

who are rich? Why do wicked men prosper and why are the just in need? He heard a voice answering him, "Anthony, keep your attention on yourself; these things are according to the judgment of God, and it is not to your advantage to know anything about them."

3. Someone asked Abba Anthony, "What must one do in order to please God?" The old man replied, "Pay attention to what I tell you: whoever you may be, always have God before your eyes, whatever you do, do it according to the testimony of the holy Scriptures; in whatever place you live, do not easily leave it. Keep these three precepts and you will be saved."

4. Abba Anthony said to Abba Poemen, "This is the great work of man: always to take the blame for his own sins before God and to expect temptation to his last breath."

5. He also said, "Whoever has not experienced temptation cannot enter into the Kingdom of Heaven." He even added, "Without temptations no one can be saved."

6. Abba Pambo asked Abba Anthony, "What ought I to do?" and the old man said to him, "Do not trust in your own righteousness, do not worry about the past, but control your tongue and your stomach."

7. Abba Anthony said, "I saw the snares that the enemy spreads out over the world and I said groaning, 'What can get through such snares?' Then I heard a voice saying to me, 'Humility.'"

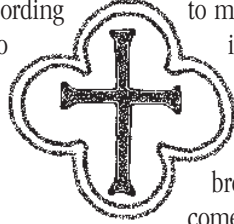
8. He also said, "Some have afflicted their bodies by asceticism, but they lack discernment, and so they are far from God."

9. He said also, "Our life and our death is with our neighbor. If we gain our brother, we have gained God, but if we scandalize our brother, we have sinned against Christ."

10. He also said, "Just as fish die if they stay too long out of water, so the monks who loiter outside their cells or pass their time with men of the world lose the intensity of inner peace. So like a fish going towards the sea, we must hurry to reach our cell, for fear that if we delay outside we will lose our interior watchfulness."

11. He said also, "He who wishes to live in solitude in the desert is delivered from three conflicts: hearing, speech, and sight; there is only one conflict for him and that is with fornication."

12. Some brothers came to find Abba Anthony to tell him about the visions they were having, and to find out from him if they were true or if they came from the demons. They had a donkey which died on the way. When they reached the place where the old man was, he said to them before they could ask him anything, "How was it that the little donkey died on the way here?" They said, "How do you know about that, Father?" And he told them, "The



demons shewed me what happened." So they said, "That was what we came to question you about, for fear we were being deceived, for we have visions which often turn out to be true." Thus the old man convinced them, by the example of the donkey, that their visions came from the demons.

13. A hunter in the desert saw Abba Anthony enjoying himself with the brethren and he was shocked. Wanting to show him that it was necessary sometimes to meet the needs of the brethren, the old man said to him, "Put an arrow in your bow and shoot it." So he did. The old man then said, "Shoot another," and he did so. Then the old man said, "Shoot yet again," and the hunter replied "If I bend my bow so much I will break it." Then the old man said to him, "It is the same with the work of God. If we stretch the brethren beyond measure they will soon break. Sometimes it is necessary to come down to meet their needs." When he heard these words the hunter was pierced by compunction and, greatly edified by the old man, he went away. As for the brethren, they went home strengthened.

14. Abba Anthony heard of a very young monk who had performed a miracle on the road. Seeing the old man walking with difficulty along the road, he ordered the wild asses to come and carry them until they reached Abba Anthony. He said to them, "This monk seems to be to a ship loaded with goods but I do not know if he will reach harbor." After a while, Anthony suddenly began to weep, to tear his hair and lament. His disciples said to him, "Why are you weeping, Father?" and the old man replied, "A great pillar of the Church has just fallen (he meant the young monk) but go to him and see what has happened." So the disciples went and found the monk sitting on a mat and weeping for the sin he had committed. Seeing the disciples of the old man he said, "Tell the old man to pray that God will give me just ten days and I hope I will have made satisfaction." But in the space of five days he died.

15. The brothers praised a monk before Abba Anthony. When the monk came to see him, Anthony wanted to know how he would bear insults; and seeing that he could not bear them at all, he said to him, "You are like a village magnificently decorated on the outside, but destroyed from within by robbers."

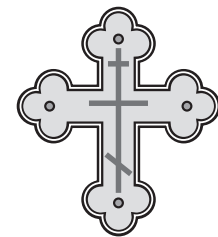
16. A brother said to Abba Anthony, "Pray for me." The old man said to him, "I will have no mercy upon you, nor will God have any, if you yourself do not make an effort and if you do not pray to God."

17. One day some old men came to see Abba Anthony. In the midst of them was Abba Joseph. Wanting to test them, the old man suggested a text from the Scriptures, and, beginning with the youngest, he asked them what it meant. Each gave his opinion as he was able. But to each one the old man said, "You have not understood it." Last of all he said to Abba Joseph, "How would you explain this saying?" and he replied, "I do not know." Then Abba Anthony said, "Indeed, Abba Joseph has found the way, for he has said: 'I do not know.'"

[To be continued...]

SS. Constantine and Elena Orthodox Church

July 9, 2017



Romanian Orthodox Episcopate of America, OCA
3237 West 16th Street, Indianapolis, Indiana 46222
317.638.4162 • saintsconstantineandelena.org

The Reverend Father David T. Wey, *Parish Priest*
317.484.1288 (home) • 317.627.2282 (cell)
Rev. Dn. Paul McDonald, *attached* 317.696.0079 (cell)

PARISH LIFE

**SUNDAY, JULY 9, 2017: 5TH SUNDAY AFTER PENTECOST
(TONE 4, MATINS GOSPEL 5)**

8:40 am Sunday Matins
10:00 am Divine Liturgy

WEDNESDAY, JULY 12

6:15 pm Daily Vespers
7:00 pm “Heavenly Banquet” Study

SATURDAY JULY 15:

5:00 pm Mystery of Confession (by appointment please)
6:00 pm Great Vespers (followed by confessions)

PRAY FOR THE SICK AND HOMEBOUND OF OUR PARISH:

Victor Cosgarea, Denise Halman, Jay Hanko, Jan Isham, Zachary Waltz and Margaret Wey.

LOOKING AHEAD...

Next Sunday's readings (6th Sunday after Pentecost/Holy Fathers of the 4th Ecumenical Council): Romans 12:6-14, Titus 3:8-15; Matthew 9:1-8, John 17:1-13.

July 16–July 22: St. Johns Camp

Sunday, July 23rd

Blessing of Vehicles, after the Liturgy

August 1–14 Dormition Fast

Saturday, August 5: Prefeast of the Transfiguration

6:00 pm Great Vespers with Litia for the Feast

Sunday, August 6th: Feast of the Transfiguration (fish allowed)

8:30 am Festal Matins

10:00 am Divine Liturgy with the blessing of fruits

Monday, August 14

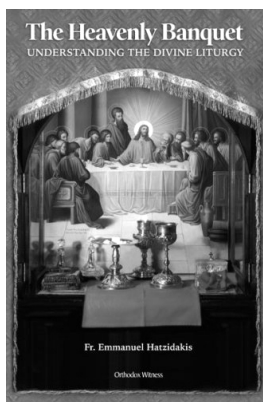
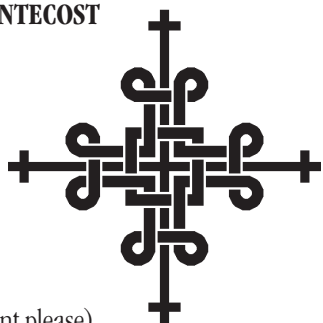
6:30 pm Vigil for Dormition

Tuesday, August 15

8:00 am Divine Liturgy for Dormition
(with Academy students)

BOOK STUDY THIS WEEK

We continue our study this Wednesday of “*The Heavenly Banquet*,” an in-depth look at the content – and more importantly, the meaning – of our central worship service, the Divine Liturgy. We will be discussing the “Cherubic Hymn” and the prayers that attend it. All are invited and encouraged to attend, and be edified in the discussion of the fullness of our Orthodox Faith.



COFFEE HOUR HOSTS STILL NEEDED

Coffee hour hosts are needed for July 23, and December 31. Note in particular the July date, which is only two weeks from today! Please consider volunteering (remember, it doesn't have to be a big meal), and sign up on the list on the church hall bulletin board.

ST. STEPHEN GOLF OUTING

The Men's Group of our sister parish, St. Stephen Bulgarian Church, has announced their annual golf outing, to be held on Saturday, August 12 at the Winding River Golf Course. Both women and men golfers are invited to participate. This is a fundraiser for the parish, and there are opportunities for individuals and businesses to sponsor the event. See the flier on the bulletin board for more details.

AN IMPORTANT NOTE ABOUT HAGIA SOPHIA ACADEMY

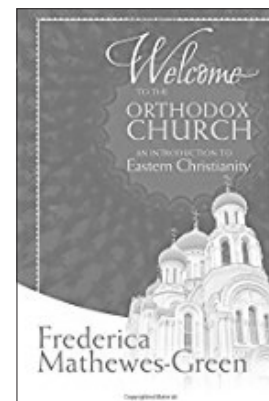
Our parish school, Hagia Sophia Classical Academy, will begin its seventh year in August! We are excited about the growth we have seen, and look forward to further fruitfulness. There is still time to register new students. Please spread the word to anyone you know who might be looking for an excellent education alternative to secular education. As always, we ask you to keep our school in your prayers.

Hagia Sophia Classical Academy does not and shall not discriminate against any student, faculty member or employee on the basis of race, color, gender, disability, age or nation or ethnic origins. Students, faculty members and employees need not be of the Eastern Orthodox faith, but must be respectful of its beliefs and practices.

FROM THE TREASURER

We experienced some tremendous giving the last couple months to the Capital Improvement Fund, which has now surpassed a balance of \$330k - thanks be to God! With regard to our General Fund, I would like to ask for your vigilance in remembering your pledges and offerings during the summer months. This past month we actually ran a deficit in the General Fund, meaning we received less money than we spent, due to pledges and offerings being very low. I know it's tough this time of year due to travel schedules, I just ask that you please keep in mind that the church must make payments every month to cover salaries, insurance, utilities, maintenance, supplies, and many other things and that our church is funded entirely by the generosity of this congregation. Also, our “Temple Beautification” dedicated fund has been completely exhausted. This is the fund used to purchase flowers for the nave. Donations made specifically to this fund would be greatly appreciated.

-Isaac Lashbrook



BOOK ORDERING POSSIBILITIES

Two books have come to the attention of several in our parish: “*Welcome to the Orthodox Church*” by Frederica Mathewes-Green, and “*Icon*” a new novel by Georgia Briggs. (Georgia will be the featured guest on the streaming program, “Faith Encouraged Live” with Fr. Barnabas Powell on Ancient Faith Radio, this evening at 8 pm.)

Frederica's book is a wonderful, readable introduction to the main aspects of our Faith and life in the Church, and will be useful to those who are

serious seekers in our parish, and to any of our faithful members as well.

“*Icon*” is a gripping novel about a near-future dystopian America where a young Orthodox girl must confront the challenge of being faithful to God whostile to Christianity. This may be of interest to our youth as well as any adult looking for a thought-provoking read.

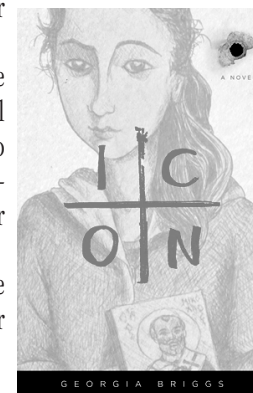
An order sheet for both of these books will be available at the book kiosk. See Brian Pletcher or Buck Hatcher for details on pricing and ordering.

THE THIRTY-EIGHT SAYINGS OF ST ANTHONY THE GREAT

In a 2007 Commencement Address at St Vladimir's Orthodox Seminary, Fr Thomas Hopko said this: “I urge you, and, if I could, I would command you, to read St. Anthony's thirty-eight sayings in the Sayings of the Desert Fathers. Everything we need to know in order to live is there for us in its simplest and clearest form.”

1. When the holy Abba Anthony lived in the desert he was beset by *accidie*, and attacked by many sinful thoughts. He said to God, “Lord, I want to be saved but these thoughts do not leave me alone; what shall I do in my affliction? How can I be saved?” A short while afterwards, when he got up to go out, Anthony saw a man like himself sitting at his work, getting up from his work to pray, then sitting down again and plaiting a rope, then getting up again to pray. It was an angel of the Lord sent to correct and reassure him. He heard the angel saying to him, “Do this and you will be saved.” At these words, Anthony was filled with joy and courage. He did this, and he was saved.

2. When the same Abba Anthony thought about the depth of the judgments of God, he asked, “Lord, how is it that some die when they are young, while others drag on to extreme old age? Why are there those who are poor and those



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