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
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St. Sophia Orthodox Church

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SOPHIA NEWSLETTER

Issue #110 June 2021

Dear Parishioners,

Christ is Risen!

Many of you will have heard about the May 25th changes to the Public Health Order governing indoor worship services.

You can find the new Order here.

While indoor services are now allowed again, ***the restrictions contained in the Order would interfere significantly with our services and prohibit critical parts - for example, choirs are prohibited, as is Communion from a common cup.***

As such, and with much regret, it is still not possible for us to recommence services for the Parish.

However, as we move through the four steps of the Province's reopening plans, we do anticipate being able to open our doors again, perhaps as soon as July, when the Step 3 anticipates the lifting of some of those restrictions, and certainly by Step 4 which, God Willing, will come early enough in September for us to celebrate our Parish Feast Day together.

Here is the life of St. Nikephoros, who has given many of us much comfort during the last year, and may he continue to do so until this moment has passed.

SOPHIA NEWSLETTER
Issue #110 June 2021

The Grass of the Grandmother by St. George Karslides

Greetings on the Feast of Ascension

Greetings on the Feast of Pentecost

Pentecost watercolour by Juliana

JUNE SAINTS' DAYS

Congratulations to Fr. Philosoph, Helena, Elena, Emmanuelle and Eleanor. God grant you many years!

SISTERHOOD DONATIONS

$35 USD to the Russian History Museum Foundation

$50 USD to Russian Orthodox Church Funds for Assistance - Clergy Fund

Please, kindly remember to donate through PayPal to our own parish church. The monthly bills continue, for expenses and utilities, during the temporary public closure. Thank you!

PEARLS OF WISDOM

Contemplating the Ascended Jesus: How, by his Ascension, He manifested His Divine Nature and His Divine Might; how, by His Ascension into heaven, He reveals to man that there exists a better, loftier world and life, a heavenly world and heavenly life. ~*The Prologue of Ohrid, St Nikolai Velimrovic*

The Holy Spirit is a Spirit of freedom. The Holy Spirit not only unites us but also ensures our infinite diversity in the Church: at Pentecost the tongues of fire were 'cloven' or divided, descending separately upon each one of those present. The gift of the Spirit is a gift to the Church, but it is at the same time a personal gift, appropriated by each in her or his own way. ~*The Orthodox Church by Timothy Ware (Kalistos Ware)*

The Church wants us to revive in our thoughts what the Lord's Ascension brought to us and to restore in our conscience the awareness of how we should be according to it, and how we really are. Come, let us ascend in our thoughts to the Mount of Olives. Let us set our mental eyes on the ascending Lord and let us learn this contemplation. ~ *Kindling the Divine Spark by St. Theophan the Recluse*

When our Lord Jesus Christ, after his resurrection, vouchsafed to complete the work of our salvation, he sent to his apostles that breath of life which Adam lost...The grace of the Holy Spirit, given at baptism in the name of the Father, and of the Son, and of the Holy Spirit, continues to shine in our heart as divine light in spite of our falls and the darkness of our soul. It is this grace that cries in us to the Father 'Abba, Father', and who reclothes the soul in the incorruptible garment woven for us by the Holy Spirit. ~ *St. Seraphim of Sarov*

We are celebrating the day of Pentecost, the day of the Descent of the Holy Spirit to the Apostles, the Hope of perfection, the end of expectation, the longing for salvation, the fulfillment of prayer and the image of patience.~ *Homily on Pentecost by St. John Chrysostom*

The Comforter, the Holy Ghost, who fills the whole universe, passes through all believing, meek, humble, good, and simple human souls, dwelling in them – light, strength, peace, joy, success in their undertakings, especially in a pious life, and everything good – "going through all understanding, pure and most subtle spirits" Wisdom of Solomon (7:23). "We have been all made to drink into one Spirit."(1 Corinthians 12:13). All pious people are filled with the Spirit of God similarly as a sponge is filled with water. ~ *My Life in Christ, St. John of Kronstadt*

LINKS

- Fund for Assistance to help others in the Russian Orthodox Church Outside Russia
- Come and Dine St. Sophia Parish fasting recipes
- Morning Offering by Abbot Tryphon
- Orthodox Christianity
- Russian Orthodox Church Outside of Russia
- The Rudder Streaming Orthodox Christian sacred music 24/7
- Orthodox Northwest Bulletin Board for Events and Happenings
- Western America Diocese Official Site
- Abbreviated Prayerbook
- Official Site of the Montreal and Canadian Diocese
- Blisswood

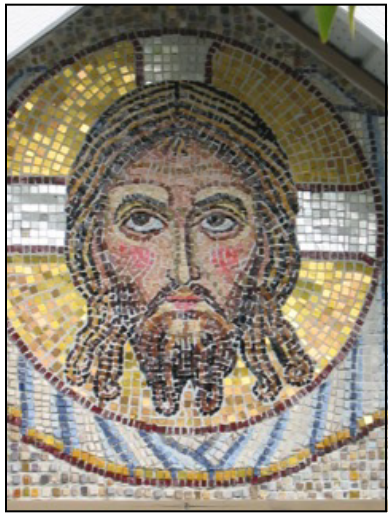
"We knew not whether we were in heaven or earth… We only know that God dwells there among men, and their service is fairer than the ceremonies of other nations."

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.