

**:: Metropolitan Hilarion Alfeyev ::
On Prayer, part III: When Should We Pray?**

We continue a series of articles on prayer, originally given as talks on Russian TV in 1999. Metropolitan Hilarion of Volokolamsk is head of the Moscow Patriarchate's department for external church relations.

When and how long should one pray? The Apostle Paul writes: *Pray without ceasing* (1 Thessalonians 5:17). St. Gregory the Theologian writes: "One needs to remember God more often than one breathes." Ideally, the Christian's entire life should be imbued with prayer.

Many troubles, sorrows, and tribulations come about because people forget about God. There are criminals who are believers, but at the moment of committing their crimes they did not think about God. It is hard to imagine someone who would commit a murder or theft while thinking about the all-seeing God, from Whom no evil is hidden. And man commits all sin precisely at such times that he does not remember God. The majority of people are not able to pray during the course of the day, for which reason one needs to find a time, even if a short one, when one can remember God.

In the morning you wake up with thoughts about what needs to get done that day. Before you begin work and getting immersed in the inevitable bustle, dedicate at least a few minutes to God. Stand before God and say: "Lord, Thou hast given me this day; help me to spend it without sin, without blemish; keep me from all evil and misfortune." And invoke God's blessing on the day that is beginning.

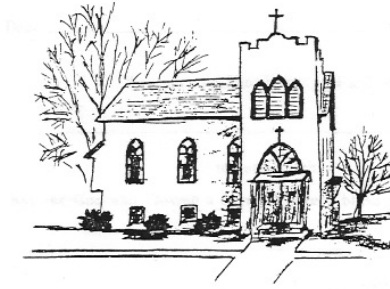
Throughout the course of the entire day, strive to remember God more frequently. If you do not feel well, turn to Him with prayer: "Lord, I am not well; help me." If you feel well, say to God: "Lord, glory to Thee; I thank Thee for this joy." If you are worried about someone, tell God: "Lord, I am worried for him; I am concerned about him; help him." And so forth throughout the course of the day: whatever happens to you, put it into prayer.

When the day has come to an end and you are ready for bed, remember the past day, thank God for all good things that have taken place, and offer repentance for all those unworthy deeds and sins that you have committed during the day. Ask for God's help and blessing for the coming night. If you learn to pray like this over the course of every day, you will soon notice how much sounder your life will become.

People often justify their reluctance to pray by the fact that they are too busy and are overloaded with things to do. Yes, many of live in sort of rhythm unlike that of people of antiquity. Sometimes we have to do a great number of things over the course of the day. But in life there are always certain pauses. For example, we might stand at the bus stop for three to five minutes; if we take the train, for twenty or thirty minutes. We dial a number and get a busy signal – another few minutes. Let us at least use these pauses for prayer; let it at least not be wasted time.

Source: www.praavmir.com

Any announcements for the Sunday bulletin? Please submit by Wednesday each week to Fr. Andrew, by email or phone.



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Sunday, June 8, 2014 – The Feast of Pentecost The Descent of the Holy Spirit

Matins (Morning Prayer), 9:00 AM :: Divine Liturgy, 10:00 AM
Holy Bread and Coffee Hour: John and Melanie Thompson and family

We will pray the Kneeling Prayers of Pentecost at the end of the Liturgy today. These beautiful prayers mark the end of the 50-day Paschal season. We also imitate the Holy Apostles, who prayed fervently for boldness in their mission to the world.

Troparion of Pentecost (Tone 8):

Blessed art Thou, O Christ our God, who hast revealed the fishermen as most wise, having sent upon them the Holy Spirit, and through them Thou hast fished the universe, O Lover of mankind, glory to Thee.

Troparion of St. George the Great Martyr (Tone 4):

Since thou art a liberator and deliverer of captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for kings, O great among martyrs, the victory-clad George: Intercede with Christ God for the salvation of our souls.

Kontakion of Pentecost (Tone 8):

When the High One descended, confusing tongues, He divided the nations. And when He distributed the fiery tongues He called all to one unity. Wherefore, in unison we glorify the most Holy Spirit.

St. George is a parish of the Antiochian Orthodox Christian Archdiocese
The Most Reverend Metropolitan SILOUAN, Patriarchal Vicar
The Right Reverend Bishop ANTHONY, Diocese of Toledo and the Midwest
www.antiochian.org

The Epistle and Gospel Readings

Their voice has gone out into all the earth. The heavens declare the glory of God.

The Reading from the Acts of the Apostles (2:1-11)

When the day of Pentecost had come, the Disciples were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondered, saying, "Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."

The Reading from the Holy Gospel according to St. John (7:37-52; 8:12)

On the last day of the feast, the great day, Jesus stood up and proclaimed, "If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, 'Out of his belly shall flow rivers of living water.'" Now this He said about the Spirit, which those who believed in Him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified.

When they heard these words, many of the people said, "This is really the prophet." Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee? Has not the Scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" So there was a division among the people over Him. Some of them wanted to arrest Him, but no one laid hands on Him. The officers then went back to the chief priests and Pharisees, who said to them, "Why did you not bring Him?" The officers answered, "No man ever spoke like this man!" The Pharisees answered them, "Are you led astray, you also? Have any of the authorities or the Pharisees believed in Him? But this crowd, who do not know the Law, are accursed." Nicodemus, who had gone to Him before, and who was one of them, said to them, "Does our Law judge a man without first giving him a hearing and learning what he does?" They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee."

Again Jesus spoke to them, saying, "I am the light of the world; he who follows Me will not walk in darkness, but will have the light of life."

Announcements and Upcoming Events

For a full calendar of events and services at St. George, see our website, www.stgeorgeorthodox.org.

Congratulations to our graduates: Kelsey Thompson and Brianna Kaleel from high school, and Kenneth Wiltse from Junior High. May God bless them in all their future endeavors!

Archdiocese Nominating Convention: This past Thursday, Fr. Andrew and Ron Malooley traveled to Chicago to join other clergy and delegates of our Archdiocese in nominating a successor to Metropolitan Philip. The convention nominated three candidates for the office: **Bishop Basil of Wichita, Bishop John of Worcester, and Archbishop Joseph of Los Angeles.** God willing, the Holy Synod of Antioch will meet in early July to select from these three names a new Metropolitan for North America.

Upcoming events and services:

- There will be **no Saturday Vespers** this week, but we will resume Vespers on Saturday, June 21 at 5:00 PM.
- **We will have NO SUNDAY SERVICES on Sunday, June 29.** Fr. Andrew and a number of us will be in Fort Wayne, IN for the Parish Life Conference (see below). If you are not going to the conference, you may want to use this opportunity to visit another Orthodox Church in the area: Rockford, Peoria, Bloomington, or Joliet.

Parish Life Conference

This summer's Parish Life Conference is coming quickly! Sponsored by St. John Chrysostom Church in Fort Wayne, IN, the conference will take place June 25 to 29 at the Grand Wayne Convention Center Hilton. **If you are interested in going, please register online at www.midwestplc2014.com or fill out a printed form, available downstairs.**

Sunday School and Christian Education resumes in the fall

Today will be the last day for Children's Sunday School. We will resume in the fall with Sunday school for both children and teens. We also plan to initiate a Teen SOYO ministry at St. George, and resume the Adult Education on Wednesday evenings. More details will be forthcoming! See Fr. Andrew if you have any questions or suggestions.

"From now on, you must be resolved to change your ways completely, namely, to be guided by the teachings of the Gospel and the Holy Spirit, not to reckon any other honor but that which magnifies you before God, and not to choose any other good except that which will bring you Paradise. If you do these things it is a good sign that the grace of the Holy Spirit has begun to illumine your mind and to change you from the person you were into another person." (St. Nikodemus of the Holy Mountain)