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

June 2018 Sophia Issue #74 Services

Saturday June 2- Vigil 6pm
Sunday All Saints June 3 - Liturgy 10:30am

Sunday Evening Vespers – 5pm

Saturday June 9 - Vigil 6pm
Sunday All Saints of Russia June 10 - Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Saturday June 16 - Vigil 6pm
Sunday All Saints Great Britain June 17 - Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Saturday June 23 - Vigil 6pm
Sunday June 24 - Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Saturday June 30 - Vigil 6pm
Sunday July 1- 10:30am

- *Sunday Evening Vespers- 5pm*

Thank You!

Sunday Samovar

On May 6th a dedicated team of chefs served numerous, traditional, and **delectable** Russian sweets and savories. Over $800 was raised at this tea and luncheon! Thank you, *Evguenia and Iouri and all who helped! May God Reward their efforts!*

What's Next?

5th Annual Hot Dog! It's Sundae Sunday

On Sunday June 3rd, after the Divine Liturgy, and hosted **by the parish youth!**

Come enjoy a juicy Hot Dog and delicious Ice Cream Sundae - payment by $ donation. There are vegetarian and GF options available, as well as cappuccino coffee and juice! A yummy *last chance cafe* to kick off the Apostles' Fast the next day!

Our youth aim to purchase one bike for the Maiwa Foundation.

The Pink Bicycle Project purchases sturdy, well-built bicycles so schoolgirls can actually travel to and attend school in their area of rural India.

The Artisan's Alliance of Jawaja is a rural cooperative of leather workers and carpet weavers and children of these artists need to travel extremely long distances for school.

Historically, the boys get first choice on the bikes and therefore, many young girls never have an opportunity to attend school for an education. A bright, pink bike is just what they need !

One bike costs $100 CDN.

For over three centuries, leatherwork has been the main occupation of this community, adept in the preparation and tanning of hides and their incredible skills of making saddles, harness or tackle, and historically containers for gathering and storing water. In a culture that views cows as 'sacred', Leather Workers in India are considered 'untouchables'. They are not allowed to leave their villages or take on any other jobs.

We found out about this project from a local weaver on Salt Spring Island, Jane Stafford, a good friend of matushka Alexandra.

The Maiwa Foundation is a registered charity in Canada, existing to encourage and promote high quality craft as a means for survival; reducing poverty in rural villages by promoting artisan self-sufficiency. In Cantonese and Mandarin, Maiwa is a word used to name the language through which art speaks.

In honour of **The Pink Bicycle Project**, we will be serving up a **Pink Bicycle Sundae**, and donate a portion of our funds raised to the Maiwa Foundation. Enable, if you're Able !

June Parish Saint's Days

Congratulations to Fr. Philosoph, Helena, Elena, Eleanor, Emmanuelle. God grant you many years! If we have forgotten anyone, please let us know and we will add to the list!

Thank You

Month of May Church Cleaners, Florists, Festal Church/Trapeza Event Decorators, Gardeners, and the Sisterhood's Event Trapeza Team! God sees and knows all your efforts!

Youth Choir Pizza Party and Alumni Reunion

On May 13th, members of the junior and senior Parish Youth Choir… along with some of their *parents* (who had also been in our previous parish youth choirs)… gathered together in the trapeza for a pizza lunch and hilarious camp-style games. The present choir had earned it with all their hard work at the rehearsals and then using their strong voices at Pascha!

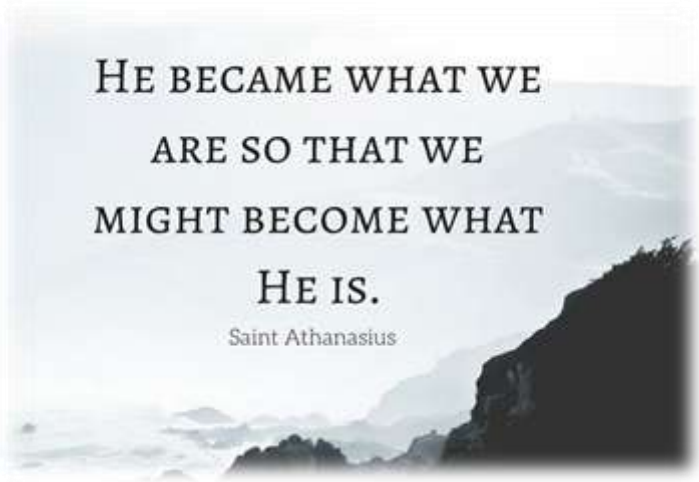
With a goal of keeping connected to 'friends at Church' our next event is ***Sundae Sunday on June 3rd***, and Parish Summer Camp at Goldstream Park, July 28-30. Thank you to both the organizers and the participants for an enjoyable event.

Christian Parenting

All things are achieved through prayer, silence and love. Have you understood the effects of prayer? Love in prayer, love in Christ. That is what is truly beneficial… when the love between you and your children is holy and Christian love, then you will have no problem. The sanctity of the parents saves the children. For this to come about, divine grace must act on the souls of the parents. No one can be sanctified on his own. The same divine grace will then illumine, warm and animate the souls of the children.

- Excerpts from ***Wounded by Love*** *the Life and Wisdom of Elder Porphyrios* ***On the Upbringing of Children***

How Does the Christian Life Begin in Us?



We must make clear for ourselves when and how the Christian life truly begins in order to see whether we have within ourselves the beginning of this life. If we do not have it, we must learn how to begin it, in so far as this depends on us.

It is not yet a decisive sign of true life in Christ if one calls himself a Christian and belongs to the Church of Christ. "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven" (*Matthew 7:21*). "For they are not all Israel who are of Israel" *(Romans 9:6)*. One can be counted as a Christian and not be a Christian. This everyone knows.

There is a moment and a very noticeable moment, which sharply is marked out in the course of our life, when a person begins to live in a Christian way. This is the moment when there begins to be present in him the distinctive characteristics of Christian life. Christian life is zeal, and the strength to remain in communion with God by means of an active fulfillment of His

holy will, according to our faith in our Lord Jesus Christ, and with the help of the grace of God, to the glory of His most holy name.

The essence of Christian life consists in communion with God, in Christ Jesus our Lord – in a communion with God which in the beginning is usually hidden not from others, but also from oneself. The testimony of this life that is visible or can be felt within us is the ardor of active zeal to please God alone in a Christian manner, with total self-sacrifice and hatred of everything that is opposed to this. And so, when this ardor of zeal begins, Christian life has its beginning. And the person in whom this ardor is constantly active is one who is living in a Christian way.– *Excerpts from* ***Raising them Right,*** *by St. Theophan the Recluse*

Pearls of Wisdom

Churches are not needed by God, Whose throne is heaven and Whose footstool is the earth. It is we who need them. It is we who benefit from donating towards the building (*editor: and upkeep*) of churches, although the Lord accepts not so much the substance of our alms as much as He does our Zeal – the quality of our effort. Christ approved the widow's mite, saying that she had given more than anyone else, for the rich cast in a great deal from their abundance, but she gave all she had, all her livelihood. Those alms we give in the name of God are received by God Himself. Spiritually, our alms are laid up in the treasuries of heaven, God's treasuries, from which no one can steal them away; if someone steals any church possession, he steals from God Himself and the Lord God Himself punishes him… - *Excerpts from* ***Time to Build*** *Sermons and Writings of Saint John (Maximovitch); Archbishop of Shanghai and San Francisco*

Picture one person walking through the grass… He leaves a trail of bent grass behind him. In a week the trail will be gone. That's a sin committed for the first time but not repeated. If that person returns in a day or two, he can find the trail and retrace his steps. If he returns several times, the path will become well marked. The grass on it will be worn down to the ground and it will be very easy to find quickly when desired. This is a sin that is practiced several times. It will become a path. Yet, if it is not used for a few months, new grass will grow over it and it will become the same as before. If however, the path is used frequently and over a long period of time, it becomes wider and the ground gets so firm that all the grass dies. It develops into a highway. So we can see that in Orthodox spirituality, a sin repeated frequently over much time is called a passion. *-Analogy on passion by an Orthodox monk to a seminary class*

Sinful thoughts are like pretty little birds that land on your shoulder and sing into your ear. If you ignore their song and wave them away, no harm is done. But if you allow them to remain while you admire their song and their beautiful feathers, you will find afterwards they have left a mess on your shoulder that will take some firm scrubbing to remove. *-Victor Mihailoff,* ***Breaking the Chains of Addiction***

All the Saints are our older brothers in the one House of the Heavenly Father. Having departed from earth to heaven, they are always with us in God… They serve together with us, they sing, they speak, they instruct, they help us in various temptations and sorrows. Call upon them as living with you under a single roof; glorify them, thank them, converse with them as with living people; and you will believe in the Church. - *St. John of Kronstadt*

If we live with all the saints (Eph. 3:18) by attentively reading their lives each day as we walk in the spiritual garden of the Synaxarion, we shall discover little by little those whom our heart especially goes out to. They will become our close friends in whom we love to confide our joys and sorrows; whose lives we love to read time and again, as well as to chant their troparia and to venerate their icons. These close friends will be the guides of our choice and a great comfort to us along the strait and narrow way that leads to Christ (Matt. 7:14). - *Hieromonk Makarios of Simonos Petra, Mount Athos*

Striving for a Life in Christ

"Seek ye first the kingdom of God, and His righteousness; and all these things shall be added onto you." *St. Matthew, 6:33* How are we to seek first the kingdom of God? …First pray to the Lord that He may correct the ways of your heart…that He may direct the way of your life in accordance with His commandments… Desire this with all your heart, and often renew your prayer concerning this. The Lord, seeing your sincere desire and endeavor to walk in accordance with His commandments, will, by degrees, correct all your ways… Satisfy your bodily and spiritual hunger, by conversing with God, by heart-felt repentance for your sins, by reading the precepts of the Gospel, and especially by the communion of the Divine Mysteries of the Body and Blood of Christ. If you are a scholar, a student, an official in some ministry, an officer in the military, a technologist, a painter, a sculptor, a manufacturer, or a mechanic – remember that the first science for each one of you is to be a true Christian… to believe sincerely in the Holy Trinity… to converse daily with God in prayer, to take part in the Divine service… to observe the rules of the Church, and to bear in your heart, before work, during and after work, the name of Jesus… For He is our light, our strength, our holiness, and our help… - *Excerpts from* ***My Life in Christ*** *by St. John of Kronstadt*

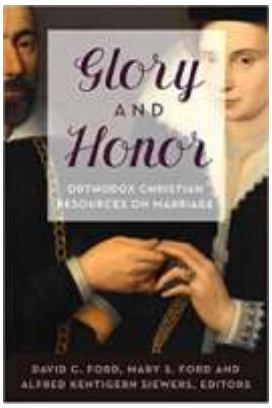
June Library Features

Архимандрит Тихон (Агриков) **«У Троицы окрыленные. Воспоминания»**, Свято-Троицкая Сергиева Лавра, 2002, 255 стр.

Воспоминания архимандрита Тихона посвящены его встречам и общению со старцами Свято-Троицкой Сергиевой Лавры. Все они встали на путь служения Богу еще при царе Николае Втором, прошли через лишения и изгнание, а закончили свой земной путь в одной из самых главных православных обителей России в начале 1960-х годов. Чистый русский язык, удивительно интересные истории и глубокая вера в

Бога отличают истории этого автора.
Archimandrite Tikhon (Agrikov) recalls his meetings and discussions with elders in the Holy Trinity Sergius Laura. All of them began their service to God in Russia during the Tsar Nicolas II reign, lived through social upheaval, immigration, or GULAG, yet remained true to God's service.

Glory and Honor: Orthodox Christian Resources on Marriage



Mary and David Ford, Alfred Kentigern Siewers, editors
The Orthodox Church embodies a living Tradition that integrates a long, unbroken practice of marriage with its theology, cosmology, liturgy, mystical asceticism, and anthropology. As such, the Church has a great deal to offer all those who desire to come to a deeper understanding of marriage and family life. This collection draws upon the riches of this Tradition to present an inspiring vision of Christian marriage, and to offer insights and guidance about marriage and family life that are adapted to modern questions and challenges, yet grounded firmly in the global teaching and practice of the Church.

Princess Eve Galitzine, a Founder of this Holy Temple.
Memory Eternal!

Sunday June 17th *All Saints Great Britain*

St. Patrick's Breast Plate

The Deer's Cry

St. Patrick was born in 387 AD, at Kilpatrick, near Dumbarton in Scotland.

St. Patrick's parents were part of the Christian minority of Britain; his father, Calpurnius, was a deacon, "the son of Potitus, a priest, of the village Bannavem Taburniæ."

At the age of 16, he was captured during a raiding party and taken to Ireland as a slave to herd and tend sheep. During that time, he prayed frequently and came for the first time to have a true faith in God.

At age 22, he had a vision in which God told him to be prepared to leave Ireland. Soon, he escaped, walking 200 miles to a ship and returning to England. In a dream, he saw the people of Ireland calling him, "We beg you, holy youth, that you shall come and shall walk again among us."

St Patrick sought clerical training. He was ordained by St. Germanus, bishop of Auxerre. Around 430 he was ordained a bishop, after which he returned to Ireland. There, he preached the Gospel, reaching tribal chieftains, gaining their permission to teach their subjects also.

This Irish Saint wrote the following prayer, as the term breastplate or Lorica (in Latin), refers to a piece of armor worn in battle.

Traveling many miles by foot, on his way to Tara to sow the faith, St. Patrick learned of an imminent ambush laid against his coming by the King Loegaire. St. Patrick commanded the monks to pray this *Spiritual Breastplate* and continue along their way, trusting in God's Protection. They passed by the enemies' sites unhindered, and one of his monks turned around in wonder as to how they were able to pass by all the men sent to

kill them. He gazed in amazement to see the saint and monks appear before those lying in ambush not as men, but as wild deer with a fawn following them.

Hence, The Deer's Cry (Fáed Fíada). *-https://orthodoxwiki.org/Patrick_of_Ireland*

A Portion of the Lorica of St. Patrick

The Deer's Cry

I arise today

Through the strength of heaven,

Light of sun,

Radiance of moon,

Splendour of fire,

Speed of lightening,

Swiftness of wind,

Depth of the sea,

Stability of earth,

Firmness of rock.

I arise today,

Through God's strength to pilot me.

God's eye to look before me,

God's wisdom to guide me,

God's way to lie before me,

God's shield to protect me

From all who shall wish me ill afar and a near,

Alone and in a multitude.

Against every cruel merciless power

That may oppose my body and soul.

Christ with me,

Christ before me,

Christ behind me,

Christ in me,

Christ beneath me,

Christ above me,

Christ on my right,

Christ on my left,

Christ when I lie down,

Christ when I sit down,

Christ when I arise,

Christ to shield me,

Christ in the heart

Of everyone who thinks of me,

Christ in the mouth

Of everyone who speaks of me.

I arise today...

Lavender Rose Tea

Please reserve Saturday July 21st in **your Summer Calendars!**

The Lavender Rose Tea is an annual Major Fundraiser for our parish. There will be many opportunities to support this event; from donating prizes, inviting guests, selling raffle tickets, preparing and serving food, setup, take down and cleanup. The Public Mosaics Studio Tour is scheduled for Noon. The Lavender Rose Tea is from 10 am – 2 pm. This event always coincides with the Victoria Art Gallery's Moss Street Paint- In; and attracts visitors from Fairfield and beyond… *Please watch the Bulletin Board for more information*. Thank you.

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

"Be faithful unto death, and I will give you the crown of life"

This quote from the Book of Revelation (Rev. 2:10) applies perfectly to the faithful servants who stayed with the Royal Passion-Bearers Tsar Nicholas II, his wife and Tsarina Alexandra Fyodorovna, their children Grand Duchesses Olga, Tatiana, Maria, Anastasia, and Prince Alexei until their martyrdom in the basement of the Ipatiev House in Ekaterinburg during the night of July 16-17, 1918. Those servants chose to accompany

their masters into imprisonment – and together with the Romanovs they were either shot, bayoneted or clubbed to death by commissars. Their bodies then were stripped, mutilated, burned and allegedly disposed of in a field called Porosenkov Log in the Koptyaki forest near Ekaterinburg. Those faithful servants were the court physician Dr. Yevgeny Botkin (depicted in the icon), the cook Ivan Kharitonov, Tsarina's maid Anna Demidova, lady in waiting Anastasia Hendrikova. The Russian Orthodox Church Outside of Russia canonized them as new martyrs. Some of the servants were not Russian Orthodox (although Christian), like the Roman Catholic footman Alexei Trupp and Lutheran tutor of Russian Catherine Schneider, yet they were canonized as new martyrs too. All these people were literally faithful to the Tsar and his family unto death, and each of them duly received their crown of life in the Heavens.

It is hard to give a full account of their lives in one short article; however it is possible to tell the story of one of them – as it is a story of how faith led these people through their lives determining their life choices, and brought them to serve the Romanov family with whom they received their saintly crowns. The life story of the royal family physician Yevgeny (Eugene) Botkin illustrates just that.

Yevgeny Botkin was born in 1865 to the family of Sergey Botkin who had been a court physician under Russian Tsars Alexander II (1818-1881) and Alexander III (1845-1894). Yevgeny studied medicine at Universities of St. Petersburg, Berlin and Heidelberg. His PhD thesis (1893) was devoted to the immunology of blood. It received glowing endorsement from his academic opponent, the famous Russian physician and Nobel Prize winner Dr. Ivan Pavlov. Being a brilliant physician himself Botkin could easily choose to become a highly paid practitioner for the rich in the best and safest cities of the world and to live a life of luxury and comfort. Yet he chose to work in a hospital for the poor in St. Petersburg and then joined the Russian army in Manchuria (now China). "Medicine was his true calling" – wrote his brother Peter, - "he was born to help those in dire straits, to succor, to soothe, to heal without end – even at the expense of his own well-being".

To understand those choices it must be mentioned that from his early childhood Yevgeny Botkin was deeply religious Orthodox Christian. It was not earthly comforts but the integrity of his eternal soul that interested him, and the soul of any human being wants to be closer to God, whether we realize it or not. Botkin knew it quite well. As a physician he was seeing the human body as God's unique creation and deep mystery. This sight inspired him with religious awe and humility. He wrote: "Let us approach the sick people with Christian love, let us see how we can be helpful both for their body and soul… The medical profession gives us a unique perspective and understanding of the workings of the human body. And the more we find out about how our bodies work, the more admiration one cannot help but feel for the wisdom of God who created us. It is striking how everything within us is purposeful and harmonious". One does not have to work for the rich to understand this. Helping the poor in St. Petersburg and the wounded in Manchuria gave him lots of opportunities to become an experienced Christian physician. God took care of the rest leading Botkin safely on his path from St. Petersburg to front lines in China and then – to the Russian Royal Court!

As the Russian-Japanese war broke out in 1904 Dr. Botkin joined the army to head the Medical branch of the Russian Red Cross in Manchuria. His friends wrote that Dr. Botkin was very busy as an administrator, yet he managed to secure a lot of time at the front line. He received many distinctions for his military service including military orders for heroic deeds. There, by the front line, he wrote one of the best accounts of that war. His book was published under the title "Light and shadows of the Russian-Japanese war of 1904-1905". Tsarina Alexandra Fyodorovna read it. When the position of the court physician became vacant in 1908 she requested that Dr. Yevgeny Botkin be offered it.

Since that time the lives of Dr. Botkin and the Romanov family became intertwined. He was accompanying the royal family wherever they went, especially demanded was his superb knowledge of blood diseases as he was often tending to the young Prince Alexei who had the blood condition of hemophilia. Botkin was so dedicated to the Romanovs that he did not leave them when his own eldest son was killed in action during the First World

War, or when the Romanovs were exiled to Ekaterinburg. There in exile the commissars offered to him, as well as to other servants, the choice to leave Ekaterinburg and to go home as they were not related to the Romanovs. In other words this offer meant an imminent death verdict to the royal family while providing a safe escape for the rest. Dr. Botkin together with others chose to stay with the Romanovs, although he did have a family of his own.

Dr. Botkin's letters from the exile are filled with truly Christian spirit: no complaints or resentment but quiet confidence in the path chosen and even joy. He wrote to his family: "What we have here is prayer and trust in God's mercy, and that's enough for us as only they do help". He also set up a clinic to treat Ekaterinburg locals making no distinction between supporters or enemies of the royal family.

His brother Peter recalled later: "He was never like other children. Always sensitive, of a delicate, inner sweetness of extraordinary soul, he had a horror of any kind of struggle or fight. We, other boys, would fight with a fury. He would not take part in our combats, but when our pugilism took on a dangerous character he would stop the combatants at risk of injuring himself". The boy's peacefulness grew into a power that cannot be overcome. Botkin's and other servants' lives reveal to us once again that in this world only good can conquer evil, and that death can trample death.

Pray to God for us, righteous Passion-Bearer Yevgeny the Physician!

Practical Tips

Good Paradise!

The greeting ***Good Paradise*** is a traditional greeting among many Orthodox monks and laymen for name's days and other special occasions. It is also used with ***Many Years*** focusing on us obtaining (God-Willing), a blessed Paradise!

Links

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

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

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

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

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

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

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

"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.