

driving away images of people from our imagination, by saying the prayer, and by abstaining somewhat from food. Then with sincere and perpetual confession and with God's grace as our ally, we trust that the enemy will retreat.

18. I received your letter, my child, and saw the trick the devil played on you. Do not be distressed in such instances, but deal with this "expert" very simply: when he brings thoughts of unbelief, blasphemous thoughts, etc., have nothing to do with him, but pick up your prayer rope and start saying the prayer intensely – continuously, like a motor – and you will see in a little while that the distress and thoughts have left you. In such instances, do not dispute with him! Just say the prayer without any other thought or fantasy, and you will see everything fall apart like a spider's web. Let no anxiety ruin your peacefulness.

19. To progress in the spiritual life, it is necessary to drive away the various evil thoughts as well as their evil fantasies that provoke us and defile our soul. We must not remain tepid in driving away evil thoughts and fantasies, because every sin originates from the imagination and thoughts. So if we uproot evil thoughts and fantasies by diligently driving them away, we should realize that we are undertaking a systematic struggle towards purity from passions, and thereafter one is freed from spiritual and mental disturbances. But when, on the contrary, we neglect to undertake this struggle to purify our nous from evil thoughts and fantasies, inevitably the vile passions will conquer us and henceforth the demons and sins will control us.

20. Be extremely careful with your imagination. Do not accept any image, because it will become an idol that you will worship. A wandering mind is a shameless bird and paints the most grotesque images: it enters into the depths of our neighbor's conscience and depicts his secret and hidden things. Immediately destroy the image with the prayer as soon as it begins to form. The more you delay, the more you will toil and suffer later.

21. Each one of us needs to attend to himself, to his work, and primarily to his heart – to see if he has remembrance of God, death, hell, heaven, and every other beneficial divine recollection. The fact that we do not have spiritual consolation is due to our daydreaming and lack of introspection along with remembrance of God. Your thoughts should revolve upon yourselves; give spiritual work to your mind, and do not let it wander about here and there. Force yourselves a little to be silent; do not speak unnecessarily; pray constantly; criticize yourselves internally – do not justify yourselves. In conclusion, without compelling and constraining ourselves, nothing spiritual can be accomplished.

<http://orthognosia.blogspot.com/2016/01/elder-ephraim-of-arizona-on-thoughts.html>

SPIRITUAL COUNSELS FROM ELDER PAISIUS OLARU OF SIHLA SKETE

"What is humility, Father Paisius?" some of his disciples once asked him.

Humility is the thought and conviction of our heart that we are more sinful than all men and unworthy of the mercy of God. Reviling ourselves doesn't mean that we have true humility. True humility is when someone shames

and abuses us publicly, and we endure it and say, "God ordered that brother to shame me for my many sins." We should receive everything as a command of God. When someone shames you, say that God commanded him to do it. When someone takes something of yours, God commanded him to take it, in order to make you a monk. When you are removed from a higher place, God changed your place so that you would change from your passions and bad habits. This is true humility. And pride is when we trust in ourselves, in our mind, our strength, when we think we are more capable than someone else, better, more beautiful, more virtuous, more pleasing to God. Then it is certain that we are overcome by the ugly sin of pride, from which may God, who humbled Himself for our salvation, preserve us. Let us humble ourselves, brethren, because a proud man cannot be saved. Let us weep for our sins here, so we can rejoice forever in the next life, for after we leave this world everyone will forget us. Let us not hope in men, but only in God. A man changes. Today he gives to you and tomorrow he asks from you. Today he praises you and tomorrow he condemns you. Let us place our hope in the mercy of God, and we will never go astray.

A layman asked the Elder for a profitable word, and he told him:

Brother, often animals are wiser than men. Let us learn obedience and patience from the ox, humility and meekness from the lamb, cleanliness and industry from the ants and bees. We can learn a lesson for our life from all the animals.

The Elder also added: "It's best for a man to become a clay vessel, which is useful to all people and for all kinds of daily work, for food, water, and so on. But golden vessels are put in safes and locked up in cupboards. For fear of thieves they are seldom used, maybe only once a year. A clay vessel has its daily use and service to man. So also is a humble man who does not seek honors and rank. He remains insignificant even amid men of lower rank, but he benefits, counsels, and helps everyone, and all seek him out and rejoice with him. Humility is a great gift to monks and all Christians!"

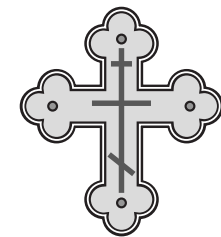
A sorrowful Christian asked the Elder for a word of comfort, and he said:

Listen, Brother. Without temptations and griefs we cannot be saved. But we should not be disturbed or grow weak in faith, because now the devil attacks men more cruelly than in the past, for he knows that he has only a little more time to rule over the modern world. Let us pray, endure, and remember the words of the Lord, who said that He will be with us until the end of the ages. We should not despair in the time of our trials, because God has not abandoned us. As in the time of the Prophet Elias the Tishbite, when God still had 7000 of His elect who had not bent the knee to Baal, so also today the Lord still has many elect Christians with strong faith who have not bent their souls to the service of the passions. God has His just ones, in the villages and the cities, who glorify Him day and night and live in virginity and temperance, showing mercy to the poor and widows. But God alone knows their names.

<http://orthognosia.blogspot.com/2015/02/spiritual-counsels-from-elder-paisius.html>

SS. Constantine and Elena Orthodox Church

October 7, 2018



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317.638.4162 • saintsconstantineandelena.org

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

PARISH LIFE

OCTOBER 7, 2018: 20TH SUNDAY AFTER PENTECOST (TONE 2, MATINS GOSPEL 8)

8:40 am Matins
10:00 am Divine Liturgy

WEDNESDAY, OCTOBER 10

(No service or “Heavenly Banquet” Study)

SATURDAY, OCTOBER 13

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, Jay Hanko, Jan Isham, Brigid Johns (and unborn child), Alexandra Medard, Filomena Vraciu, Zachary Waltz, Doug Wampler and Margaret Wey

LOOKING AHEAD...

Next Sunday's readings: (21st Sunday after Pentecost: St. Parascheva of Iasi, Fathers of the 7th Ecumenical Council; Tone 3, Matins Gospel 9): Galatians 2:16-20, Titus 3:8-15; 1 Corinthians 9:2- 12. Gos. Luke 8:5-15; John 17:1-13; Luke 7:36-50.

Saturday, October 20

8:00 am – 6:00 pm Emmaus Retreat with Dr. Philip Mamalakis
(see flier in the church hall)
6:00 pm Readers Vespers at our church (no confessions that evening)

Sunday, October 21

Visit of Fr. Chris & Mat. Jen Moore, Missionaries to South Korea
(see announcement below)

Thursday, October 25

6:30 pm Vespers with Litia for St. Demetrios

Friday, October 26 - Great-Martyr Demetrios

8:00 am Divine Liturgy

Saturday, October 27 - Autumn Soul Saturday

8:00 am Divine Liturgy followed by General Memorial
9:30 am Church Work Day (see announcement below)
4:15 pm Church School (moved this month)

Sunday, October 28

5-7 pm IOCC “Dinner Around the World” at Joy of All Who Sorrow Church

Sunday, November 11

12 pm Annual pre-Nativity Fast Thanksgiving Dinner
(in place of coffee hour)

November 15–December 24: Nativity Fast



FR. DAVID AND P'SA. JANENE TRAVELING

The Weys will be out of town this week, October 8-12, but back for the following weekend services. In the event of an urgent need for a priest's services while Father David is absent, contact Dn. Paul at (317) 696-0079.

NO BOOK STUDY THIS WEEK

As Fr. David is away this week, there will be no study or Daily Vespers. We will resume with our study of “The Heavenly Banquet” on Wednesday October 17.

PARACLESIS FOR PREGNANCY LOSS

We will pray a Paraclesis (Intercessory) Service next Sunday afternoon for women who have suffered a miscarriage or other form of loss in pregnancy, for the comfort of mothers and fathers who have suffered in this way, and to commend these little ones into God's eternal care. The service will begin at 2 pm.

CHURCH WORK DAY

We are organizing a church work day to occur after the Soul Saturday Liturgy on Saturday, October 27. In addition to general cleaning and yard work, we hope to have several team together to clean the walls and ceiling of the narthex. Please put this event on your calendar, and plan to offer some time together to care for the property which God has given to us.

2018 EMMAUS RETREAT

Saint John's Camp Programs invites you to join us for our annual Emmaus Retreat! The Emmaus Retreat, which will take place on Saturday, October 20th, 2018, is a day-long retreat open to all ages where families and individuals are encouraged to come together and connect with those of other parishes throughout the Midwest. This year they will host Dr. Philip Mamalakis as he speaks on “The Church of the Home”. Dr. Mamalakis is the author of the recently published and widely popular book, “Parenting Toward the Kingdom”. Cost is \$30/person (children under two are free) and includes lunch and free childcare. Register online at saintjohnscamp.org/events/er2018. See the flier in the church hall.

ANOTHER SEMINAR OPPORTUNITY

For those unable to make the Emmaus Retreat on October 20, there is another opportunity to hear a good speaker here in town. St. George in Fishers will host Dr. Brad Nassif who will speak on “Knowing God through the Church.” The program begins at 10 am. See the flier on the bulletin board for details.

ANNUAL IOCC DINNER – REGISTER NOW!

The Presbyters Council of Central Indiana will sponsor “Dinner Around the World” to benefit the International Orthodox Christian Charities on Sunday evening, October 28, from 5 - 7 pm. The meal will feature tables of food from the various Orthodox traditional countries represented in our area, and will

include a speaker from IOCC who will give a report of the work the charity has been doing this past year. Tickets are \$20/adult, children under 12 are free. Please go to ioccc.org/indy right away to register, to help get a head count. Plan to make time to participate with our Orthodox friends from our sister parishes, and contribute to this important ministry. A flier is posted on the bulletin board.

MISSIONARIES TO VISIT

Fr. Christopher and Matuska Jennifer Moore, along with their boys Andrew and Gideon, will be with us for Liturgy and coffee hour on Sunday, October 21. Fr. Chris will be given some time to tell us about their upcoming move to South Korea to be missionaries there through Orthodox Christian Missions Center (OCMC). Please give thought and prayer to the possibility of helping to sponsor their important work.

LET'S GO (AGAIN) TO PROJECT MEXICO!

We are interested in getting a group together (especially our youth) to make another trip to Project Mexico next summer (2019). We need to gauge interest right away. Dn. Paul and Neal Locasto will act as coordinators. Published dates from PM are: June 6-12; June 18-24; June 27-July 3; July 9-15; July 18-24; July 30-August 5; August 8-14. Families with young people are encouraged to discuss possibilities and get back to the coordinators right away. It's a trip to change your life!

NEW BOOK OFFERING

Our book store is featuring a new book recommended by St. Palamas Monastery: “Ascetics in the World”, billed as akin to “Ordinary Saints” that made the rounds some years ago. See Brian Pletcher to get a closer look.

ON THOUGHTS, FANTASIES, AND DISTRACTION

(LAST IN A SERIES)

Elder Ephraim Of Arizona

“Counsels From The Holy Mountain”

17. Do not be discouraged at all, my child. Every passion that springs up and disconcerts us is a salutary medicine. Drive away the

image of every person or matter that disturbs you and leads you into temptation. Get rid of any person's image in your imagination, and let your mouth say the prayer nonstop, and immediately you will see the benefit of this method. Strive not to let desire and the image of that person win your heart and mind. Usually in the beginning of one's [spiritual] life, the devil brings to mind dear friends in order to break our soul's strength and crush our soul's struggle, and thus bring about a defeat with uncertain consequences. Therefore, we must not take things lightly, but must bravely resist temptation from the beginning by

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