

# LIVING WATER

*The Monthly Newsletter of Christ the Saviour Orthodox Cathedral ❖ Mar 2025*



Dear Brothers & Sisters in Christ,

The Great Fast (Lent) is one of the most ancient practices of the Church. Historically, it began as a period of asceticism, purification, and repentance for those who were preparing for baptism just before Pascha. Very quickly, bishops began to advise all the members of the Church to fast and pray alongside the catechumens, sharing in this time of cleansing. Since at least the third century, Lent as currently practiced has remained a vital part of our annual cycle.

One of the exercises we do often during Lent is to make prostrations down to the ground. In Clean Week (the first week) we do this dozens of times during the Canon of St. Andrew. And all of our weekday services and personal prayer times have the added "Prayer of St. Ephrem" with its multiple prostrations. Why do we do these?

Bowing our whole body low to the ground is a physical representation of a spiritual movement. In order to repent, we must humble ourselves before God. We must lose ourselves, abandon our pride and self-reliance, and place all our hope in him. Repentance is impossible without a willingness to lower ourselves. As our Lord teaches us, "Whoever humbles himself will be exalted" (Matt 23:12). Without humility, we will not enter the kingdom of heaven.

But there is a problem: we mortals deceive ourselves very easily. We tell ourselves a story, making ourselves out to be either the hero or the victim. We think of ourselves as good people, faithful people, humble people. However, it is easy to humble ourselves before God when he is merely an abstraction. It is easy to tell ourselves we are humble without actually having to lower ourselves before our fellowman.

There is a long-standing tradition found in

the writings of our saints that says humility can only be obtained through obedience. We need to humble ourselves before actual human beings. This is much more difficult than a general sense of obedience to God. Obedience to others actually challenges us and pushes us out of our comfort zone, eventually changing our inner disposition.

There are many ways we can learn humility through obedience. Spouses can be obedient to each others' needs. Children can be obedient to parents. Employees can be obedient to bosses. Citizens can be obedient to police officers. And all of us can be obedient to

our spiritual father and our hierarch. When we actively choose to lower ourselves before others, we become humble-minded. It is rooted in the conscious choice to trust someone else, overcoming our own ego in the process.

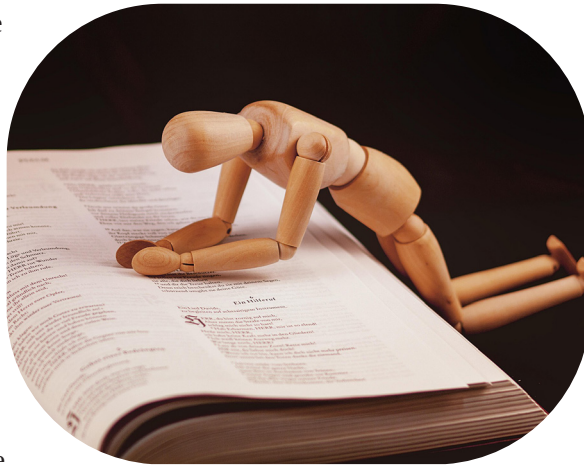
There are a few caveats to this, though. First, if our obedience is to be fruitful, we must offer it willingly, not out of coercion or fear. Second, we must avoid grumbling about our circumstances. The correct mindset ensures we gain spiritual benefit. And finally, we should not

comply if we are asked to do something that is obviously sinful, unethical, or heretical. There is a limit even to obedience.

It is likely that many of us bristle at the thought of being obedient to others. If so, it is a sure sign that our ego is enlarged. Yet if we desire to obtain true humility, to overcome self-righteousness and self-importance, the road ahead necessarily runs through obedience. This Lent, let us begin to prostrate our minds just as we do our bodies, so that we may be lifted up by our Lord Jesus Christ.

In Christ,

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





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## Announcements

✦ *New Layout in the Temple*  
As of March 1 the nave of the temple will look very different. There will be only two rows of red chairs (plus benches) to accommodate the elderly, infirm, persons with disabilities, and pregnant mothers. We will also no longer permit large strollers in the temple, only small umbrella strollers or portable car seats. This is to make room for the large attendance we have experienced the past several months.

✦ *Clean Week and the Great Fast*  
The first week of Lent (Clean Week) is March 3 - 7. We will have nightly services at 7 PM. Starting the week after, every Wednesday will be PreSanctified Liturgy instead of Bible Study.

## Clergy

V. Rev. Joseph Lucas, PhD., MDiv.  
*Rector of the Cathedral*

Fr. Dn. Carlos Miranda, MDiv.

### **Minor Orders**

Sbdn. Michael Richards  
Rdr. Nilus Wawerczyk  
Rdr. Anthony Saborio  
Rdr. Stephen Butcher

### **Retired Attached**

V. Rev. Michael Zaparyniuk  
V. Rev. Leonid Palceski

## Parish Council

Rdr. Nilus Wawerczyk - Warden, Treasurer  
Leah Sophia Duboy - Secretary  
David Bruce - Council Member  
Sophronia Asher Lafond - Council Member  
Gabriel Ruiz - Council Member  
Rdr. Anthony Saborio - Council Member  
William Wusylko - Council Member

## Lay Leadership

Elena Voronkova - Choir Director  
Rdr. Nilus Wawerczyk - Book Center Director  
J. Thomas Hornsey - Catechism Director  
Mary Wawerczyk - Sisterhood Director  
Sophronia Lafond - Administrative Assistant  
Sandy Root - Financial Secretary

### Prayer List for Healing

Bianca Goean / Ayesha Doten  
Elena Voronkova / Karen Budowski  
Norma Skuby / Vernon Lee / Lee Ashby  
Matteo Campos / Georgette Hartner  
Catherine Morris / Elena Morris  
Georgina Nikolic / Mary Perkins  
Raquel Ferraguz / Josiah Heredia  
William Raynes / Theophan Petipren  
Mary Wawerczyk / Valerie Doten  
Mercedes Cortes / Leah Duboy



“It is a great art to succeed in having your soul sanctified. A person can become a saint anywhere. He can become a saint in downtown Athens, if he wants. At your work, whatever it may be, you can become a saint through meekness, patience, and love. Make a new start every day, with new resolution, with enthusiasm and love, prayer and silence; not with anxiety so that you get a pain in the chest.”

- *St. Porphyrios of Kavsovalyvia*

### March Birthdays

- 9 Zoe Lissette Doten
- 11 Rafael Lucas
- 11 Valentina Diaz Madrid
- 12 Josiah Heredia
- 13 Jean Griffin
- 18 Andrea Jammes
- 19 Alexis Richard Fernandez
- 25 James Lowrey
- 25 Hope Petipren
- 26 Anastasia Pineros
- 28 Olga Balutina
- 31 Luis (Seraphim) Nieves

### Wish List

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

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

*Books or Rolls of Stamps*

*Costco Colombian Coffee*