

LIVING WATER

The Monthly Newsletter of Christ the Saviour Orthodox Cathedral ❖ Mar 2022



Dear Brothers & Sisters in Christ,

On March 7 we begin the Great Fast. We say goodbye to dairy and eggs (already having bid adieu to meat the week prior), taking up an essentially vegan diet for seven weeks. As we consider the strictness of Lent, we ask ourselves, “Why is this necessary?”

Many believe that fasting is an optional aspect of the Orthodox Christian spiritual life: an add-on for those who want to be “super spiritual.” But this idea does not jibe with the tradition of our Church. Although there are cases in which a person is blessed not to fast (usually involving health issues), every able-bodied member of the Church should take this practice seriously.

Firstly, fasting is definitely a biblical practice. It is mentioned over 70 times in the Scriptures. In the Old Testament fasting is directly connected with times of mourning and repentance. And these two ideas are directly connected, for we are taught to mourn for our sins and turn to God in repentance. In the New Testament, Christ himself sets the example by fasting forty days in the wilderness. Since he was sinless, he was not fasting for his own sins; rather, he fasts to prepare his flesh to meet Satan who will come to tempt him. And when he later addresses this topic, our Lord does not say, “If you fast...” but “*When* you fast, anoint your head and wash your face, that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly” (Matt 6:17-18).

One of the earliest Christian documents, almost contemporaneous with the New Testament documents, is the *Didache* or “Teaching of the Twelve Apostles.” Therein it commands Christians to fast every

Wednesday and Friday. Very soon after, the Great Fast came into being, modeled on the forty day fast of Christ.

But this still doesn’t answer the “why” of fasting. To understand that, we must go back to Genesis 2 and 3. Adam and Eve were commanded to abstain from eating the Tree of the Knowledge of Good and Evil. God did not withhold its fruit out of spite, but so that they could learn holiness by trusting God. A commandment was necessary for them to learn to rightly use their freedom. But when they took the fruit without a blessing, it was an act of selfishness. They put their bodily desires first and disobeyed God.



We humans continue to struggle with our desires and find it very difficult to trust God and grow in holiness through obedience. Our stomach is perhaps one of our greatest obstacles. Because food is the most basic of things necessary for survival, our body desires it. But we quickly allow those desires to rule over us. When we fast, we put the stomach (and body) in check so that we can again learn to trust God

This is why fasting is not optional. If we want to see God in the “Age to Come,” we must prepare ourselves now. To grow in faith, we must constantly repent and put our selfish desires in check. Fasting is the primary way we begin this task, combined with prayer and charity. For those unable to fast (or fast strictly) due to health issues, those bodily afflictions also serve to curb bodily desires. But for the rest of us, we should make avail of the Church’s prescribed fasting guidelines which help us along on our path to Paradise.

In Christ,

A handwritten signature in black ink, appearing to be a stylized name.



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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

✦ *Prosfora Baking Class*
Fr Joseph will be offering a free class
on how to back prosfora (communion
bread) for the parish. March 5 at noon.

✦ *Field-Trip to the Movies*
The movie "Man of God" about the life
of St Nektarios of Aegina will be in US
theaters for one night: March 21 at 7 pm.
Those interested in attending with rest of
the parish should purchase tickets for the
Cinemark Paradise Theatre on Sheridan
Street in Davie using Fandango.com.

✦ *PreSanctified Liturgies*
Starting March 16, every Wednesday in
Lent at 7 pm is a PreSanctified Liturgy.

Clergy

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

Dn. Carlos Miranda, MDiv.

Minor Orders

Sbdn. Michael Richards
Rdr. Christopher Herbert
Rdr. Anthony Brian Allen
Rdr. Nilus Wawerczyk

Retired Attached

Fr. Philip Reese
Fr. Alexander Padlo
Fr. Michael Zaparyniuk
Fr. Leonid Palceski

Parish Council

Rdr Christopher Herbert - Warden / Secretary
Rdr Nilus Wawerczyk - Treasurer
Rdr Anthony Brian Allen - Council Member
Nicole Mary Brown - Council Member
Duane Patrick Clarke - Council Member
Vernon Andrew Lee - Council Member
William Wusylko - Council Member

Choir

Elena Voronkova - Director

Orthodox Book Center

Rdr Nilus Wawerczyk - Director

Financial Secretary

J. Thomas Hornsey

Office Secretary

Hope Petipren

Prayer List for Healing

Carrie Wusylko / Ayesha Doten
Enis Jakolenko / Karen Budowski
Norma Skuby / Jose Fernandez
Edward White / Georgette Hartner
Joshua Herbert / Antonio Nicodemo



**Do everything for the
glory of God, and in
nothing—either outwardly
or inwardly—intend
anything other than his
glory. It should be the
measuring stick of
every endeavor, and
place its seal on each one.**

- St Theophan the Recluse

March Birthdays

- 2 Rdr. Christopher Herbert
- 9 Zoe Lissette Doten
- 11 Rafael Lucas
- 12 Josiah Heredia
- 13 Jean Griffin
- 18 Andrea Jammes
- 23 Joel Infante
- 25 James Lowrey
- 25 Hope Petipren
- 26 Anastasia Pineros
- 28 Olga Balutina

Wish List

*Winn Dixie / Publix Gift-Cards
for the Needy*

Books or Rolls of Stamps

Costco Colombian Coffee

Donations toward Church Furniture

Large Salad Spinner

*Stainless Steel Tongues
& Serving Utensils*

First-Aid Kit Items

Plastic Gloves to Serve Food