



HOLY RESURRECTION ORTHODOX CHURCH



A Parish of the Carpatho-Russian Orthodox Diocese
Ecumenical Patriarchate
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Potomac, Maryland 20854
301-299-5120(Office) 301-367-9051(cell)
www.holyresurrection.com
www.facebook.com/groups/hroc25
YouTube: HROC Media

Very Rev. Peter Zarynow, Pastor
Protopresbyter John Fedornock

Subdeacons Anastasios Davis & Michael Vaporis Reader Stephen Sudik

26 January 2025

Thirty-first Sunday after Pentecost
Martyrs Hermylus & Stratonikus at Belgrade

Epistle: Ephesians 4:7-13

Gospel: Matthew 4:12-17

Tone six

The Schedule of Divine Services for the Week is as Follows:

26 Jan (SUN) Sunday after Theophany

Chanting of 3rd Hour 9:15am

Divine Liturgy of St John Chrysostom 9:30am

Coffee Social to follow

29 Jan (Wed) 32nd Sunday after Pentecost

Divine Liturgy of St John Chrysostom 9:30am

Coffee Social to follow

02 Feb (SUN) Sunday of Zaccheus

Sacrament of Chrismation: Brian Kuwik 9:00am

Chanting of 3rd Hour 9:15am

Divine Liturgy of St John Chrysostom 9:30am

Sunday School/Coffee Social to follow

Announcements:

Confessions be heard by appointment. Please contact Fr Peter to schedule. All faithful are encouraged to come to the Sacrament every 8-10 weeks, on average, to help maintain spiritual health.

A warm welcome to Fr Stephen, Pañi Daria and Josh Loposky visiting HROC this morning! It is a joy to have them with us and we thank Fr Stephen for concelebrating the Liturgy this morning. *Many Years!*

A Special Parish meeting is announced for Sunday, January 26 from 11:30 – 11:45 am. The purpose of the short meeting is to approve an invoice requested by the Master Plan committee to secure a cost estimate for construction of a new rectory. The fee to do the cost estimate is \$5,554. Our parish Bylaws require parishioners' approval for any expense over \$5,000. Payment will be made from the Build for the Future fund.

Following the brief special parish meeting on 26 January the Social Concerns Ministry will have their annual meeting to set projects for the coming year. Members of the team are asked to stay for the meeting and new members are always welcome!

We will be needing coffee social hosts for the month of February. Please sign up for this vital ministry in the life of our parish! Never hosted a social before or you don't have the time or resources to think you can host? What about setting up a simple "Grab & Stay" social? We have all the ingredients here. The donations collected during a "Grab & Stay" go back into purchasing items for us to keep in stock. Or have you thought about maybe teaming up with one or two others so that you do not have to do everything yourself? All these are possible. Let us try to get some others into the rotation of hosts. Remember, the main idea of the coffee social is fellowship! What is served is secondary. Keeping it simple is best!

Note on Sunday School: Because a few factors, we will begin our abbreviated Sunday School year next week, Sunday 02 February. Students will go to class immediately following receiving Holy Communion. More detailed instructions will be emailed to our parents this week. Classes are for our students in Middle and High School only!

2025 DIOCESAN ASSESSMENT

Being our parish, and we as its faithful, are a part of the American Carpatho-Russian Orthodox Diocese, each parish member (who is over 18 years of age and not a full-time undergraduate student or in first term of military service) has been assessed **\$84.00** this year to support the work of the Diocese (Seminary, Camp Nazareth, etc.) and administration. A special envelope, Diocesan Assessment, is included as the first envelope in your box. Everyone is asked to please pay the assessment in January since that is when the assessment is due by the parish. You may also see Debi Myers if you have any questions

CANDLE OFFERINGS

Vigil Candles Offered For the Living- (Many Years! Mnohaja L'ita!)

- 2-for health-love Mom & Dad
Jonathan & Lara; Stephanie
- 1-health of Melanie-love Alex
- 1-health of Alex-love Melanie
- 2-safe travel-Alex & Melanie
Alex & Melanie; our family
- 1-health & Special intention John & Marie Smith,
Georgene & Ray Ammon, Fr Peter & Pa i Bernadette,
Alex Zarynow, Marie Skasko, Fr John & Pa i Marge
Fedornock, Lois Erhard, Charlie & Debi Myers, Chris
Fallon, Barbara Homick, All parishioners of HROC-Carol
Miller
- 2-for health-Sheila
HROC parishioners; Family members
- 3-special intention-Sheila
*Fr. Peter & family; Diocesan Priests & their families;
OCMC Missionaries*
- 1-health of children & grandchildren-Tom & Amy
- 1-health of Chris Fallon-Michael, Kathleen, John & Anna
- 1-health of cousin George Hazuda-Greg & Debbie
Yakubik
- 2-special intention-brother George
Archbishop Michael; Barbara & Harold Harrington
- 1-special intention Metropolitan Gregory-George
Dahulich
- 13-for health-George Dahulich
*Archbishop Michael; Fr. Tom Kadlec; Fr. Jim Dutko;
Chris Fallon; Charlie Myers; Barbara Harrington; Pañi
Kathy Dutko; Alex Zarynow; Emily Dzubak; Katherine
Chow; Psa. Diana Acsente; Fr. John & Pañi Marie
Brancho; Georgja Wimberly*
- 6-happy birthday-George Dahulich
*Madison Dzubak; Kamilah Wimberly; Anne Wright;
Caroline Boyd; Rose Plowchin; Eric Gebert*
- 1-health of Savannah, Chloe, Caroline, Christopher,
Natalie, Cole-love Grandparents
- 16-health & special intention-John & Marie Smith
*Irene Dzubak; Melanie Samson; Carol Miller; Barbara
Homick; Marie Skasko; Georgene & Ray Ammon; Fr
Tom & Pañi Linda Kadlec; FrJohn & Pañi Marge
Fedornock; FrPeter & Pañi Bernadette; FrJohn & Pañi
Eleanor Pribish; Eleanor Breno; Charlie Myers; Lois
Erhard; FrJohn & Pañi Marie Brancho; Pañi Jean
Hutnyan; Chris Fallon*
- 1-safety & peace Ukraine & Israel and their people-John
& Marie Smith
- 6-special intentions-the Breno Family
*Breno Family; Fedornock Families; Peart Family;
Nakonecznyj Family; Zankey Family; Fabian Family*
- 2-happy birthday-the Breno Family
Nika; Ariana
- 1-God bless America-the Breno Family
- 2-special intention-the Breno Family
all who are ill; all who travel
- 1-continued healing Hudson-the Breno Family
- 2-specail intention-Mom & Dad
Brian, Angela & Dominic; Stephen
- 11-for health & special intention-Mark & Marie
*Nancy Shields; Mike Czap; Skeets & Beth; Irene
Dzubak; Carol Miller; Ray & Georgene Ammon;
Eleanor Breno; FrJohn & Pañi Marge; FrPeter & Pañi
Bernadette; Chris & Mike Fallon; Susan & Dan
Zelensky*
- 4-health-Charlie, Debi, Jacob & Joey
Skeets; Jessica; Carol Miller; Irene Dzubak
- 2-specail intention Jacob & Joey-love Mom & Dad
- 1-specail intention Davis Family-Charlie, Debi, Jacob &
Joey
- 1-health of Marshall-Charlie, Debi, Jacob & Joey
- 1-health & healing Hayley, Bob, Peggy and Bruce,
Andrea, Carol Miller, Chris Fallon, AnneMarie, Pa i
Jean, Ray Ammon, Tom Delare, Irene Dzubak, Jordan-
Lois
- 1-for health Savannah, Caroline, Natalie, Karen K,
Jeanne Delasko, Barbara Homick, Georgene, Debbie
Delare- Lois
- 3-happy birthday-Lois
*Caroline Boyd & Donny Boyd; Rose Plowchin; Mary Jo
& Mark*
- 1-health and wellbeing of Artem-Olga Vovk
- 1-health and wellbeing of Andrey, Lidia and Tatiana,
Natalia, Konstantin, Eva, George, Michael, Lubov,
Anastasia, Maxim and Ivan-Olga Vovk
- 1-health and wellbeing of Sofia, Sergey, Eva, Matthew,
Tomothy, Yuliia, Alex, Dru, Irina and Dennis-Olga Vovk
- 3-for healing-Rose Plowchin
Carol Devine; Nancy Hall; Georgeann Shalayda
- 1-birthday blessings Anne Wright-Rose Plowchin
- 1-happy birthday Faith-Mom-in-Law Eleanor

Vigil Candles In Loving Memory: (Memory Eternal! Vicnaja Pamjat!)

- 1+in loving memory of Les-love Carol
- 1+in memory Mother & Father. Carol Miller
- 1+In loving memory of Chris Hudack, Grandparents,
Bettie Searfoss, Myrtle Miller, John Hudack,
John Hrapchak, John Homick, Marge Tomasevich-Carol
Miller
- 1+in loving memory of Tom, Ann & Chrysa Thear-Taina &
Craig
- 2+loving memory-the Fallons
Pañi Jeannette; Anna & John Luchok
- 1+in memory of parents Helen & Larry Rowland-Diane
- 1+in memory grandparents Helen & Peter Sedlar-Diane
- 1+Memory Eternal Parents/Grandparents-Koval Family
- 1+Memory Eternal Uncle George, Aunt Marge & Uncle
Tony- Koval Family
- 2+Memory Eternal-love Alex, Melanie
parents Michael & Elaine; parents John & Katherine
- 6+in memory-Sheila
*John; Dad Kraynok; Mom Kraynok; Charles Hrapchak;
Anna Hrapchak; Evelyn Hrapchak*
- 1+In loving memory of Metro-Love, Joan and Family
- 1+in loving memory of parents Peter & Ann Dahulich-
love son George
- 1+loving memory of Nikolai Mushegian-love Mom & Dad
- 1+in memory of Grammy-Charlie, Debi, Jacob & Joey
- 1+in memory Aunt Dorothy-Charlie, Debi, Jacob & Joey
- 1+loving memory of Vladimir, Irina, Sergey, Nina, Rafael,
Germina, Maxim, Anna, Irena, Lidia, Pavel, Tatiana,
Natalia, Olga-Olga Vovk
- 1+loving memory of Leonid, Anna, Izot, Natalia, Afanasii,
Anastasia, Lidia-Olga Vovk
- 1+in memory of Mom-Mark & Dorothy Sudik
- 1+in memory of Grammy-Charlie, Debi, Jacob & Joey
- 1+in memory of Aunt Dorothy-Charlie, Debi, Jacob &
Joey
- 1+in memory of Pa i Delores Zuder-Eleanor Breno

Flowers are donated this week by Olga Vovk for the health and wellness of family & friends
(Many Years! Mnohaja L'ita!!)

Sign-up sheets are now available. Please use the sign-up sheets on the bulletin board and hand in your sponsorship asap. Make sure you fill in the special intention column so that Father does not have to contact you last minute to fill it in. Thank you!

The ACRY corner

Soup Sales for 2025: 2025 Soup Sale dates are as follows: 09 February and 09 March. All ACRY members, and any non-members who wish to help, are asked to make one (minimum) 5-quart batch of homemade soup. Quart containers are available in the ACRY closet in the parish hall. Please have your soup in the church kitchen fridge before Divine Liturgy on the morning of the sale.

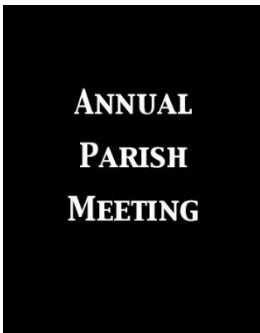
Sr ACRY Annual Cash Day: Cash Day will be held on Meatfare Sunday, 23 February 2025. Tickets are now available from Nick Dzubak during Coffee Social. Tickets are still \$10 each. All 300 tickets need to be sold for Cash Day to work.



Sr ACRY Super Bowl Squares are available during Coffee Social. Please see Marie or Mark Sudik to purchase a square (or two, or three)

PARISH ANNUAL MEETING MARCH 16, 2025

Once a year the parish has an Annual Meeting to review the past year and plan for the future. Be at the 2025 Parish Annual Meeting on Sunday, March 16 from 11:30 to 12:30 to participate in making plans for 2025! In preparation for the meeting, this is a request for nominations for the election of officers.



Election of Officers: This year the following Council officer positions will be elected. Vice President, Financial Secretary, Curator, Trustee, and two Auditors. Please refer to the flyer, "Serving on the Church Council 2025," for the position duties and eligibility requirements. If you would like to nominate yourself to be a candidate or have questions, please talk with Tim Dzubak, Nominating Chair.

Requests for Reports: Presidents of the Junior and Senior ACRY and Chairs of committees and ministries are asked to submit a written report summarizing their activities in 2024

and plans for 2025. Please email your report to Fr. Peter **no later than February 16.**

Suggestions for Agenda Topics: If you would like to have a certain topic discussed at the meeting, please give your suggestion to Marie Sudik, Council Secretary. We welcome them!

Prayer For The Priesthood

O Lord Jesus Christ, Good Shepherd of Your sheep, light the fire of ardent love in the hearts of all Your priests, that they may ever and in all things seek only Your glory. Remember especially, Lord, our **Metropolitan**



Gregory, and our spiritual fathers who are laboring in Your vineyard for the salvation of all those whom You have entrusted to them. Remember also, O Lord, our priests and deacons, especially **Fr Edward Pehanich, Fr John Pribish, Fr Deacon Art Steinstra and our Diocesan Seminarians & Graduates: Dn. Peter Sodini, Sbdn. Nicholas Worobey, Dn Seamus Murry, Reader Samuel Loposky, Nicholas Laliberte, Ignatios Leonardo, an Alexander Hartsellers.** Make their lives as holy as the word they preach. Keep them from being discouraged. Hear their prayers for our salvation. Give them wisdom and courage to proclaim Your truth. Make them priests after Your own heart. For You are a merciful God who loves us, and to You we give glory, together with Your eternal Father and Your all-holy, good and life-giving Spirit, now and ever and forever. Amen.

Orthodoxy is life. If we don't live Orthodoxy, we simply are not Orthodox, no matter what formal beliefs we might hold.

+Hieromonk Seraphim Rose of Platina (1934-1982)



PREPARATION FOR THE BLESSING OF HOMES

Call or email FrPeter to make an appointment to have your home blessed.



Before the Priest arrives at your home, here are a few reminders on how to prepare:

- ❖ In the main room of the home, usually the kitchen or dining room, have placed on the table a white cloth, a candle and/or an Icon or cross. You may place a small container of Holy Water on the table as well. [Note: Father will bring water with him]
- ❖ Turn off TV's, radios, computers, etc. so as to keep focused on the blessing service
- ❖ Please make sure that pets are heeled or restrained so as not to get underfoot while Father goes through the home.
- ❖ If you have any items to be blessed (Icon, Cross, etc.), put them on the table where the blessing takes place.
- ❖ When the Priest arrives, have everyone in the home gather around the table and join in the blessing. Participation is important!
- ❖ Invite friends or neighbors to participate and witness the beauty of this Tradition.
- ❖ If you need to discuss a personal matter with Father, this is the time to do so. Time is made between appointments for this reason.

This year the Blessing of Homes will take place from Sunday 19 January to Saturday 22 February. Please schedule an appointment with Father as soon as possible. Please allow for changes due to Father's schedule or inclement weather.

Remember, the invitation to the priest to come and bless your home is an invitation to ask for the mercy of God upon the household. The sprinkling of the Holy Water is a sign of God's presence in the home as an extension of His Holy House, the Church. It is a time to renew our commitment to God as we begin another year in His mercy and love for mankind.

Please pray for the following: Metropolitan Gregory; Fr. Frank & Pañi Connie Miloro; Pañi Betty Jean Baranik; Fr Michael Rustik; Fr. Mark Leasure; Fr. John Fencik; Fr. Paul Stoll; Fr. Robert & Pañi Peggy Teklinski; Dn. Peter Skoog & family; Fr James & Pañi Kathy Dutko; Fr. Gregory Allard; Pañi Linda Barriger; Fr. James Gleason, Fr. Luke Mihaly; Fr. Ted & Pañi Marjorie Mozes; Hieromonk Michael; Fr Thomas Kadlec; Fr Stephen Krivonak; Fr David & Pañi Donna Smoley; Pañi Annamarie Slovesko; Pañi Patricia Duranko; Fr John & Pañi Cindy Zboyovski, Fr. Jonathan & Pañi Marsha Tobias, Pañi Delores Zuder; Pañi Amy George; Pañi Sharon Holowaty; Pañi MaryMargaret Conjelko; Fr John & Pañi Eleanor Pribish; Fr John Mikitish; Pañi Karen Miklos; Pañi Marie Brancho; Pañi Jean Hutnyan; Fr David & Pañi Paula Kossy; Fr Edward Pihanich; Pañi Betty Baranik; SGT Joey Myers; SPC Alexander Zarynow; Beth & Ed 'Skeets' Williams; Carol Miller; Dorothy Mastronicola; Tony Zankey; Justin Popek; Florence Gregoric, James & Melody Peyton; Carol Blum, Alexi Williams, Missy Johns, Susan Buckley, Constance Amey, James Lazor, Debbie Dell; Grace Yoon; Michael Dinneen; Joan Detwiler; Joan Kondratick; Barbara Homick; Jim David & Jeanne Delasko; Melanie Samson; Laura Gary; Richard & Wendy Sulich; Wendy Taylor; James Durachko; Randi Cañalle, Hayley Marshall, Jon Green, MaryJane, Kyle & Rosie Brant, Alicia, Lisa Chernov, Stephen Brancho; Emily; MaryMargaret; Leslie Perez; Thomas & Deborah Delare; Diana Hannan; Bridget Myers; Devan Merrill; Bob Fitzurka; Olga Vovk; Lela; Carly; Robert; Vic Fitzwater; Taina Ferguson; Olya Romanova; Luke Griñith; Richard Durachko; Jennifer Haire; Mary, Simon, Alla; Artem Vovk; Charles Arnhold; Danielle V; Debbie Aumen; David Bulko; Bill Finken; Angelo Taveira-DaSilva, Andrew S.; Natalie Z; Stephen Hutnyan; Barbara Drilllock; Dayton Naugle; Cassidy Riselvato; Phillip Trivett; Camila Bonilla; Hilary Soperak; Robert Knowlton; Ray Rushnak; Christine Sakmar; Joel F, Frank, Jordan, Ruth Moore; Hudson Kennedy, Maria H & baby

May Our Lord Jesus Christ Touch Them with His Healing Hand!!



Did you know that the parish has a grocery gift card program? If you shop at Giant grocery stores, you can assist the parish, too. Every time you purchase a gift card our parish receives 5% of the proceeds. See Marie or Mark Sudik after Divine Services to purchase cards. The cards are available in increments of \$20, \$50 & \$100

CAMP NAZARETH SUMMER CAMP 2025

The time for Summer Camp is Rapidly Approaching!!! The clock is ticking!!

Dates for the Summer Camping Program

Week 1: Sunday, July 20 ó Saturday, July 26, 2025 ó Pittsburgh, Mid-Atlantic, Washington D.C., and Tri-State Deaneries

Register Online Starting March 1, 2025 @ 6pm (EDT)

Register at ó campnazareth.org

Registration for Camp will be on a First-Come First-Serve Basis!! Once capacity for a given week is filled, all other campers will be put on a waiting list.

Cost for Camp ó Diocesan \$370/child, Non-Diocesan \$420/child

\$20 Early Bird Discount Per Child!!!!

(one-time only, not per week)

No child should be prevented from attending Camp because of cost. If a campership is needed, please contact Fr Peter

Must Register & pay by May 1, 2025!!!!

Online Registration MUST be complete AND payment must be submitted by May 1 in order to qualify for the Early Bird Discount.

Registration will close on June 15, 2025 @ 12pm!

MARTYRS HERMYLUS AND STRATONICUS OF BELGRADE

Commemorated 13/26 January

The Holy Martyrs Hermylus and Stratonicus, Slavs by origin, lived at the beginning of the fourth century during a persecution against Christians by the emperor Licinius (311-324). Saint Hermylus served as deacon in the city of Singidunum (Belgrade). Condemned by Licinius to imprisonment, he was long and cruelly tortured for Christ, but he remained unyielding.

Hermylus mocked the pagan gods, calling them deaf, dumb, and blind idols. In anger Licinius ordered more severe torments for him, saying that he could avoid them if he would offer sacrifice. The holy martyr predicted that Licinius would suffer terrible wounds himself because he worshiped idols instead of the Creator. His words came true, for Licinius was killed in 324.

After three days Hermylus was brought before the tribunal again and asked whether he would avoid more torture by offering sacrifice. The saint replied that he would offer worship and sacrifice only to the true God.

Saint Hermylus prayed that the Lord would give him strength to endure his torments and triumph over the pagans. A voice was heard saying, Hermylus, you will be delivered from your suffering in three days, and will receive a great reward. The torturers fell to the ground in fear, and took the saint back to prison.

Saint Stratonicus was one of the prison guards and a secret Christian. Seeing the agonizing torments of his friend, he was unable to keep from weeping, and he revealed that he was a Christian. They also subjected him to punishment.

After the torture, they put both martyrs into a net and threw them into the Danube. On the third day, the bodies of the saints were found by Christians on the bank of the river and buried near Singidunum. Their venerable heads were in the Church of Hagia Sophia, where the Russian pilgrim Anthony saw them in the year 1200.



Native Plant Presentation

The Sacred Grounds team will be visiting on February 2, 2025 on 11:30 AM (during Coffee Social) to deliver their engaging presentation on native plants. Known for their expertise and passion for promoting sustainable landscaping, they will share insights on the importance of native flora in supporting local ecosystems. Attendees will learn practical tips for incorporating these plants into their spaces, fostering biodiversity, and creating habitats for pollinators. Don't miss this opportunity to connect with nature and enhance your understanding of eco-friendly gardening practices!

There will also be a sign up for those interested in receiving free plants for home gardens. Those plants will be distributed on 11 May, Mother's Day. Please plan to stay for this presentation. If there are any questions before the meeting, please contact Olga Vovk.

Native Plant of the week: Wild Bergamot (*Monarda fistulosa*)

Maryland Distribution: Poor dry soils of meadows and woodland edges throughout the state.

Bloom Season: July-Aug

Sun: Light shade to full sun

Soil: Well-drained, soils low in organic matter, tolerates clay and rocky soils

Garden Use & Maintenance: This is a clump forming mint that will not run over your garden. If you don't want seedlings, only buy one plant, and as the years go by, divide it to acquire additional plants. The seed heads will inspire you to leave it standing through winter.

Wildlife: This plant attracts diverse pollinators ranging from swallowtail butterflies to hummingbird moths to bumble bees. Deer and rabbit proof.



VENERATION OF THE PRECIOUS CHAINS OF THE HOLY AND ALL-GLORIOUS APOSTLE PETER

Commemorated 16/29 January

The Veneration of the Honorable Chains of the Holy and All-Praised Apostle Peter: In about the year 42, on the orders of Herod Agrippa, the Apostle Peter was thrown into prison for preaching about Christ the Savior.



In prison he was held secure by two iron chains. During the night before his trial, an angel of the Lord removed these chains from the Apostle Peter and led him out from the prison (Acts 12:1-11).

Christians who learned of the miracle took the chains and kept them as precious keepsakes. For three centuries the chains were kept in Jerusalem, and those who were afflicted with illness and approached them with faith received healing. Patriarch Juvenal (July 2) presented the chains to Eudokia, wife of the emperor Theodosius the Younger, and she in turn transferred them from Jerusalem to Constantinople in either the year 437 or 439.

Eudokia sent one chain to Rome to her daughter Eudoxia (the wife of Valentinian), who built a church on the Esquiline hill dedicated to the Apostle Peter and placed the chain in it. There were other chains in Rome, with which the

Apostle Peter was shackled before his martyrdom under the emperor Nero. These were also placed in the church.

On January 16, the chains of Saint Peter are brought out for public veneration.



Sunday after Theophany

Metropolitan Sotirios of Pisidia, Orthodox Metropolis of Korea (+2022)
From *Orthodoxpath.org*

All the preaching of Christ and His Church can be summed up in only one word: repentance. As we heard in today's Gospel reading, Christ began his preaching with repentance and he ended it up also with repentance. After His Resurrection, He commanded the Apostles to proclaim repentance in His name to all the nations. Jesus began His preaching in Capernaum of Galilee, and said, "Repent, for the kingdom of heaven is at hand" (Mat. 4:17). Of course, in the beginning, repentance was preached to the peoples who did not know the true God and worshiped the creation, such as idols, the sun, the moon, the stars, the fire and demonic spirits. However, the Church of Christ continues to this day to call upon its baptized members to repent. And this is because "we all stumble in many things" (James 3:2). "For who shall be pure from uncleanness? No one. Even if his life is but one day upon the earth" (Job 14:4). And "If we say that we have no sin, we deceive ourselves, and the truth is not in us" (1 John 1:8). Even the Great Apostle of Christ, St. Paul, comes to the point of saying that he is the first among the sinners, whom Christ has come to save (1 Tim. 1:15). My brothers, if the Apostle Paul had this opinion of himself, despite the fact that he succeeded in going up to the third heaven while he was alive on earth, then we can easily understand how much more we ought to feel our sinfulness!

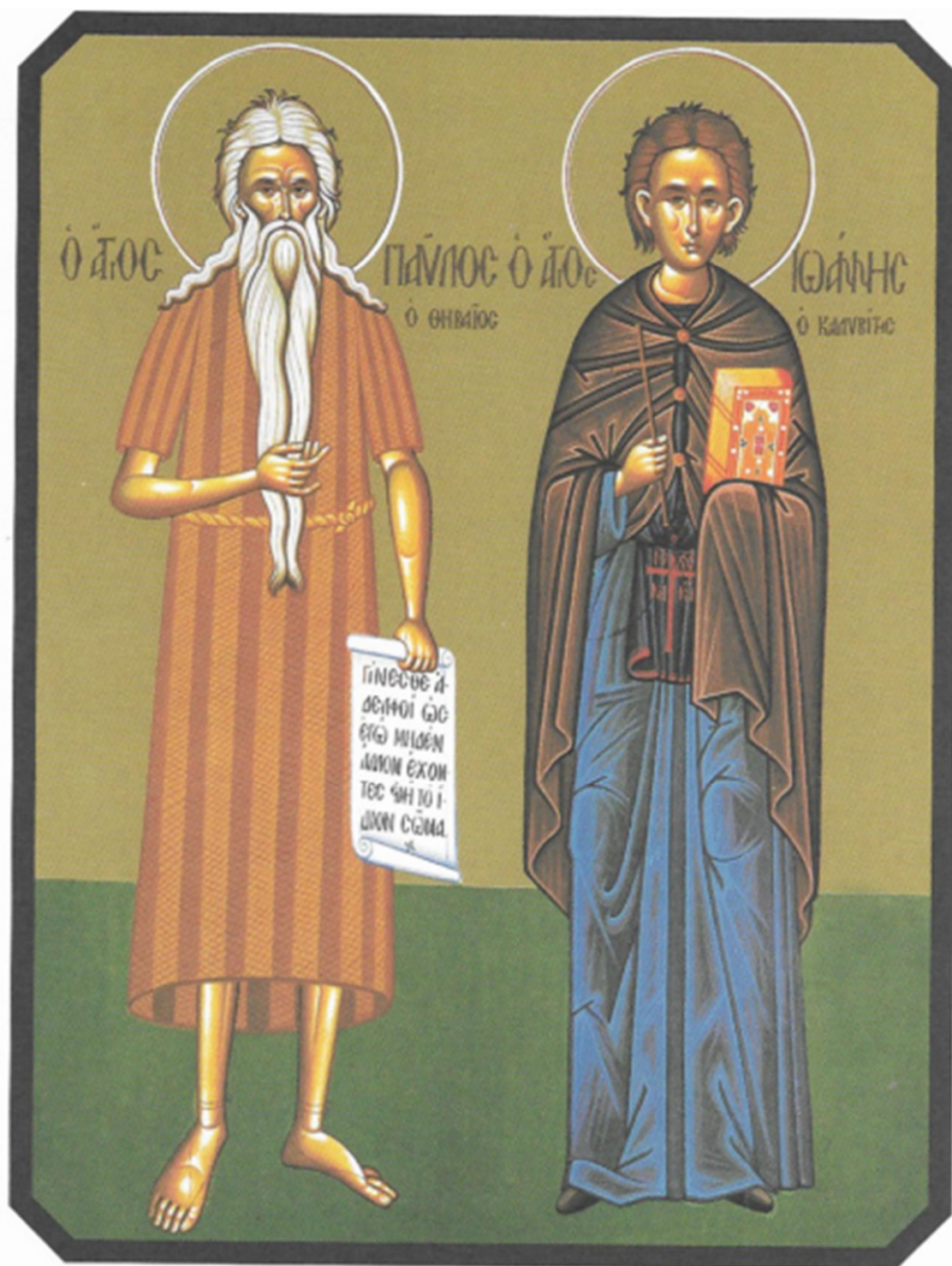
There are many types of sins. We should know, however, that all sins, regardless of how serious they may be, they are forgiven by God. There is only one type of sin that is not forgiven: that is, unrepentance. Christ described this type of sin as a blasphemy against the Holy Spirit (see Matthew 12:31). This is because unrepentance hinders the Grace of the Holy Spirit to act. Let us, therefore, make sure that we will never fall into this sin. Unrepentance is death and loss. He who does not repent, he does not understand neither his fault nor his sin, therefore he does not ask for God's grace and he is not forgiven. Because God forgives those who feel their mistakes, and ask for divine grace. In other words, these are the persons, who repent.

Repentance is precisely this: to regret and be sad about all that you have done against God's will, in deeds, in words and with your feelings, and ask for forgiveness for your faults, trying with all your strength not to repeat them. Thus, by the grace of God and your spiritual struggle you will become a new man, you will rejuvenate spiritually and you will find salvation.



Unrepentance reveals a reckless person, while repentance characterizes a man who is really smart and sensible, who knows what his own eternal interest is.

My dear Brothers and Sisters, Jesus Christ came down to earth in order to make us new men. Free of the devil's passions and bonds. To be liberated from "miserable sin" and to be "fragrance of Christ" (2 Cor. 2:15). That is why He calls us to repentance. Let us therefore, repent, in order to approach Him more and more closely, so that we may become spiritually renewed and "put on the new man which was created according to God, in true righteousness and holiness" (Eph. 4: 23- 24).



SHARING THE SAME SPIRITUAL QUALITIES

In January, our Holy Orthodox Church honors two monastic saints who lived in different centuries and in different parts of the world. It is fitting to remember them together on the same day, since they both lived remarkably similar ascetic lives. PAUL OF THEBES was born in Egypt during the reign of the Emperor Decius. He and his sister each inherited half of their parents' property when they died. Paul's pagan brother-in-law threatened to reveal to the local authorities that he was a Christian if he did not give him his share of the family inheritance. Paul did so willingly - not out of fear - but rather out of conviction for following the monastic way of life. He went out to the desert and spent the rest of his life living as a hermit. Even the renowned monastic St. Anthony the Great visited him in the desert and reported back to his fellow monks at his monastery the spiritual heights that had been reached by Paul. Paul of Thebes died in 341 AD, having lived over 100 years.

JOHN THE HUT-DWELLER was born into a wealthy family in Constantinople in the early 5th century. Unimpressed with the riches of the world, he fled from home at an early age and settled in a monastery, where he stayed for six years. Tempted by the devil to return home and live a life of luxury, John left the monastery. Indeed, he went back to his parent's house, but returned dressed as a beggar. Not recognizing their son, John's parents gave the "beggar" permission to live in a hut on their property. For three years, he spent his time praying for his parents. When he ultimately became gravely ill, John revealed his identity to them by showing them a precious Gospel they had given him as a child - his only earthly possession. This humble saint passed into eternity in 450 AD.