

:: Metropolitan Hilarion Alfeyev ::

On Prayer, Part XX: What's so good about the Jesus Prayer?

The Jesus Prayer: "Lord, Jesus Christ, Son of the Living God: Have mercy upon me, a sinner."

The Jesus Prayer has several special properties. First of all, it contains the presence of the name of God in it.

We often think of the name of God as if by habit, unthinkingly. We say: "Lord, how tired I am" or "God is with him, let him come another time" – completely not thinking about the force that the name of God possesses. Meanwhile, already in the Old Testament it was commanded: *Thou shalt not take the name of the Lord thy God in vain* (Exodus 20:7). The ancient Jews related to the name of God with the utmost reverence. In the era following the liberation from the Babylonian captivity it was generally forbidden to pronounce the name of God. This right was reserved to the high priest alone, one a year, when he entered the Holy of Holies, the main sanctuary of the temple. When we turn with the Jesus Prayer to Christ, our pronouncement of the name of Christ and the confession of Him as the Son of God has a completely different significance. This name should be pronounced with the greatest of reverence.

Another property of the Jesus Prayer is its simplicity and accessibility. For performing the Jesus Prayer, one does not need any specialized books, not a special place or time. This is its great advantage over many other prayers.

Finally, there is one more property distinguishing this prayer: in it we confess our sins: "Have mercy on me, a sinner." This point is very important, because many of our contemporaries absolutely do not feel their sinfulness. Even at Confession one frequently hears: "I don't know what to repent of: I live like everyone else; I don't kill or still," and so on. Meanwhile, it is our sins, as a rule, that are the causes of our major ills and sorrows. One does not recognize one's sins because one is far from God, like in a dark room we do not see either dust or dirt; but when you open a window, you discover that the room long ago needed cleaning.

The soul of man, far from God, is like a dark room. But the nearer one comes to God, the more light comes into one's soul, and the more sharply one feels one's own sinfulness. And this happens not because one compares oneself with other people, but because one stands before God. When we say: "Lord Jesus Christ, have mercy on me, a sinner," we as it were place ourselves before the face of Christ, comparing our life with His life. And then we will indeed feel ourselves to be sinners and can, from the depth of our hearts, offer repentance.

Source: www.pravmir.com

Any announcements for the Sunday bulletin? Please submit by Wednesday each week to Fr. Andrew, by email or phone. If you are not on the church's email list and would like to be, please let Fr. Andrew know.



St. George Orthodox Church of Spring Valley

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October 19, 2014 – 19th Sunday after Pentecost
Matins (Morning Prayer), 9:00 AM :: Divine Liturgy, 10:00 AM
Today's Holy Bread: Matthew and Nan McNatt
Next Week: Richard and Bette Malooley

Troparion of the Resurrection (Tone 2):

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, 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 to the Theotokos (Tone 2):

O undisputed intercessor of Christians, the mediatrix unrejected by the Creator, turn not away from the voice of our petitions, though we be sinners. Come to us with aid in time, who cry to thee in faith, with assistance, for thou art good. Hasten to us with intercessions, O Theotokos, who dost ever intercede for those who honor thee.

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

Scripture Readings

The Lord is my strength and my song.

The Lord has chastened me severely.

The Reading from the Second Epistle of St. Paul to the Corinthians (11:31-12:9)

Brethren, the God and Father of the Lord Jesus, He who is blessed forever, knows that I do not lie. At Damascus, the governor under King Aretas guarded the city of Damascus in order to seize me, but I was let down in a basket through a window in the wall, and escaped his hands. I must boast; there is nothing to be gained by it, but I will go on to visions and revelations of the Lord. I know a man in Christ who 14 years ago was caught up to the third heaven—whether in the body or out of the body I do not know, God knows. And I know that this man was caught up into Paradise—whether in the body or out of the body I do not know, God knows—and he heard things that cannot be told, which man may not utter. On behalf of this man I will boast, but on my own behalf I will not boast, except of my weaknesses. Though if I wish to boast, I shall not be a fool, for I shall be speaking the truth. But I refrain from it, so that no one may think more of me than he sees in me or hears from me. And to keep me from being too elated by the abundance of revelations, a thorn was given me in the flesh, a messenger of Satan, to harass me, to keep me from being too elated. Three times I besought the Lord about this, that it should leave me; but He said to me, “My grace is sufficient for you, for My power is made perfect in weakness.” I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me.

The Reading from the Holy Gospel according to St. Luke (7:11-16)

At that time, Jesus went to a city called Nain, and many of His disciples and a great crowd went with Him. As He drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, He had compassion on her and said to her, “Do not weep.” And He came and touched the bier, and the bearers stood still. And Jesus said, “Young man, I say to you: arise.” And the dead man sat up, and began to speak. And Jesus gave him to his mother. Fear seized them all; and they glorified God, saying, “A great prophet has arisen among us!” and “God has visited His people!”

Announcements and Upcoming Events

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

Upcoming events and services:

- **Wednesday, Oct. 22:** Evening Prayer and Bible Study, 6:00 PM
- **Saturday, Oct. 25:** Bake Sale (See note below) from 10:00 AM to noon
- **Saturday, Oct. 25:** Vespers, 5:00 PM
- **Next Sunday, Oct. 26: Feast Day of St. Demetrios of Thessaloniki.** Matins, 9:00 AM; Sunday School, 9:15 AM (downstairs); Divine Liturgy, 10:00 AM

Children and Youth

St. George's **Church school program** will continue every Sunday through the fall and winter. We will continue our lessons on each Sunday's Gospel to open our children's minds and hearts to the readings of Holy Scripture during Liturgy. Please see Khouria Patty if you have any questions. Thank you to Patrice Nimee and Kh. Patty for agreeing to lead this ministry!

Bake Sale

The ladies have scheduled our annual Church bake sale for **Saturday, October 25, from 10AM to noon.** This is our biggest fund-raiser of the year, and all of our ladies (and men too!) are encouraged to help out. Dee Khoury and Dottie Malooley have prepared a revised handout with a list of all meetings and baking events; please see either of them with any additional questions.

Coffee Hour Schedule

The new Holy Bread and Coffee Hour schedule for 2015 is available downstairs. Please look over the names already listed on it and sign up for any additional weeks as your family desires. Signing up for a week entails a donation for the Holy Bread, and providing the food for coffee hour. On your week, please also make sure you provide Father with an updated list of family prayer requests (living and deceased).

Income and Expenses for August 2014

Income: \$4707.00 Expenses: \$4984.05

Please continue to give faithfully for the glory of God and the future of St. George Church!