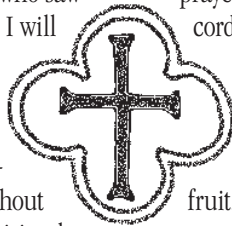


directed toward the Savior. Their attention is absorbed by Him and they drink in spiritual sweetness from Him, which feeds their souls. You can judge for yourself how blessed was the state of these souls!

However, brethren, we are called not only to think about this blessedness, but also to taste it in reality, for all are called to have and carry the Lord in themselves, and to disappear in Him with all the powers of their spirit. When we have reached that state, then our blessedness will be no lower than that of those who participated in the Meeting of the Lord. They were blessed who saw it; we shall be blessed who have not seen, but believed. Pay attention. I will show you briefly how to achieve this. Here is what you should do.

1. First of all, repent. Remember that nothing must be done in spiritual life without repentance. No matter what anyone endeavors to seek, let the beginning of it be repentance. Just as a house cannot be built without a foundation, nor a field be sown or planted without first being cleared, so also without repentance we cannot begin our spiritual search; anything begun without repentance was begun in vain. Thus, first of all, repent—that is, weep over everything bad that you have done, and resolve to do only what is pleasing to God. This will be like turning your gaze and your whole body towards the path of meeting the Lord, and taking the initial step upon that path.

2. Next, keep this state of repentance constant; establish for yourself a manner of life and conduct that would make every step or movement something directing your attention to our Lord and Savior. Such an order of life will establish itself naturally, if: a) you do everything that you do for the Glory of the Lord and Savior, for Christ's sake. Here we mean not only great deeds, but all deeds. For, seeing and hearing, silence and speaking, food and drink, sitting and walking, work and rest can all be dedicated to the Lord and sanctified by His All-Holy Name. There isn't a minute when we are not doing something; so, by thus dedicating your activity, you will be meeting the Lord minute by minute, directing all of your activities to His glory. You can even more conveniently do this and reap fruits from it if you also: b) insert into the order of your daily activities the practice of prayer—both in church and at home; and in general make it your rule to be a strict fulfiller of all the rules and order of the Holy Church to the last iota, without vain elaboration and distorted commentary, and with simplicity of heart. As the content of all prayer is the Lord and our turning to Him, by doing it and participating in it you will be meeting the Lord through your heart's sympathy and delight. If after this: c) you fill all your interim time with reading the Scriptures about the Lord, listening to talks about Him, or with your own contemplation of Him and the great work of salvation that He wrought on earth, then you will see for yourself that nothing will remain within us or outside of us that does not bring remembrance of the Lord, bring Him to your attention, or carry your spirit to meet Him.



3. Just the same, you should not forget that all of these labors and occupations are only preparation. You should not stop at them, but rather strive onward. Just as food taken in rough form later imbues refined elements needed for life, so must these occupations performed visibly and tangibly turn into a spirit of a very refined inclination or striving toward the Lord. Namely, the labor of consecrating all our activities to the Lord should have the quality of reaching with our whole soul's desire only for the Lord; when we do all our prayers or attend the Divine services, a feeling should form in our hearts of accord only with the Lord and what is His. Underlying our reading and hearing the Holy Scripture about the Lord should only be the eager directing of our mind's attention toward the Lord alone. These labors are that very working of the field, and these strivings are the growth of what has been sown. The first are the stem and branches, the latter are the flower and fruit. When these inclinations come up in us, it will mean that our spirit has gone out with all its consciousness and disposition to meet the Lord. Since the Lord is everywhere, and He Himself seeks to meet with our spirit, their mutual meeting will then come about by itself. From that moment on, our spirit will begin to taste the blessedness of Righteous Simeon; that is, it will begin to bear in the embrace of its powers a striving for the Lord, Who is its complete satiety and satisfaction. This is what is called tasting the Lord, rest in Him, mentally standing before the Lord, walking in the presence of the Lord, and ceaseless prayer—the object of all God's saints' labor, desire, and seeking.

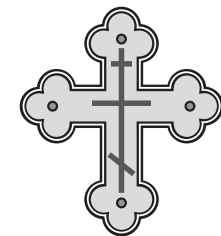
I wish that all of you who celebrate the Meeting of the Lord be vouchsafed this blessing. If anyone complains that he would like the fruit but the labor it takes to get it is too hard, the answer is: Good. There is an easier method, a method simpler than the one laid out. Here it is! Repent; then, with zeal for keeping all of God's commandments, walk unflinching in the Lord's presence, striving for Him with all your mind's attention, all your heart's feelings, and all your will's desires. If you thus dispose yourself, you will soon meet the Lord. He will come down to you and abide in you, as in the embrace of Righteous Simeon. There is no other way to lighten the labor needed to seek a meeting with the Lord. The Jesus Prayer: Lord Jesus Christ, Son of God, have mercy on me, is powerful and strong to help in this work. Again, however, not by itself; but under the condition that all the strength of our spirit be directed toward the Lord! Be sober, be vigilant (1 Pet. 5:8). Seek those things which are above—and your life is hid with Christ in God (Col. 3:1, 3). Then, having become one in spirit with the Lord (cf. 1 Cor. 6:17), you will behold and embrace the Lord, and your heart shall rejoice, and your joy no man taketh from you (Jn 16:22), neither in this age, nor in the age to come. Amen.

translated by Nun Cornelia (Rees) <https://www.stnicholasoc.org/feast-meeting-of-our-lord/>



SS. Constantine and Elena Orthodox Church

February 3, 2019



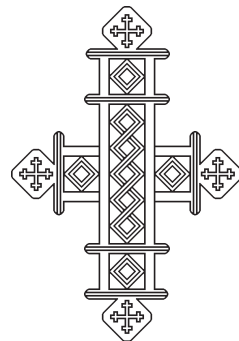
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PARISH LIFE

**SUNDAY, FEBRUARY 3, 2019: 32ND SUNDAY AFTER PENTECOST
(TONE 3, MATINS GOSPEL 3)**

8:40 am Matins
10:00 am Divine Liturgy
5:00 pm Wilson 50th Anniversary
Thanksgiving Celebration



WEDNESDAY FEBRUARY 6

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

SATURDAY, FEBRUARY 9

1:00 pm – 6:00 pm, St. George Church in Fishers (concluding with Vespers);
Dr. Philip Mamalakis, speaker
6:00 pm Readers Vespers in our church (no confessions this evening)

**PRAY FOR THE SICK AND HOMEBOUND AND THOSE EXPECTING
CHILDREN OF OUR PARISH:**

Victor Cosgarea, Jay Hanko, Jamie Hohne (and unborn child), Jan Isham, Brigid Johns (and unborn child), Jennifer Lashbrook (and unborn child), Filomena Vraciu, Jillian Walsh (and unborn child), Zachary Waltz and Margaret Wey

HYMNS FOR THE FEAST OF THE PRESENTATION (THROUGH FEBRUARY 9)

Troparion of the Presentation, Tone 1

Rejoice, O Virgin Theotokos, who are full of grace! For from you arose the Sun of justice, Christ our God, a light to those who dwell in darkness. Rejoice and be glad, O righteous old man, carrying in your arms the Deliverer of our souls, who grants us resurrection!

Kontakion of the Presentation, Tone 1

You that have sanctified by your birth a virgin womb and fittingly blessed the hands of Simeon, you are come, O Christ our God, and on this day have saved us. Give peace to your commonwealth in time of battle, and strengthen the Orthodox people whom you have loved, O you that alone love mankind!

LOOKING AHEAD...

Next Sunday's readings (17th Sunday after Pentecost: Tone 4, Matins Gospel 4): II Corinthians 6:16–7:1; Matthew 15:21-28.

Saturday, February 16:

4:15 pm Church School

Sunday, February 17: Sunday of the Publican & Pharisee (Triodion begins)

Fast Free Week: February 18-23

Saturday, February 23: Visit with Fr. Seraphim Aldea (see announcement)

Sunday, February 24: Sunday of the Prodigal Son

Sunday, March 3: Sunday of the Last Judgment (Farewell to Meat)

Sunday, March 10: Sunday of the Expulsion from Paradise (Farewell to Dairy)

ASHANIN LECTURE – MARK YOUR CALENDARS

Our Central Indiana Presbyters Council will sponsor the 2019 Dr. Charles Ashanin Memorial Lecture this coming Saturday, February 9, from 1 pm to 6 pm at St. George Orthodox Church in Fishers. Our guest speaker is Dr. Philip Mamalakis, author of “Parenting Toward the Kingdom.” His topic is “An Eastern Christian Theology of Parenting for the American Family.” The afternoon will begin at 1 pm with the lecture, followed by Q&A and a panel discussion, then conclude with Vespers at St. George (a Readers Vespers will be served in our parish). Many of us heard him at last year’s Emmaus Retreat. If you missed him there (or would like to hear more), be sure to plan on attending. Please see the flier on the bulletin board in the church hall.

A “GOLDEN” EVENT

This evening at 5:00 PM, Daniel and Kathryn Wilson will be celebrating their first fifty years of marriage! All of us in the parish wish them “long life, peace, health, salvation and the furtherance of all good things.” Many years, Daniel and Kathryn!

WELCOMING AN “OLD FRIEND”: FR. SERAPHIM ALDEA

We are delighted to announce that Fr. Seraphim, abbot of the Monastery of All Celtic Saints on Mull Island in Scotland, will visit our area again next month. We are providing an opportunity for us to gather with him for conversation, reflection and some reminiscing about our pilgrimage last summer (hopefully with pictures). Tentative plans are to gather on Saturday, February 23, at 10 am, and to share a light pitch-in meal together in conjunction with his visit. Make plans to be a part of it.

AS WE LOOK TOWARD REALIZING THE NEW HALL

As a follow up to the General Assembly, there is serious interest in beginning the fellowship hall build as soon as possible. A committee has been formed to begin investigating possible ways to move the process along. Please remember that once we build, we will incur additional and ongoing expenses (every year), when factoring increased costs for cleaning, utilities, insurance, security, maintenance, etc. If this is to become a reality anytime soon, we must increase our pledges and offerings to offset these costs. Opportunities to intentionally pray, and to further contribute to the realization of this project will be announced soon!

COFFEE HOUR HOSTS STILL NEEDED

There are still openings for hosting coffee hour this year. The most pressing needs are for hosts in April: the 7th, 14th and 21st (which is Palm Sunday, a “fish” day). There are also openings in May, June, July, August and October.

Please sign up on the sheet posted on the bulletin board in the basement or contact Deacon Paul at deacon@saintsconstantineandelena.org. The updated list will be posted weekly. Thanks to all who have signed up to host already!

ROEA CLERGY RETREAT FEBRUARY 11-15

Your parish priest will be away to the annual clergy gathering with our Archbishop Nathaniel from February 11-15. Please keep him in your prayers. (Note there will be no confessions this coming Saturday; if you have an urgent need for confession, please contact Fr. David this week to make a special appointment.)

HOUSE BLESSING SEASON 2019

The period after the Feast of the Theophany is house blessing time: a time to rededicate our homes and our lives to Christ, and ask God’s blessing for the coming year. In preparation, a bowl of fresh, clean water, and icon and a candle should be arranged upon a clean cloth on the main table of the house.



Great Lent begins on March 11, 2019; it is advised to have all house blessings completed before then. Please see the sign up sheet for home blessings on the bulletin board in the church hall; Dn. Paul will be assisting with scheduling.

Any possible daytime appointments would be helpful and welcome. Please take a look at your calendars, and sign up on the sheet. Call the church office or call/text Fr. David’s cell phone (317.627.2282) to make an appointment.

“HEAVENLY BANQUET” STUDY THIS WEEK

Our study of “The Heavenly Banquet” continues, an in-depth look at the service – and more importantly, the meaning – of our central worship service, the Divine Liturgy. This week we will continue our discussion on the “Great Anaphora Prayer.” All are invited and encouraged to attend, and be edified in the discussion of the fullness of our Orthodox Faith.

“LOST AND FOUND”: MISSING ANYTHING?

If you have misplaced anything, please check the small lost and found area on top of the main bookcase (next to the bookstore), as well as the coat rack. Specifically, there is a red, leather-bound NIV Bible which has lived in the narthex for several weeks waiting to be taken home again.

HOMILY ON THE MEETING OF THE LORD

St. Theophan the Recluse

What a tender scene the Meeting of the Lord shows us! The venerable elder Simeon, holding the infant God in his hands, on either side of him are the righteous Joseph and the Most Holy Mother of God. Not far away is the Prophetess Anna, an eighty-year-old faster and woman of prayer. Their eyes are all

Continued on other side