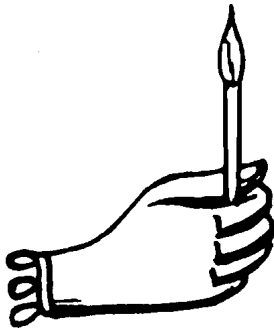
Corina Mavrodin - Director  
Karen Budowski - Asst Director  
Angela Allen - Treasurer  
Susan Simpkins - Secretary

**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 / Carrie Wusylko  
Sbdn. Christopher Randolph LaCroix



### Highlights of January Financials

*Items should be at 8.3% of budget (new fiscal year).*

Expenses	Month	Year Total	
Total Exp.	\$13,059	\$13,059	6.6%*
Income	Month	Year Total	
Collections	\$7,662	\$7,662	5.2%
Candles	\$885	\$885	6.3%
Misc.	\$505	\$505	9.9%
Kitchen	\$97	\$97	4.9%
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Total Inc.	\$9,549	\$9,549	4.8%**

*\*Expenses were below the estimates, but are forecast to exceed the monthly average in future months.*

*\*\*At month's close, we were 3.5% under-funded.*

### March Birthdays

- 2 Rdr. Christopher Herbert
- 5 Alexis Cepeda
- 9 Zoe Lissette Doten
- 10 Amy Allen
- 10 Andrei Mavrodin
- 10 Lisa Villalobos
- 11 Rafael Lucas
- 12 Kaitlyn Budowski
- 12 Josiah Heredia
- 13 Jean Griffin
- 17 Walter "Derrick" Budowski
- 18 Andrea Jammes
- 25 James Lowrey
- 25 Hope Petipren
- 26 Anastasia Pineros
- 28 Olga Balutin

### March Anniversaries

- 27 Nelson & Linda Tatis

### 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.**