

LIVING WATER

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



Dear Brothers & Sisters in Christ,

Anyone who has ever hiked or biked through the countryside knows what a rewarding experience it can be. The trek is not so much about the destination as it is the journey itself. There is joy to be experienced along the way: the beautiful scenery, the fresh air, and the cheerful sounds of nature. Of course, it's also necessary to reach a destination, a place to rest, before it gets dark; but you need to pace yourself in order to maintain the strength to arrive there.

Such is the journey of life. A Christian knows where he intends to travel towards—eternal life in Christ Jesus—but the path there is just as important. This is because our Lord is both the path *and* the destination.

A common criticism of modern Christians is that we only care about what happens after death, not the here and now. And perhaps this is true for some of us. But when we read the words of the Apostles in the New Testament, we discover that this is not how they lived. Jesus said, “Lo, I am with you, even unto the end of the age,” and they believed him. St. Paul tells us that, by faith, Christ will even come to live in our hearts (Eph 3:17). The kingdom of God is not simply a future reality, it is in our midst (Lk 17:21).

This being the case, we should think differently about our day-to-day existence. It seems most of us are either in a rush to get somewhere, or sitting around bored. We often fail to find joy in the moment, to experience the presence of God. We may think that we'll meet him on Sunday at the

Divine Liturgy (if we actually attend), or even every evening in our prayers (if we say them); but he is also “everywhere present and filling all things.” He is the scenery, the sights and sounds (so to speak), that we constantly encounter on this journey. Whether we are in motion, or pausing for rest, he is with us.

One of the mental practices that has caught on in recent years is mindfulness. Usually, it consists of stopping and making oneself acutely aware of his environment, inner thoughts, and physical sensations. There are a variety of opinions on such practices; but for an Orthodox Christian, we have had our own form of “mindfulness” for two millennia. It's called “the remembrance of God.” When the Fathers speak of this, they refer to our ability to constantly be aware that Christ is with us in the present moment.

Through prayer, and the calming of our thoughts, we can enter into God's presence immediately. And when this happens, everything we experience is transformed. We see the tragic beauty of his creation. We see the tarnished image of God in all our brothers and sisters. But most importantly, we see Christ everywhere we look, including within ourselves. This is how we should live each day. He is not only our destination, he is the road we travel on.

In Christ,

A handwritten signature in black ink, appearing to be the name of the author, written in a cursive style.





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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

✦ *Holy Water Blessing and Procession*
Begin the Dormition Fast right on Aug
1 with the blessing of Holy Water and
Procession with the Cross at 11 AM.

✦ *Paraclesis for the Theotokos*
In connection with Dormition Fast, the
Paraclesis (Small Canon) will be on Aug
3 and 10, at 6:30 PM before Bible Study.

✦ *Public Proskimidi*
Fr. Joseph will be serving the prepara-
tory service before the Divine Liturgy as
a teaching service on Sunday, Aug 28 at 9
AM. This is a chance to learn about how
the bread/wine are prepared for Liturgy,
and learn the symbolism of a service usu-
ally done behind the iconostas.

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 Richards - 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 / Vernon Lee
Edward White / Georgette Hartner
Joshua Herbert / Antonio Nicodemo
Catherine and Elena Morris
Georgina Nikolic / Mary Perkins



“Understand two thoughts and flee from them. One says ‘You are a saint,’ and the other, ‘You won’t be saved.’ Both of these are from the enemy, and there is no truth in them. But think in this way: ‘I am a great sinner, but the Lord is merciful. He loves mankind very much, and he will forgive my sins.’”

- St Silouan the Athonite

August Birthdays

- 1 Anetera Bryant
- 2 Lily (Olympia) Vidaurre
- 4 Declan Lemieux
- 5 Samantha Jammes
- 8 Ian Allen
- 10 Susan Simpkins
- 13 Lazaro Cortes
- 14 Joel Clarke
- 16 Donna Jammes
- 16 Etsegenet (Tina)Waite
- 17 Christine Clarke
- 19 Catherine Devora Morris
- 22 Carly Sarmiento
- 25 Jan Lemieux
- 25 Danica Simpkins
- 30 Diana Rodriguez
- 30 Alejandro Altamiranda
- 31 Dimitriy Nguyen

August Anniversaries

- 8 Jan & Jennifer Lemieux
- 14 Alejandro & Raquel Ferraguz
- 15 Fr. Joseph & Pres. Irina Lucas

Wish List

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

Olive Oil for Lamps

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

Books or Rolls of Stamps

Costco Colombian Coffee

Half and Half for Agape Hour

*Home Depot Gift Cards
for Parish Gardening / Tools*