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

August 2018 Sophia Issue #76 Services

Saturday August 4 - Vigil 6pm
Sunday August 5 - Liturgy 10:30am

- *Sunday Evening Vespers - 5pm*

Saturday August 11 - Vigil 6pm
Sunday August 12 - Liturgy 10:30am

- *Sunday Evening Vespers - 5pm*

Saturday August 18 Vigil Transfiguration - 6pm
Sunday August 19 Transfiguration of our Lord Liturgy 10:30am
(Bring your gardens' first fruits to be blessed!)
More information will be emailed!

Saturday August 25 - Vigil 6pm
Sunday August 26 - Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Monday August 27- Vigil Dormition of the Mother of God - 6pm
Tuesday August 28 -Dormition of the Mother of God- Liturgy 10:30am

Saturday September 1 - Vigil for our Parish Feast Day - 6pm
Sunday September 2 - Parish Feast Day: The Icon Not Made by Hands; Liturgy -10:30am *(Immediately after Liturgy will be a Molieben- Back to School Blessing before Instruction for students and teachers) Followed by Parish Potluck Picnic.*

August Parish Saint's Days

Congratulations to Maria D, Angelina, Madeleine S, and Maria K.
May God grant you all many, many, years! *Good Paradise!*

Church Cleaners

Thank you to the month of July Church Cleaner and Florist: Shura.
Thank you Garden Team Zoe, Melania, Readers Peter Hen and Peter Hal, and John M.

Memory Eternal Joanna

Parishioner Joanna C, reposed on Sunday July 1st. A kind and gracious woman of many talents, including church iconography, and chorister, and dearly loved by all who knew her. In a parish production of *Everyman*, Joanna most fittingly portrayed "Good Deeds." Please remember her in your prayers, along with her husband George, and two of our parishioners; son Lucas, daughter Genevieve, and their families. To be with God, means to be "remembered eternally." Memory eternal, Joanna!

Doing All Things to the Glory of God

The 12th Annual Lavender Rose Tea & Church Mosaic Tour...

Coincided with the Moss Street Paint-In on Saturday, July 21st.

An idyllic Summer Saturday in Fairfield was the canvas for this year's event, while thousands sought an art experience on Moss Street, a

few hundred happened upon the parish's Artistic Endeavour, to their delight and amazement. This year's event was scheduled from 10:30am to 1:30pm, but we continued to serve complimentary beverages and food until approximately 2pm to customers that continued to arrive. The weather was perfect, sunny, with a gentle breeze, and not too hot.

As Father John often says, "this is our time of Evangelical outreach to the public," and thank you to all parishioners who participated in one way or the other; creating and posting signage, or sharing invitations or selling raffle tickets.

Significant changes were made this year to update the menu, the food service and the outdoor seating. Resultantly, the trapeza never seemed overly crowded, we had enough food and drink for 'the multitudes' and there was always a place to sit, refresh and rejuvenate.

The menu offered a balance of Sweet and Savoury food items and our team of servers, bakers, planners and preppers kept up a lavish display.

As expected, the Mosaic Studio Tour was a highlight of the day, with over 50 guests visiting the studio, the outdoor mosaics walkway, and inside the Church.

Tour participants were respectful, inquisitive, and in awe.
Many nice comments were received during and afterwards.

This year there was an increased array of floral themed items for sale in the retail area…

Thank you to Marie A. for creating our amazing mosaic floral themed Raffle Grand Prize. The Raffle Basket was assembled by Melania, and beautifully displayed. Matushka Alexandra wove two fine-looking tea towels. Two families donated the Gift Card Trio and Galina created her Traditional Russian Layer Cakes for the Raffle.

Congratulations to winners: Maxine D, Rose B, Marie A, Gail G, and Trudie L

Consider it a Labour of Love. Countless hours went into the preparation of the items made for sale and through donation.

Our Parish operates completely on revenue from the Good Will of parishioners and public events such as this one.

For us, this is a Big Event. Many individuals were drawn together to work on small teams to make it happen efficiently, beautifully and gracefully. There are too many names to rightly recall; so we thank every one of you; each and all!

Photo of our first *Transfiguration* ***Feast Day*** *upstairs* in our newly renovated church circa 2007

At the Transfiguration

… A voice from heaven uttered, Hear ye Him (St. Matt. 17:5).

Why is this so?

Because the fruit of obedience was shown to them; it was as if the Heavenly Father were saying: Do you want to attain this? Hear what He will suggest and command you to do. If you go on His path, you will undoubtedly enter into the realm of light, which will not embrace you from without, but will come forth from within, and always keep you in a state in which all of your bones will utter: it is good for us to be this way. You will be filled with the light of joy, the light of goodwill, the light of knowledge; all sorrows will pass away, the dissonance of the passions will disappear, and the falsehood and delusion will disperse.

On the earth you will become heavenly; from among the earthborn you will become Divinely born; from among transitory things you will be eternally blessed.

Then all will be yours, because you yourselves will become Christ's. He who loves Christ the Lord is beloved of the Heavenly Father, and both will come to him and make their abode with him.

This is the light of the Transfiguration! - *St. Theophan the Recluse*

The Dormition Fast…

Was established in honour of the Mother of God the Word; Who, foreknowing Her repose, ascetically laboured and fasted for us as always, although She was holy and immaculate, and had no need for fasting.

Thus, She especially prayed for us in preparation for being transported from this life to the future life, when Her blessed soul would be united through the Divine spirit with Her Son.

Therefore, we also should fast and praise Her, emulating Her life, urging Her thereby to pray for us. Some, by the way, say that this fast was instituted on the occasion of two feasts- the Transfiguration and the Dormition. I also consider it necessary to remember these two feasts- one which gives us light, and the other which is merciful to us and intercedes for us. *-St. Symeon Archbishop of Thessalonica (born 1381 - reposed 1429)*

The Dormition

Thus though art also the fountain of true light, the inexhaustible treasury of life itself, the most fruitful source of blessing, who has won for us and brought us all good things — though for a while thou wast covered corporeally with death; nonetheless, thou dost pour out pure and inexhaustible streams of immense light, immortal life and true happiness, rivers of grace, fountains of healing and everlasting blessing. *-St. John of Damascus*

Pearls of Wisdom

We seek, more often, not the salvation of our souls, but earthly well-being. We complain about our problems, and we want to build peace on earth. But there has never been peace on earth and there never will be. Because the earth is a war theatre. Visible and unseen warfare goes on here, and a spiritual war takes place in our hearts. – *Archpriest Valentin Biryukov; "On Earth We're Just Learning How to Live"*

Marriage and family life is filled with many demands and obligations, yet the home is a sacred place wherein the couple and their children are growing in Christ and in love. This means that we need to approach all the demands of marriage and family life with watchfulness, whether we are driving the car, cleaning up after dinner, or putting kids to bed. It is the nature of marriage to reveal the illnesses of our souls, and a life of repentance requires attentiveness to the motions of our soul, both while in prayer and throughout the day. As a spiritual journey, marriage is an invitation to watchfulness and attentiveness, both to our spouse and to our inner life. "To pray, does not only mean to stand in prayer. To keep the mind and heart turned toward God and directed to him – this is already prayer, whatever the position in which one may be." *St. Theophan the Recluse 'Art of Prayer'; taken from "Glory and Honour" – Orthodox Christian Resources on Marriage.*

God always was, and always is, and always will be. Or rather, God always Is. For Was and Will be are fragments of our time, and of changeable nature, but He is Eternal Being. And this is the Name that He gives to Himself when giving the Oracle to Moses in the Mount. For in Himself He sums up and contains all Being, having neither beginning in the past nor end in the future; like some great Sea of Being, limitless and unbounded, transcending all conception of time and nature, only adumbrated [intimated] by the mind, and that very dimly and scantily. - *St. Gregory the Theologian*

We see the water of a river flowing uninterruptedly and passing away, and all that floats on its surface, rubbish or beams of trees, all pass by. Christian! So does our life… I was an infant, and that time has gone. I was an adolescent, and that too has passed. I was a young man, and that too is far behind me. The strong and mature man that I was is no more. My hair turns white, I succumb to age, but that too passes; I approach the end and

will go the way of all flesh. I was born in order to die. I die that I may live. Remember me, O Lord, in Thy Kingdom! *-St. Tikhon of Voronezh*

"Four bare walls and a sermon" can often leave one longing for something more, leading some eventually to reach out to the God who can truly be touched… Salvation is not a private matter. It is a communion of Person's becoming one with God in Christ's Body, the Church. And, that Church is not just the sum of all who believe in Christ, but an actively cohesive organism that functions together. - *Orthodoxy and Heterodoxy: Finding the Way to Christ in a Complicated Religious Landscape - by the V. Rev. Andrew Stephen Damick*

Plowman of Christ

The horse is prepared against the day of battle but salvation is in the Lord; Proverbs 21:31

We are obligated to prepare ourselves, but our success depends on God. All of our preparation is only as a proposal to God, and it is not the preparation that determines the outcome, but God. That is why, based on their experience, people wisely say: Man proposes but God disposes.

O Soldier of Christ, prepare your mind as a good horse, arm your heart with virtues, temper your will with asceticism; but know that *salvation is in the Lord.*

O Merchant of Christ, trade well every day, exchanging the material for the spiritual, the earthly for the heavenly, and mortality for immortality; but know that *salvation is of the Lord.*

O Plowman of Christ, plow and re-plow your soul, so the good seed of the Gospel in it every day, clear the weeds out the field of your soul, watch over it, but know that *salvation is of the Lord*… A person can have prepared everything, but in the decisive moment he can still lose all. For salvation is not in preparation, but in the Lord. That is why the Saints, even though they were most prepared for the Kingdom of God, sighed in the hour of their death, not knowing whether they would be received into the Kingdom. Oh, how well they remembered the words of the Lord: When ye shall have done all those things which are commanded you, say, We are unprofitable servants (Luke 17:10). Brethren, let us be prepared for the day of temptation, well girded and armed, but let us not hope in our own preparation, *but in the Lord. - St. Nikolai Velimirovich*

Prayer After Meals

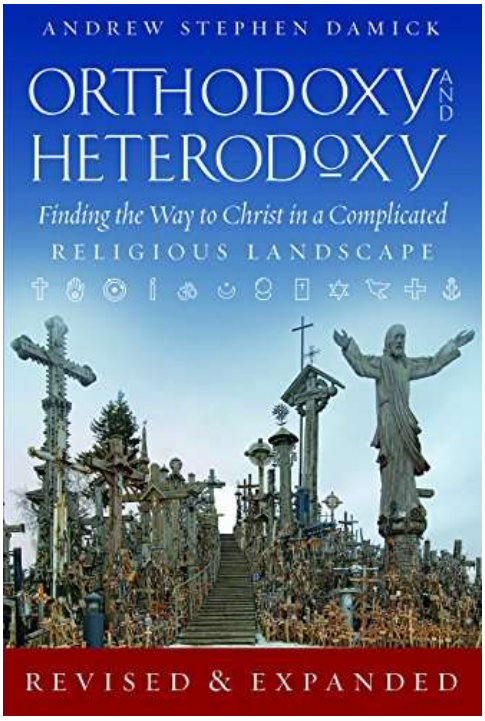
This prayer can be found in the Jordanville prayer book, in the section called "Prayers During the Day." It is set to the Kievan 8th tone troparion melody.

August Parish Library Features

Пестов Н.Е. «Современная практика православного благочестия», САТИСЪ, Санкт-Петербург, 1996, 254 стр.

Седьмая и восьмая части труда «Опыт построения христианского миросозерцания» посвящены практике православного благочестия в отчем доме, а также христианскому воспитанию детей. Публикуется по благословению Святейшего Патриарха Московского и всея Руси Алексия Второго.

Nikolai Pestov (1892-1978) wrote his massive many-volume work "Contemporary Practice of Christian Orthodoxy" in order to discuss how Christian principles can be applied to every-day life of a contemporary Orthodox Christian. This book contains the parts devoted to living in a Christian family, and Christian upbringing of children.



Orthodoxy and Heterodoxy:
Finding the way to Christ in a complicated religious landscape **-**
by Andrew Stephen Damick

Are you an Orthodox Christian who wonders how to explain to your Baptist grandmother, your Buddhist neighbour, or the Jehovah's Witness at your door how your faith differs from theirs?

Or are you a member of another faith who is curious what Orthodoxy is all about?

In *Orthodoxy & Heterodoxy*, Fr. Andrew

Stephen Damick covers the gamut of ancient heresies, modern Christian denominations, fringe groups, and major world religions, highlighting the main points of each faith. This book is an invaluable reference for anyone who wants to understand the faiths of those they come in contact with — as well as their own.

New Parish Library Books for youth and teens!

- In the Candle's Glow
- Queen Abigail the Wise
- Bearing the Saint
- The Monk who Grew Prayer
- Shepherding Sam
- The Suitcase
- From God to You
- Julia and Josiah go to Church
- The Ballad of Saint Simeon
- Catherine's Pascha
- The Story of Mary the Mother of God
- Prepare O Bethlehem
- The Man and the Vine
- Lent Wonderful Lent

Volume 6

St. Sophia Parish Online Youth Quarterly [The Ark]

http://www.saintsophia.ca/the-ark/

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

In Memory of the Royal Martyrs

100 Years without the Tsar: 1917–18 Local Council of the Russian Orthodox Church (from Russian and English-language sources)

The tragic events of 1917 (abdication and arrest of Nicholas II and his family) left Russia without both its Tsar and the Head of the Church at once.

As the Tsar, Nicholas II belonged to the House of Romanov, the second royal dynasty which reigned Russia between 1613-1917.

The first Russian royal dynasty was the House of Rurik established back in 862 AD. The change of the Houses took place during the Time of Troubles after the death of the last Russian Rurik Tsar in 1598. This was the time of great famine, multiple civil uprisings and devastating war. The same disasters took place during the time of troubles that began in 1917.

Losing the Monarch and the Head of State at once was a deep wound to the Russian psyche. To avoid disintegration of the country and the spirit of its people, the Russian Orthodox Church decided to organize its Local Council. It took place in Moscow between August 1917 and September 1918.

The main result of that Council was selecting a new Patriarch who would represent the Orthodox Church to the Russian people. This event has been so important that its memory is celebrated today in the Synaxis of the Holy Fathers of the Local Council of All-Russia on 5 (18) November (see icon at

beginning of article). This is the date when Bishop Tikhon, Metropolitan of Moscow, became the new Patriarch of Moscow and of All Russia, the face of the Faith.

Interestingly, one of the best accounts of the Local Council of 1917-18 was left by a secular and non-Russian writer, an American journalist named Thomas Whittemore who published an article under the title “The Rebirth of Religion in Russia” in November 1918 issue of the National Geographic (NG) magazine. Thomas Whittemore’s article stands today as an important historic testimony of the bloody chaos that Russia plunged into, of the treacherous nature of the new “political reforms”, and of the only constructive force that the Local Council of the Russian Orthodox Church represented during those times.

The beginning of his article describes the utter destruction, sacrilege and treachery that Whittemore witnessed in Moscow: "The Holy Kremlin of Moscow has become a Bolshevik fortress. From the 9th to the 16th of November, 1917, for more than seven days under a hurricane of fire, the city was stormed and finally carried by the Bolsheviks in terrible fratricidal war… Once within the walls of the Kremlin, one faces piles of ammunition, barbed wire, and ugly miscellaneous heaps of rubbish. Austrian, German, and Latvian soldiers, some frankly in their enemy uniforms, are lounging about or standing guard. Army motor-lorries and cars carrying dark, sallow, un-Russian-faced government officials tear up through the gates, shrieking a curse, so it seems, as they enter upon all-hated Christian Russia."

“The farther one walks about and sees the outraged fabric on all sides, the stronger becomes the feeling of grief. With indescribable emotion, one enters the resounding stone enclosure near Cathedral of the Falling Asleep of the Mother of God. Here are still to be traced the stains of enormous pools of blood in which floated human fragments, tracked about by daring feet… The walls of the entrance to this church are written over with the most filthy and sacrilegious inscriptions and invectives… The entrance of the church where the relics lie was used as an outhouse.”

Whittemore goes on to account how the Orthodox Church rises from such utter destruction: "When, in 1917, the imperial power was abolished, the Russian Church faced the question of organizing her administration afresh... Some of the peasant members of the Local Council spoke energetically, declaring the instructions from their constituents: "We wish to have a father!" The idea of the restoration of Patriarchate was the first question to be settled" (see the picture of the Council from NG).

Describing the Local Council and the procedure of the election of the Patriarch, Whittemore called it "the sanest and most democratic assemblage in Russia." He points out that despite the still unfolding armed conflict around, the "election, however, took its perfectly regular course, a sufficient number of members being present. Under strict observance of the rules for elections established by the Council, and with the participation of the members who represented all the Church elements, three candidates were chosen: Tikhon, Metropolitan of Moscow; Arsenius, Archbishop of Novgorod, and Antonius, Archbishop of Kharkov... A few days later a solemn service was celebrated, after which three tickets bearing the three names were dropped into a special casket. Father Alexis, a holy monk and recluse, in the presence of the assembled people took out one of the tickets, on which was found to be inscribed the name of Tikhon... He now represents the new birth of the free Russian Church, the new Father."

Whittemore finishes his article on a high note: "I heard no uncommonly stirring speechmakers, but a good deal of clear, cogent statement. It is because there is nothing noisy or spectacular about the Council that it evokes profound respect as the sanest and most democratic, as well as the most spiritual, body of men now assembled in Russia... Let there be no

misgiving; the Church has aided Russia in every crisis. In the present moment of confusion in Russia the Church is the only institution which stands on its feet. May not the example of the Sobor well pave the way in due time for a similar triumphant reconstruction of the Russian body politic."

Thomas Whittemore could not have known that the Patriarch would excommunicate the Bolsheviks from the Church, get arrested and die under suspicious circumstances, presumably poisoned by Bolshevik agents. He would be canonized as a martyr and confessor. Mass purges would take place all over Russia; millions would die, become enslaved in concentration camps, or flee to other countries. The civil war would rage for years. The Russian economy would experience an unprecedented setback. Then another long and devastating war would break out… Such was the price for the new political order in the country. Whittemore was witnessing just the beginning of the tragedy of Russia without the Tsar.

Holy Fathers of the Local Council of All-Russia pray to God for us!

Practical Tips

Question: Is “Mammon” only to be thought of as material/money, or can it refer to our attitude, and intent of the moment in all things. Can Mammon also be our day to day life - and even our family; its members and requirements? Can the Two Masters be more frankly considered as the Balance between Silence and Noise (thought)?

Answer: “Mammon” seems to have more of a connotation of being an excessive and obsessive wealth. So ‘serving’ it would just make anything else impossible; whereas, material things themselves, and responsibilities to family and work and society, etc., can be good or bad, depending on the person… You can ‘do all things to the glory of God'. That particular image means if I examine myself, at the end of my life will there be more good things or bad things- something to keep in mind!

Links

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

St. Sophia Parish Youth Quarterly: The Ark
http://www.saintsophia.ca/the-ark/

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.