

:: Fr. Roman Braga on Prayer ::

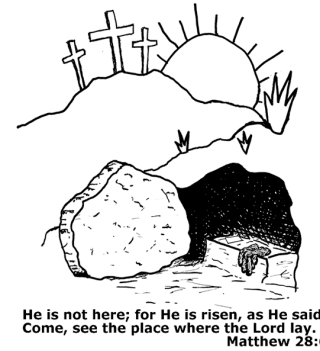
Fr. Roman was a beloved priest and spiritual father to many. He grew up in Romania, and as a priest, lived in a Communist prison camp for a time. Since 1972, he has served the Holy Dormition monastery in Rives Junction, MI. Fr. Roman passed away just this past week, on April 28. May his memory be eternal!

You have to talk with God wherever you are—even while walking along the street or driving your car you can say, “Lord, You are in the front seat, and I know that You are here. Tell me, why did You create me?” You have a lot of things, an infinite number of things, about which to converse with God, and God wants you to talk with Him. Prayer is not about how much you read from the prayer book, or how long you kneel; prayer is your whole life. When you eat, when you drink, when you drive a car, when you discipline your children, you are in a state of prayer. Life is a Liturgy. It is not only in the church that the Liturgy takes place; the Liturgy is outside the church building too. The entirety of life should be a Liturgy—if you feel the existence of God. But you have to get that feeling of the existence of God. How? I always say, especially to young people, “have a dialogue, a permanent dialogue, with God. Sure you are busy—you eat, you prepare your exam if you are a student, you work and you are very busy, but always say, “Lord I know You are here; I didn’t forget You. Look at me and do not abandon me.” Many times, this permanent dialogue with God becomes a prayer, because prayer is communication between man and God.

Prayer is not something you do for a short time, after which you say, “I finished my prayer.” You never finish your prayer. The definition of prayer is this: the feeling of the presence of God in you. And if you have this feeling of the presence of God, you engage in a continual prayer. If you pray only at appointed times, you don’t pray at all, said one of the monks. So pray all the time, because prayer is not “give me, give me.” Prayer is saying “I love You and I want to spend time with You.” Ask something of God, and don’t worry whether God is answering you, even if you don’t think He is. He’s giving you good hints and good suggestions on how to resolve your problems. So to find God in our culture here is to be conscious that God exists, that He exists not outside of yourself, but inside. God is always with you.

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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Sunday, May 3, 2015 – Fourth Sunday of Pascha Sunday of the Paralytic

Matins: 9:00 AM :: Divine Liturgy: 10:00 AM

Today: 40-day memorial for Marian Kaleel, offered by Mitch Kaleel and family

Epistle Reader: Mark Kerasotes

Next Week: Memorial for Amelia Malooley

Troparion for Pascha (Tone 5): Christ is risen from the dead, by death hath He trodden death. And upon those in the tombs, hath He bestowed life!

Troparion of the Resurrection (Tone 3): Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the great mercy.

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 Pascha (Tone 8): Though Thou, O Deathless One, didst descend into the grave, Thou didst destroy the power of hell and as Victor Thou didst rise again, O Christ our God. Thou didst greet the ointment-bearing women, saying: “Rejoice!” Thou didst bestow peace upon Thy disciples and resurrection upon those that are fallen.

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

Sing praises to our God, sing praises. Clap your hands, all you nations.

The Reading from the Acts of the Apostles (9:32-42)

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord.

Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

The Reading from the Holy Gospel according to St. John (5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for 38 years.

When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk?'" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befalls you." The man went away and told the Jews that it was Jesus who had healed him.

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:

- **Sunday School** for children and teens will take place immediately after Holy Communion today.
- **This Wednesday, May 6:** Our weekly evening prayer and Bible study group will continue, beginning at 6pm. All are welcome to come, ask, discuss, and participate!
- **Saturday, May 9:** Vespers, 6pm

Today we offer the 40-day memorial prayers for the eternal rest of Marian Kaleel. Our condolences continue to go out to Mitch and her entire family. May her memory be eternal!

Condolences also to Mike Kasap, at the passing of his uncle Stephen "Chippy" Kasap. He passed away last weekend, and Fr. Andrew served his funeral Wednesday morning. May his memory be eternal!

Congratulations to Matthew and Olly Rowan, at the birth of their son **Andrew Ivan** last Thursday. He was born not only on the feast day of St. George, but on the fifth birthday of his older sister! Father Andrew visited them in Peoria, and is happy to report mom and baby are doing very well. God grant them many years!

A note on the Lenten coin boxes: As a parish we gave to this charity of our Archdiocese \$690.00 in 2014. Congratulations! This was the best ever. This is our most important outreach charity we are asked to support. We need to match this amount once again and it is my hope you will too! Please look at the report in our most recent copy of the Word. We are now \$250.00 dollars short of this goal. Thank you to all who have given thus far those coins add up! **Please have this most important gift to the treasury by May 3rd.** Thank you so much. Christ is Risen!

Anysia Medawar, Treasurer

Please make checks to St. George church earmarked "Food For Hungry People"

Summer Conventions. Mark your calendars: Our **Diocesan Parish Life Conference** will be held in Grand Rapids, MI, June 24-28 this year, and the national Archdiocese Convention is July 20-28 in Boston.

March 2015 Cash Flow Statement

Income: \$15,498.00*
Expenses: \$ 8,211.87
Bank Balance: \$20,287.25

** Includes \$6000 from last fall's bake sale, donated from the Ladies of St. George to the general fund. These funds were used to pay for our new storm windows.*