

LIVING WATER

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



Brothers & Sisters in Christ,

One of the amazing gifts that God has given to human beings is the ability to speak. Through language, we are able to communicate our thoughts and feelings to others. Our words have power, and they can either be used in constructive or destructive ways. When we are “speaking the truth in love” (Eph 4:15), we fulfill our original calling to be prophets of God (literally, someone who speaks on behalf of another). But when we use our words to hurt, to gossip, or to boast, we imitate the evil one, who is “the father of lies” (Jn 8:44). The Holy Scriptures and the Saints teach us much about the necessity of choosing our words wisely.

St James, the Brother of the Lord, tells us that controlling our speech is the first step towards spiritual discipline. He warns, “If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one’s religion is useless” (1:26); and then tells us that, “If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body” (3:2).

St Paul puts it in another way, imploring us to let our “speech always be seasoned with grace, as with salt, that you may know how you ought to answer each one” (Col 4:6). Implied in this advice is the practice of prayer. If we pray before, during, and after we speak, we invite God into the conversation. Prayer also helps us to calm down, giving us the strength to refrain from lashing out. As Proverbs 15:1 instructs us: “A soft answer turns away wrath, but a harsh word stirs up anger.”

Perhaps the most frightening warning about misusing our speech comes from the Lord: “But I say to you that for every idle word men may speak, they will give account of it in the day of judgment” (Matt 12:36).

An idle word is one which is unnecessary, harmful, deceitful, slanderous, or vain. The 19th century Russian spiritual writer, Abbess Thaisia, writes that idle talk “begins under the pretext of conversing, of discussing some business, but then we proceed imperceptibly to an altogether unnecessary, empty, and sinful conversation. Like a deeply-rooted infection, this sickness does not easily submit to healing.”

The antidote to idle talk is the purposeful practice of humility. Elder Sophrony of Essex would tell his disciples that they must attach themselves to a humble thought in order to avoid idle speech. In other words, humility is something we strive for, a goal that requires our attention. When we choose to humble ourselves, we are better equipped to examine our words before they leave our lips.

Spiritual progress is gradual, and there will be many mistakes along the way. Even the most careful of us will occasionally fall prey to gossip, judging others, or inadvertent insults (often hiding behind sarcasm or teasing). For this reason, God calls us to reconciliation. With every slip of the tongue, there is an opportunity to repent, to ask the other person for forgiveness, and to restore the relationship that has been damaged. And if we are the recipient of harmful speech, it is an opportunity to forgive and forget. Of such things is the Orthodox Christian life comprised.

Yours in Christ,
Fr. Joseph Lucas





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Orthodox Cathedral**

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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

✦ *Yard Sale Success*

Our parish Yard Sale was a huge success, raising over \$600 for the Cathedral. Going forward, we will hold the Yard Sale quarterly (next one in November).

✦ *Canon for St Herman of Alaska*

In honor of the commemoration of St Herman of Alaska, we will serve the Akathist to him on Friday, Aug 9 at 7 PM. Fr Joseph will be concelebrating Liturgy the following morning (Aug 10) at St Herman Church in Lake Worth.

✦ *Bible Study Returns*

Bible Study will be starting on Aug 21. We will be studying the "Prison Epistles": Ephesians, Colossians, and Philippians.

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
Michael Richards

Readers

Dionysios Charles Doten
Christopher Herbert
Anthony Brian Allen
Innocent Correa

Retired Attached

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

Parish Administration

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

Parish Council 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

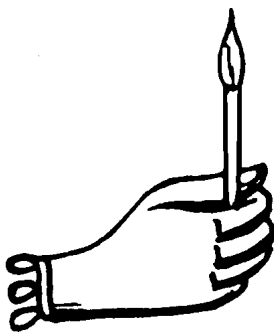
Rdr Dionysios Doten

Orthodox Book Center

Gary George Popovich - Director

Prayer List

Carrie Wusylko / Stanley Prystacky
Enis Jakolenko / Karen Budowski
Ludmilla Voinescu / Svetlana Roadway
Stanley Klein / Vernon Lee / Nina Fortune
Ann Ross / Norma Skuby
Sbdn. Christopher (Randolph) LaCroix
Susan Simpkins / Antonio Nicodemo



Highlights of June Financials

Items should be at 50% of budget.

Expenses	Month	Year Total	
Total Exp.	\$16,794	\$93,102	47.0%
Income	Month	Year Total	
Collections	\$9,267	\$59,226	40.2%
Candles	\$753	\$4,816	34.4%
Misc.	\$213	\$1,280	25.1%
Hall	\$100	\$1,350	22.5%
Other	\$20		

Total Inc.	\$10,353	\$73,691	37.2%*

**At month's close, we were 9.8% under-funded.*

August Birthdays

- 1 Anetera Bryant
- 2 Panagioti Georgakopoulos
- 4 Declan Lemieux
- 5 Samantha Jammes
- 8 Ian Allen
- 9 Irina Giacone
- 10 Susan Simpkins
- 13 Lazaro Cortes
- 14 Joel Clarke
- 16 Donna Jammes
- 16 Etsegenet (Tina)Waite
- 17 Christine Clarke
- 25 Jan Lemieux
- 25 Danica Simpkins
- 27 Jose Cofino
- 30 Diana Rodriguez
- 30 Alejandro Altamiranda

August Anniversaries

- 8 Jan & Jennifer Lemieux
- 15 Fr. Joseph & Pres. Irina Lucas
- 17 Honoriu & Liana Filimon

Wish List

*Winn Dixie Gift-Cards
for the Needy*

Rolls of Stamps

Processional Cross \$1,000

Printing Costs for Directory \$500

New Glass to Protect the Altar \$300

*Manischewitz Concord Grape Wine
for Zapivka (after communion)*

*Regular Donations of Half & Half
and Non-Dairy Creamers
for the Coffee Hour*