Wisdom hath builded her house, she hath hewn out her seven pillars: She hath killed her beasts; she hath mingled her wine; she hath also furnished her table. She hath sent forth her maidens: she crieth upon the highest places of the city, Whoso is simple, let him turn in hither: as for him that wanteth understanding, she saith to him, Come, eat of my bread, and drink of the wine which I have mingled. Forsake the foolish, and live; and go in the way of understanding.

Sophia

A Devotional Newsletter of St. Sophia Parish

St. Sophia Orthodox Church
195 Joseph St.
Victoria, BC
V8S 3H6
Canada

St. Sophia Orthodox Church

a Parish of the Russian Orthodox Church Outside of Russia

195 Joseph Street,
Victoria, British Columbia
Canada V8S 3H6

email: info@saintsophia.ca
website: www.saintsophia.ca

Services are in English

Saturday

Vigil – 6 p.m. – Всенощное бдение

Sunday

Hours – 10 a.m. – Часы

Divine Liturgy – 10:30 a.m. – Божественная Литургия

Vespers – 5 p.m. – Вечерня

Archpriest John Adams
Priest Philosoph Uhlman
Protodeacon Gordian Bruce

February 2018 Services

Saturday February 3- Vigil 6pm
Sunday of the Prodigal Son- February 4 - Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Saturday February 10- Vigil 6pm
Sunday of the Dread Judgment- February 11- Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Wednesday February 14- Vigil Meeting of the Lord- 6pm
Thursday February 15- Meeting of the Lord- Liturgy 10:30am

Saturday February 17- Vigil 6pm
Forgiveness Sunday- February 18 Liturgy 10:30am

- *Forgiveness Sunday Evening Vespers – **immediately attached** to the end of Liturgy*

- ***Clean Monday February 19th Start of Great Lent***
- ***Great Canon of St. Andrew of Crete begins Clean Monday through to -Clean Thursday February 22nd at the church 7pm.***

Saturday February 24- Vigil 6pm
First Sunday of Great Lent Sunday - February 25 Liturgy 10:30am

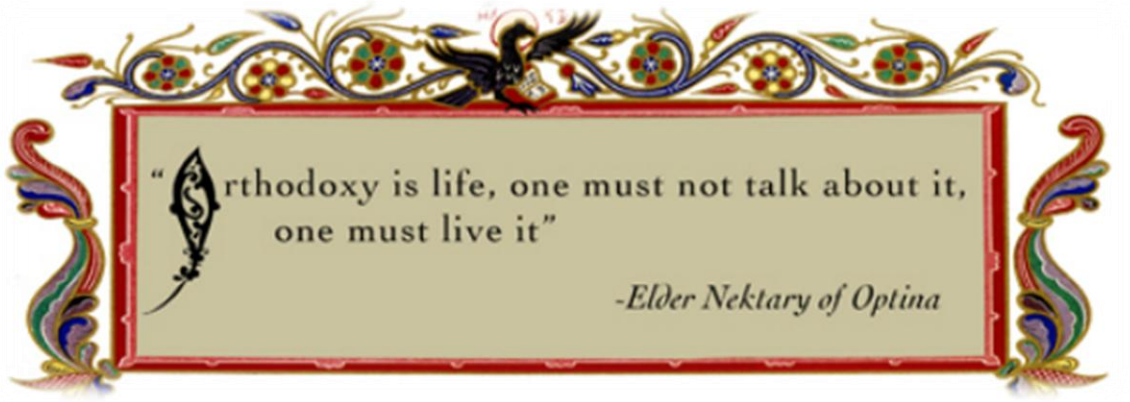
- *Sunday Evening Lenten Vespers- 5pm*

Month of February Saint's Days

Congratulations to Xenia P, Xenia N, John T, Rose-Marie, and Kyra. If we have forgotten someone please let us know, and we will update our list. May God grant you many years!

Church Cleaners & Gardener

Thank you to the January Church Cleaners and Gardener. May God reward your diligent and loving efforts! Dear Parish, please look to the bulletin board and see where you and your family may help and sign up for a month. There are many wonderful opportunities to serve God together!



The Flower Bunch

Thank you to the January monthly parish florists, for beautifying God's House. The flowers were donated and beautifully arranged.

Rejoice and Be Glad!

Thank you to everyone who decorated the Church Christmas Tree, decorated the trapeza for Nativity and cleaned up after the meal for the Nativity Yolka! Thank you, to the participating parish youth and Genevieve- the Yolka play director. **The Star Money** was a poignant performance and the youth studied hard to memorize the poetry, lines and songs. Thank you, Vera who created such beautiful costumes.

Youth Mini Mission - Complete!

Friday, January 12, 2018

Dear Parish Youth and Families, including Godparents, Grandparents and Friends: *Greetings on the Sixth Day of Christmas!*

Our Church is our Family; and thank you for supporting one another. Especially, to the You in **You**th! In October, you were given the task to bring coins to the Wooden Church Donation Box to raise funds for a new Precious Cross; to sit above the Royal Doors on the Iconostasis. Through various and consistent efforts, **and with God's Help,** you shared as you were able, week after week.

On the Feast Day of our Lord's Nativity, at the Yolka party, the funds were presented to **Father John,** on behalf of **all the Children, Youth and Teens** in the Parish**. A total of $811.25 was collected.** *You shared your Material Gifts Wisely*. Congratulations, and Thank You !

Thank you for all the efforts put into *The Star Money* Play!
The Corwin Sisters who recited ***'The Angel'***, Director Genevieve, Irena and matushka Barbara for providing the materials, support and encouragement; Vera for your zippy zig-zag and costume designs!

Genevieve the Director's Intro, serves as a wonderful wrap up note for what transpired over the past two month: *"…for a number of weeks some of the Church youth have been meeting after Liturgy to explore the meaning of the second Great Commandment, 'Love thy neighbour as thyself.'*

Through discussions and games, they've been thinking about what it means to put others' needs ahead of their own. We found a play that beautifully demonstrates this.

Some of the kids decided to work behind the scenes and they designed the set, built it, painted it and collected props! They're working backstage today as Stage Manager, Assistant Stage Manager and Crew. Others wanted to work onstage and they've been so helpful to one another in learning and remembering lines and blocking.

But whether offstage or onstage, they've all worked tirelessly to present this play to you which is about humility, sacrifice and love for one's neighbour.

We hope you enjoy this beautiful adaptation of the Grimm's fairy-tale The Star Money.*"*

The Angel

by Mikhail Lermontov

At midnight and angel was soaring on high,
And his chant seemed to rival the hush of the sky.
The stars and the moon, and the clouds in a throng,
Listened enrapt, to the Heavenly Song...

He sang of the souls, who are stainless and white,
Who in gardens of Paradise, dream in delight,
His music rose high like a jubilant flame;
A luminous hymn, to the holiest Name...

He carried a soul to the portals of birth,
Down to the vales of the grief-harrowed earth,
But the sound of his chant, the new soul had caught,
And forever retained, that wondrous Great Thought...

And long that soul languished amid earthly woe,
Yearning for the Song that it heard long ago,
But no weary Earth-song, could for it blight
The long cherished chant of the Angel in flight.

THE GREAT LENT

A LIFE OF PARADISE ON EARTH

RESTORING A LIFE OF BIBLE READING, PRAYERS, AND MEDITATION

Sanctify your Body, Mind, and Soul through Ascetic Practices

Remember that through Holy Baptism you are born of Water and Spirit

Continue on the Path to Eternal Life

Be born again through the Renewal of the Mind

Commit ourselves to a righteous life

Through the Sacraments of Holy Confession and Holy Communion, partake in the Body and Blood of Jesus Christ

Stand firmly against Satan

Repent and Seek Forgiveness

♦DURING GREAT LENT♦

- Follow the Rules of Abstinence and Lenten Practices prescribed by the Church
- Read the Scriptures Daily and Pray Unceasingly
- Fast
- Participate in Church Services Regularly
- Give food to those who hunger, and drink to those who thirst
- Set aside a portion of your wealth for the Needy
- Be Enthusiastic in Good Works
- Do not be Wasteful and Avoid Arrogance
- Forgive Everyone and let go of all Grudges
- Love your Neighbor as yourself

Our Church is a Family

His Eminence Metropolitan Hilarion of Eastern America and New York, First Hierarch of the Russian Orthodox Church Outside of Russia, talks about the Russian Orthodox Church Outside of Russia and about Orthodox Christians in North America.

An excerpt by Metropolitan Hilarion at the recent Diaspora Council of Bishops

– Question to Vladyka Hilarion… Youth ministry was identified as a priority in Church life by the Council. How are young people to be turned towards Christ?

– A. Young people are the most important thing we have—they are the future of the Church.

We need to tend to areas where little is being done in rearing our youth, beginning with the littlest kids in our parish… We must support our youth even after they graduate from parish school. We need to immerse ourselves into what their interests are now. We need to host more frequent youth conferences where they can get to know each other, at which the truths of the faith are explained in their own language.

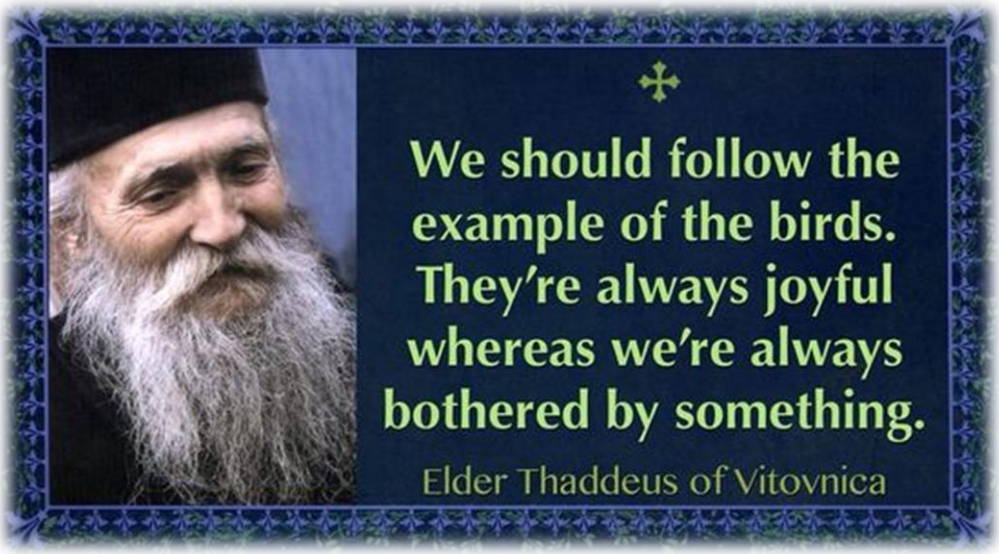
If the foundation of one's faith is laid down during childhood, then it is easier to find one's way later in life. If this foundation is lacking, everything becomes more complicated. ..

At a young age, even children from churchly families often leave the care of their parents and pastors and fall under the influence of negative things. We especially sense this pressure in the secular world abroad. We must try to restrain every person entering this all-important phase of life from making mistakes that lead to catastrophe: young men and women should at least stay close to the Church.

Parishes can set up athletic groups, pilgrimage clubs, organized around common interests and hobbies, just so young people can stay in touch with the Church. We must constantly invent new forms and possibilities for

youth to express themselves on the parish level and maintain activities around the Church. This is hard in today's world…

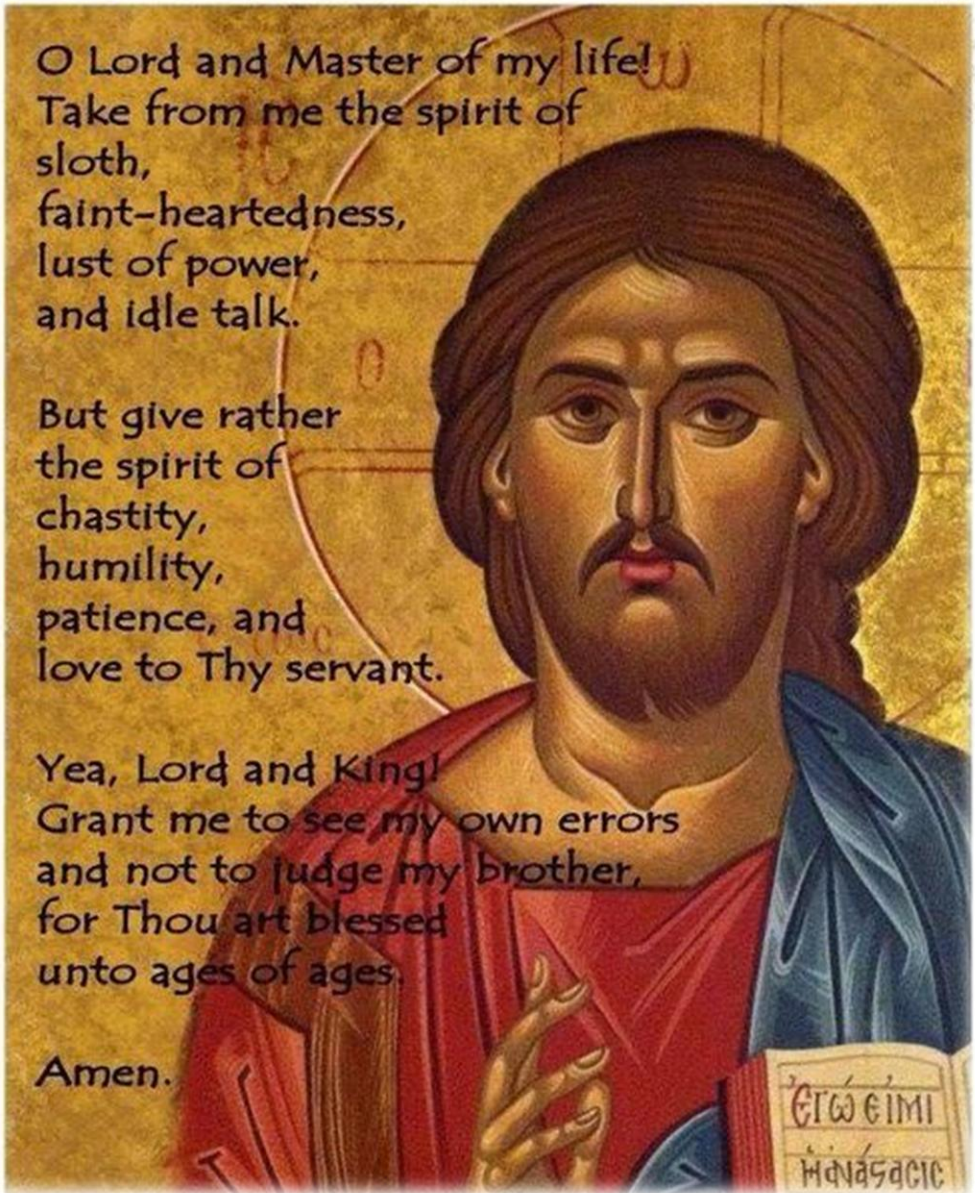
There is room for *more* of our parish youth from ages 4 – 12. During a Victoria visit, Archbishop Gabriel said language should not be a barrier. Parish youth should be together. They will enjoy each other's company, regardless of language, and it is very important for them to be with other Orthodox Christian youth.



Youth Choir: Guys and Gals Age 4 – 12
Registration with rehearsal dates posting on board Rehearsal in preparation for Pascha.

First Rehearsal is Sunday March 4th with a Candle Tenders' Class for the youth. *When to and not to tend candles, and why. How to tend safely*.

Teen Bread Bakers with Fr Gordon – Sunday March 4th
Registration form to be posted mid-February. **Learn how to bake Lenten Holy Martyrs' Larks**



St. Sophia Parish 2018 Annual Dues

Archbishop Gabriel spoke of the importance of parishioners paying their annual Parish dues. He spoke eloquently about how dues are an important source of income for the Parish and a very tangible way that parishioners can contribute to the ongoing life of the Parish.

Dues are $60 a year, per adult. Not only does paying these dues entitle you to vote at the Annual General Meeting, but most importantly it goes a long way to helping with the significant costs of running the Parish.

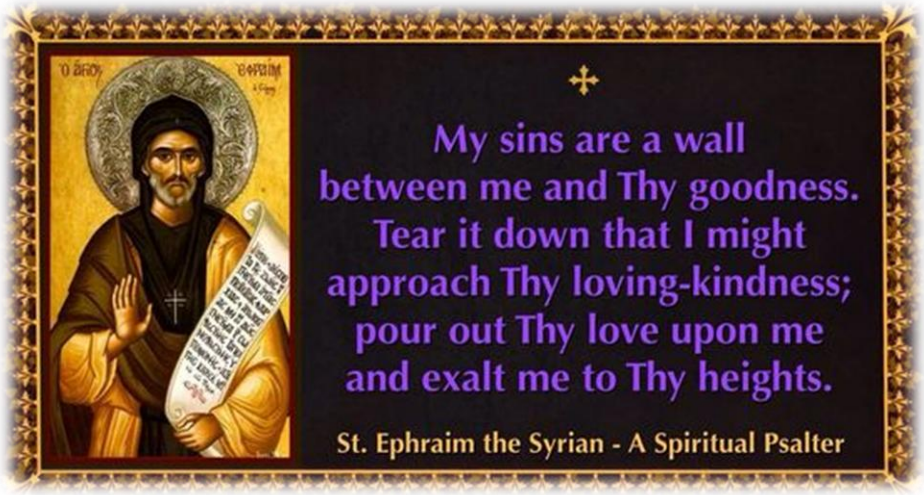
When you enter the Church, look at the beautiful mosaics and iconography. Consider the clergies' vestments. Smell the incense and the flowers. Listen to the music sung by the choir. All of these things are made possible by donations from members of the Parish, as well as other items that are just as important to the ongoing functioning of the Parish but which are less visible: the heat, hydro, and the repair and maintenance of the building and grounds. This year we are making it easier for you to pay your dues:

- Go to PayPal on the website and make an online payment for $60.50. Note to please make a payment of $60.50 to help us keep track. [$60.50 will identify that you wish the donation to go towards the dues.]

- Place a cheque for $60 in the donation box, with your name and Parish Dues written on the cheque memo.

- Use the Square- for online payment at the church.

- Join us for our annual Souper Sunday fundraiser on the Sunday of the Cross, March 11th. Pay your $60 annual dues and enjoy the wonderful meal for free.



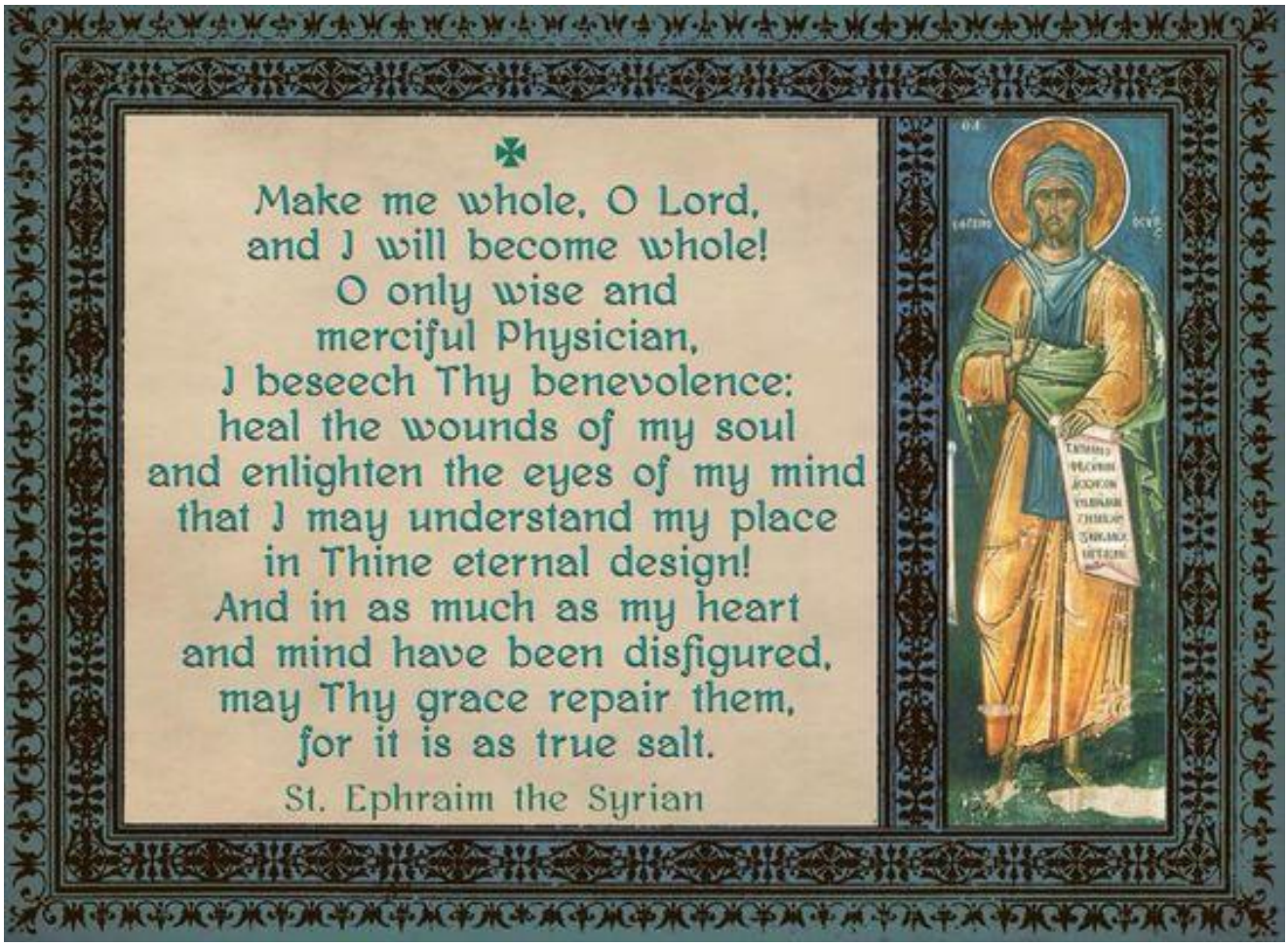
Every one of us contributes to the life and beauty of our Parish in a different way. Your annual dues are an important way to help contribute to the St. Sophia Parish.

3rd Annual <u>Souper Sunday</u> March 11th

Parish youth to host fundraiser of a Lenten soup lunch on Holy Cross Sunday. Fruit/veggies and beverages are also on the menu. Pay your $60 annual dues, at the lunch and receive a *delicious* free meal!

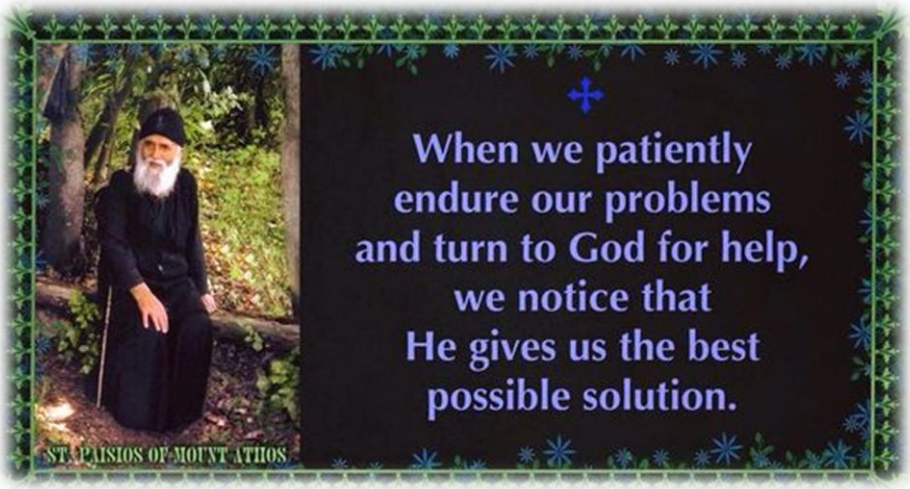
St. Sophia's FREE Lenten Cookbook Recipes
"Come and Dine"

http://comeanddinerecipe.blogspot.ca/



Pearls of Wisdom

Why did the Prodigal Son not set off at once instead of a few days after? "And not many days after," it says, "the younger son gathered all together, and took his journey into a far country" (Luke 15:13). The evil prompter, the devil, does not simultaneously suggest to us that we should do what we like and that we should sin. Instead he cunningly beguiles us little by little, whispering, "Even if you live independently without going to God's Church or listening to the Church teacher, you will still be able to see for yourself what your duty is and not depart from what is good." When he separates someone from the divine services and obedience to the holy teachers, he also distances him from God's vigilance and surrenders him to evil deeds. God is everywhere present. Only one thing is far away from His goodness: evil. Being in the power of evil through sin we set off on a journey far away from God. As David says to God, "The evil shall not stand in thy sight" (Ps. 5:5). - *St. Gregory Palamas*



Here is what the Pharisee says: *"God, I thank Thee that I am not as other men are."* He is not, in fact, thanking God for this, acknowledging that it is God's doing that he is not as other men. No; the words: "God, I thank Thee … " are nothing more than an exclamation, a flattering approach to God so that God will listen to his boast. For, from all that he says, he is not thanking God for anything; on the contrary, he is blaspheming against God by blaspheming against the rest of God's creation. He is thanking God for nothing; everything that he says about himself is expressed as his own

doing, achieved without God's help. He will not say that he is not an extortioner, an unjust man, an adulterer or a tax-collector because God has preserved him from this by His power and His mercy. In no way; but only because he is what he is in his own assessment: a man of such exceptional type and worth that he has no peer in the whole world. -*St. Nikolai Velimirovich*

Great Lent: Springtime of our soul! Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God and with great spiritual gladness to behold His holy Pascha. - *Stichiron at Vespers*

Glory be to Him, Who never felt the need of our praising Him; yet felt the need as being kind to us, and thirsted as loving us, and asks us to give to Him, and longs to give to us. His fruit was mingled with us men, that in Him we might come near to Him, Who condescended to us. By the Fruit of His stem He grafted us into His Tree. -*St. Ephraim the Syrian*

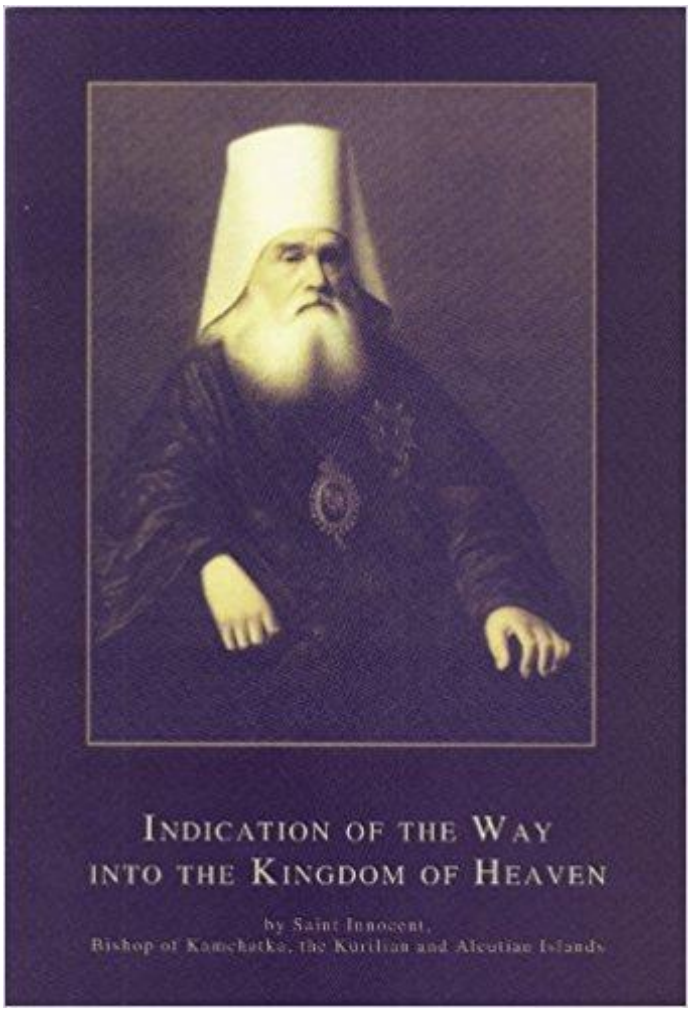
When we pray for either the living or the dead we entreat: Lord have mercy. Only God knows what is best for our salvation. Not knowing the spiritual needs and concerns of the departed, we trust in His Infinite Wisdom and Knowledge, saying, Lord have mercy. By commemorating the reposed in our prayers, asking for the forgiveness of their sins, we truly express our love for them. Private prayer of course is important, but church communal prayer is more important. St. Matthew 18:20 "For where two or three are gathered together in my name, there am I in the midst of them." We firmly believe that until the final Day of Judgment, and the Life of the Age to Come, all the members of the Church, both living and departed, are continually perfected by mutual prayer. "With the Saints give rest, O Christ Our God, to the soul(s) of Thy servant(s), Where there is neither sickness nor sorrow, Nor sighing, But life everlasting." "Memory Eternal" sung at the

end of the pannykhida, expresses our steadfast faith in the immortality of the soul, and through our prayers and God's infinite mercy, reposed will dwell in everlasting peace with the saints. For… Christ is risen from the dead, trampling down death by death; and upon those in the tombs bestowing life! *-unknown*

February Library Features

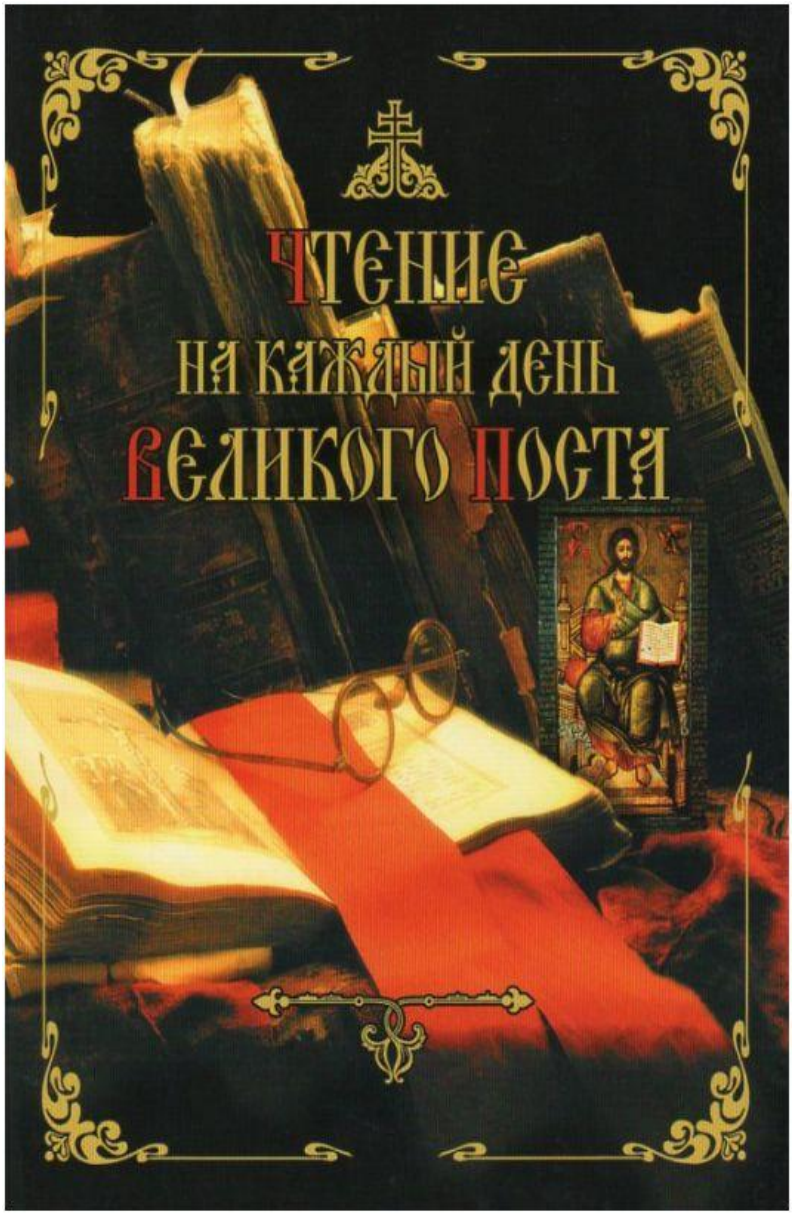
Indication of the Way into the Kingdom

by St. Innocent of Alaska



People were not created merely to live here on earth like animals that disappear after their death, but to live with God and in God, and to live not for a hundred or a thousand years, but to live eternally. So begins this direct and heart-warming introduction to the Christian life. This book offers a classic Christian response to questions that we must all address at some point in our life: Why are we here and where can we truly find happiness and prosperity? In a time when the futility of the never-ending pursuit of material gain is being recognized more widely this work is more relevant than ever.

John Veniaminov was a Russian, born and raised in Siberia. He is most widely known today by the simple title of St. Innocent of Alaska.



«Чтение на каждый день Великого Поста», М., Изд-во Сретенского монастыря, 2012, 448 стр.

Великий Пост — это путь преображения человеческой души. Для более глубокого понимания Великого Поста и для получения максимально эффективного в душевном смысле опыта и составлена эта книга. Мысли на каждый день этого события взяты из наследия величайших христианских мыслителей.

Great Lent is the way that can irrevocably change one's soul for the better. It's the way from slavery to freedom, from sin to righteousness, from death to Resurrection. Quotes from the most influential thinkers and holy fathers of the Orthodox faith on each day of the Great Lent will help the reader make the most of this journey.

The 100th Anniversary of the Martyrdom of the Russian Royal Family … A series of articles from various Russian Orthodox Language sources

100 Years Without The Tsar

Russian Tsar Nicholas II at an aircraft-making factory

Many people today think that in the 20th century the Soviet Union demonstrated a miracle of economic growth, that Russia under the Tsar Nicholas II was an underdeveloped stagnating country without much economic future, and that only the so-called Revolution could liberate the constructive force of the talented Russian people and channel it to build one of the strongest countries in the shortest of time. This is, to put it mildly, a very biased statement. In fact, the industrialization miracle of the Soviet Union likely would have happened with better results without Stalin and surely—with less human loss.

There is truth to the unprecedented economic rise of Russia in the 20th century. After all it was in the Soviet Union where the first sputnik was launched into space in October of 1957, where school education was hailed as the best in the world, where national republics went from medieval states to complex and diverse economies.

However, it should be always remembered that Soviet science and economics stood on the firm foundation that had been laid out during the Russian Tsar Nicholas II time. We can safely say that the USSR economically stood on the "shoulders of the giant" that was the Tsarist Russia. To put it briefly, the Soviet economic growth happened on railways and in factories built during the Tsarist time. The traditional Russian perseverance and ingenuity helped of course—but Stalin can hardly be "thanked" for that. The Bolsheviks also liked to hire the best engineering talent from the US and Great Britain to do the prototype design and to head the construction, as was the case with the huge Dnepro Hydroelectric dam. Thus they dealt with the "brain drain" caused by Revolution. And we should never forget the overwhelming number of Russian people who had been purged to the GULAG and were used as slaves to build such Stalin highlights as the White Sea–Baltic Canal (Belomorkanal), which connected Moscow with the White Sea. According to some accounts about a quarter of a million people died there. This is a project built literally on human bones. Nothing of the kind was taking place in the Tsar Russia.

The Russian engineering tradition had existed for 200 years before the 1900s. Many Romanovs were navy and military engineers and had a deep appreciation of the trade. The best engineers of the world were trained during the rule of Nicholas II. We do not often realize that some of the most popular inventions of the 20th century came from Russians, such as Sikorsky (trans-ocean hydroplane, helicopter), Zvorykin (television), Kotelnikov (parachute), who had been trained in Tsarist Russia. They started out in Russia, sometimes showing their inventions to the Tsar, as he was keenly interested in the engineering advances. Igor Sikorsky, the inventor of hydroplanes and helicopters, wrote in his memoirs about his meetings with Nicholas II: "The Emperor was among the few people who would not ask questions if they were not correct or thought through. As an engineer he was my equal." Bolsheviks made this talent leave their home country, losing their technical potential to other nations.

While the economic growth was steady in Russia under the Romanovs, it was under Nicholas II that a colossal economic leap took place in Russia. The famous Trans-Siberian Railway, the longest railway network in the

world, connecting Central Russia with Siberia and the Russian Far East, was built between 1891 and 1916—and is still in use now! Textile, electro-technical, chemical, mining, mechanical engineering, and ship-making factories were built. There were over 400 huge factories in Russia in the 1910s. The Russian economy was the fourth largest in the world after the American, British, and German ones. The typical thing about it (and quite different from Russia today) was that it was not mainly based on extraction of raw materials, like grain, oil, coal, iron, or wood, although trading in these commodities was an important source of revenue. Russian economy was mostly of a more developed, manufacturing type, as it produced a finished, usable product and was heavily involved in construction.

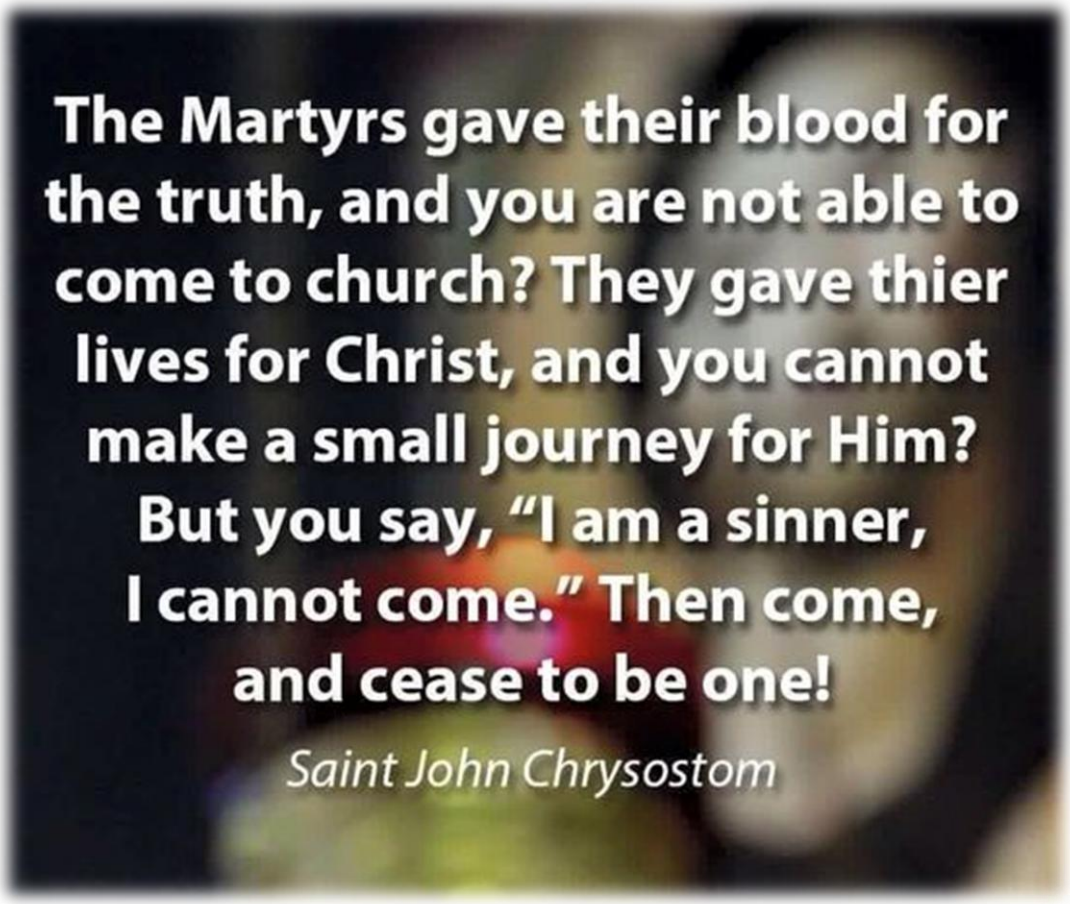
The reforms of Nicholas II included the creation of completely new branches of economy: electrical engineering, radio-frequency engineering, chemical engineering, aircraft engineering. They were based on scientific advances of the last quarter of the 19th century. Most of them had some "Russian" trace in them (for example, think Dmitry Mendeleev's Periodic Law and his Periodic Table of Elements). Many of those factories were actively working during the Stalinist times to produce the Soviet industrialization miracle, while in fact they were the results of Nicholas II's strategic plans.

It should be very well understood that Tsar Nicholas II was not only a well-educated politician with successful long-term strategies. He was a deeply religious, Orthodox Christian person. Doing what's right for the country that he had been mystically anointed to rule was paramount to him. He was very serious about "loving thy enemy" (Mt. 5:44), but this was not him being a "softie," as he has been mocked all those years. It was Christian. He had a vision of a country that was economically advanced and Christian at the same time. Tsar Nicholas II had it all in good balance; he was kind, smart, extremely well educated, strategic thinker, and, most important of all, he was guided by the Spirit.

Looking back at Russia under Nicholas II and then under the Bolsheviks we can safely say that the Soviet economic and technological advances came to a grinding halt once the huge

potential left by the Tsar's social and economic reforms was exhausted. The country thrived under Nicholas II's rule, and even during the First World War it developed quickly, especially its heavy machinery engineering. Unfortunately, this process of growth stopped almost immediately after 1917, the year of the Revolution. It started to pick up slowly only well after 10 years into the Soviet rule, a significant setback and at a terrible and short-sighted price of abandoning its intended Christian way. This artificial state could not live long, and we all know what has happened to Russia without the Tsar.

Practical Tips



Links

St. Sophia Orthodox Church, Victoria BC
http://saintsophia.ca/

Official site of the Russian Orthodox Church Outside of Russia
http://www.russianorthodoxchurch.ws/synod/indexeng.htm

Official site of the Montreal and Canadian Diocese
http://mcdiocese.com/en/

The Rudder: Streaming Orthodox Christian sacred music 24/7
http://www.myocn.com/rudder/

St. Sophia's FREE Lenten Cookbook Recipes "Come and Dine"
http://comeanddinerecipe.blogspot.ca/

Holy Trinity Orthodox Church, Vancouver BC
http://russianorthodoxchurch.ca/en/

Morning Offering by Abbot Tryphon
http://blogs.ancientfaith.com/morningoffering/

Western America Diocese Official Site
http://www.wadiocese.org/

"We knew not whether we were in heaven or earth… We only know that God dwells there among men, and their service is fairer than the ceremonies of other nations."

The Orthodox Church

With these words, envoys sent from Russia by Prince Vladimir in the year 987 recorded their impression of Constantinople's awesome Orthodox Cathedral, Hagia Sophia. They had been sent to search for the true religion. Within a year of their report, Prince Vladimir and the Russian people were baptized in Christ by Orthodox missionaries. Today, as in Prince Vladimir's time, the Orthodox Church – fully aware that man is a union of body and soul – uses all the beauty of creation to move her faithful children to prayer and worship: icons, beautiful singing, sweet-smelling incense, and majestic services.

The Greek word 'Orthodoxia' means 'correct praise' or 'correct teaching' and in the Orthodox worship the praise and teaching are closely interwoven.

Jesus Christ founded His Church through the Apostles. By the grace received from God at Pentecost, the Apostles established the Church throughout the world. In Greece, Russia, and elsewhere, the True Apostolic Church continues to flourish, preserving the Faith of Christ pure and unchanged.

"Christ the Power of God,
and the Wisdom of God"

– First Corinthians

Troparion in the Second Tone

We bow down before Thine all pure image, O Good One, asking forgiveness of our transgressions, O Christ God; for Thou wast well pleased to ascend the Cross in the flesh of Thine own will, that Thou mightest save what Thou hadst created from slavery to the enemy. Wherefore, we cry out to Thee in thanksgiving: Thou hast filled all things with joy, O our Saviour, Who hast come to save the world.

Kontakion in the Second Tone

O uncircumscribable Word of the Father, knowing the victorious image, uninscribed and divinely wrought, of Thine ineffable and divine dispensation towards man, of Thy true incarnation, we honour it with veneration.