



**"Take and eat, this is My body
offered up for you for the
forgiveness of sins."**

Saint Paul the Apostle Orthodox Church

24 BURKE ROAD

FREEHOLD, NJ 07728

Meatfare Sunday

February 15, 2015

**Father Robert E Lucas, Pastor;
Subdeacon Daniel J. Korba and Nikitas Tsokris,
Cantors**

Rectory 215-862-9227; Parish Center 732-780-3158

We Are A Stewardship Parish Of Time, Talent and Treasure

The mission of our parish faith community is to teach the Gospel message in the rich tradition of the Orthodox Church; to enable people to reflect the image of Jesus Christ in every day activities of life; to offer spiritual formation through changing times; and to celebrate community among Orthodox believers in our Freehold area.

We of St. Paul the Apostle Parish dedicate ourselves to maintaining the sanctity of worship and spiritual enlightenment in a family environment that reaches and involves all ages and unifies all people.

We believe in the spirit of ecumenism in which we share our faith by word and example and extend our spiritual insights to all people.

We accept the responsibility of Christian Stewardship that through generous giving we may all experience a faith communion with Christ as the Center of our lives.

We dedicate ourselves to insuring the well-being of all people so that we may truly experience the message of Christ's salutary gospel.

We are a beacon on a hill with the eyes of many upon us; that beacon is the inspired Light of Christ which must shine brightly in our lives.

It is not ourselves we preach but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. For God, who said, 'Let light shine out of darkness,' has shone in our hearts, that we in turn might make known the glory of God shining on the face of Christ. This treasure we possess in earthen vessels to make it clear that its surpassing power comes from God and not from us. We are afflicted in every way possible, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in us 2 Corinthians 4: 5 – 8.

GLAD TIDINGS

+++ This Saturday we will celebrate the first All Souls' Saturday with a Divine Liturgy and Memorial Service at 9: 00 AM. Please come and join us in prayer and praise.

+++ The next Pirohi Sale will be Saturday, March 14.

+++ Following the Divine Liturgy next Sunday we will have our Luncheon before the Great Fast. Everyone is asked to bring a fast dish prepared for the parish family to enjoy. Following that we will have Vespers and mutual forgiveness.

+++ Every Monday, we have prayerful devotions before the Myrrh bearing icon at 6:00 PM. Everyone is invited to be present in praise. The Birthgiver invites us to manifest our faith in response to her first shown love, to unite our prayers with hers for the salvation of our souls. Invite your friends and neighbors to join us.

+++ Please keep the intentions of these members of our parish intercession community in your daily prayers: Father George, Father Thomas, Barbara, Betty, James, Yevlogia, Nicholas, Maria, Cynthia, Pani Anna Marie and Andrea.

+++ The sign-up sheet for both the Web Site and Bulletin sponsors is on the bulletin board in the kitchen. Please sign up as soon as possible. Do NOT make payment until your sign-up month has arrived. This will make it easier for Father to keep track of payments. Thanks in advance to all who support the parish in this way.

+++ We offer thanks to the Blessed Trinity for inspiring generosity in the souls of our faithful and the blessing of abundant grace in our midst with the offering received last Sunday: Tithe Offering, \$240.00; Candles, \$34.00; Parish Dues, \$25.00; Diocesan Dues, \$130.00; Holyday, \$65.00; for a total of \$494.00. We express our profound gratitude to the parishioner communicants who offer their God-given treasure and labored for the sake of the Lord and the good of our parish. God bless and reward you good and faithful souls!

+++ As faithful believers, we intercede and associate ourselves in prayer with the following who have prayed and offered seven day lights for their intentions: Father Lucas, Maria Idronmenos, Anna Zacharyczuk, Bob Gorbich, Marilyn Korba and Pani Buletza.

+++ We make a **PENNIES FROM HEAVEN** Canister available for our faithful to bring in pennies for our altar and its appointments. We are already in receipt of **\$1819.00** from this apostolate. Even your pennies can help and are a blessing to our parish.

+++ Please be certain to see a member of the Parish Council if you would like to help our parish by using **Shop Rite Food Coupons** available in \$20.00 denominations. We invite **ALL** to be caring and supportive and use Grocery Coupons for food shopping as we have gratefully realized \$5750 on this project to date!

+++ The Clothing Drive is a permanent on-going project in our parish. Please bring any type of clothing and fabrics along with stuffed animals and shoes for the benefit of our parish. The bags can be left in the vestibule or on the front porch of the rectory. Please invite your friends and neighbors to assist us in disposing of unwanted clothing, shoes and fabrics.

+++ A vestment closet is being installed at the right rear of the chapel.

+++ We invite all pray the Lord our God grants us the grace of enrichment of our spiritual lives for his glory.



Jesus As Lord

Jesus said to her: "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?"
John 11: 25, 26.

For there is one God and one mediator between God and men, the man Christ Jesus who gave himself as a ransom for all men, the testimony given in its proper time 1 Timothy 2: 5, 6.

When a man believes in me, he does not believe in me only, but in the one who sent me. When he looks at me, he sees the one who sent me. I have come into the world as a light, so that no one who believes in me should stay in darkness John 12: 44- 46.

And everyone who calls on the name of the Lord will be saved Acts of the Apostles 2: 21.

Repent then and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord Acts of the Apostles 3: 19.

Then know this, you and all the people of Israel: It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man stands before you healed. He is "the stone you builders rejected, who has become the cornerstone." Salvation is found in no one else, for there is no other name under heaven given to men by which we maybe saved Acts of the Apostles 4: 10 -12.

Yet all who received him, to those who believe in his name, he gave the right to become children of God, children born not of natural descent, or of human decision or a husband's will, but born of God John 1: 12, 13.

Today

I got mad and hit my child,
"For his own good," I reconciled;
And then, I realized my plight...
Today, I taught my child to fight.

Interrupted by the phone,
I said, "Tell them I'm not at home."
And then I thought, and had to sigh...
Today, I taught my child to lie.

I told the taxman what I made,
"Forgetting" cash that I was paid;
And then, I blushed at this sad feat...
Today, I taught my child to cheat.

I smugly copied a cassette,
To keep me free of one more debt.
But now the bells of shame must peal...
Today, I taught my child to steal.

Today, I cursed another race.
Oh, God, protect what I debase,
For now, I fear, it is too late...
Today, I taught my child to hate.

By my example, children learn...
Then I must lead, in life's sojourn,
In such a way that they are led
By what is done, not what is said.

Today, I gave my child his due
By praise for him instead of rue.
And now, I have begun my guide
Today, I gave my child his pride.

I now have reconciled and paid
To the IRS on all I made.
And now I know that this dear youth
Today has learned from me of Truth.

The alms I give are not for show,
And yet this child must surely know
That charity is worth the price...
Today, he saw my sacrifice.

I clasp within a warm embrace
My neighbor of another race
The great commandment from above
Today, I taught my child to love.

Someday, my child must face alone
This world of fearsome undertone,
But I have blazed a sure pathway:
Today, I taught my child to pray.

...an authentic

Orthodox

identity must be formed in the hearts, the minds and the souls of our faithful, particularly our youth. Through meaningful parish programs of faith-filled worship, religious education and formation, we can be leaders of a complete and total transformation of our lives and even our culture and society!

Meatfare Sunday

Our Lord announces the coming and inevitable Last and General Judgment on a positive note. He tells us it should be an occasion for each believer to be permanently invited into the eternal kingdom in which he already lives and loves, here and now in the life of His Body, our blessed Church. We are on the threshold of the Great Fast which is offered us by the Church for the good of our soul, because it is an intensive and earnest striving after holiness, a time for purification, a wrestling and struggling for the soul's improvement. All the exercises we undergo in this sacred season are means and prerequisites for a richer forgiveness: "Who by fasting of the body curbs his vices, lifts up his mind, partakes of heavenly strength and eternal reward."

The season of the Great Fast has been created by the wisdom of the Church not only to properly prepare us in celebrating the glorious feast of the Resurrection, but from a very practical perspective, it hopes to strengthen us that we avoid a negative response at the time of the Last Judgment. Through our own efforts of cooperation with God's grace, united to His Passion, we remove obstacles from our soul so we must renew incorporation with Christ and with communion of the saints, so that Christ can work in us, sanctify us, transform us, change us. The Great Fast is a period for the soul of baptismal recollection and renewal; it implies gratitude for the grace of baptism and a better, deeper understanding of the sublime call we received in that initial sacramental Mystery.

Likewise it is a time for a newer and deeper consciousness of the obligations which we took upon ourselves when making the baptismal promises. As we approach the Great Fast, as we think of our accountability to our Lord and Creator, we should ask ourselves a few questions: "Have I really kept my often-repeated promises faithfully? Has God and His service always occupied the first place in my life? Or have I served other gods gladly, as so many lax and indifferent souls have done? Have I been preoccupied with the salvation of my soul? Or the souls of my loved ones? What about the idols of the world, money, pleasure, the bodily comforts? Do I happily respond to the temptations the devil throws in my path? Have I not first and foremost striven after greatness and the esteem of men, after worldly treasure, honors and praise, after vanity and success? Have I tried to be successful only in God's sight? Have I not gladly lived in sin, according to my own perverse will?

Baptism initiates a life which demands further development and makes possible our awesome dignity. This new, holy, spiritual love, this association with the suffering of Christ and His Mystical Body, the Church, as baptism implies, demands that it be lived and carried out. Otherwise, I am guilty of breaking my word, of perjury and disloyalty in His sight! The Great Fast for the soul means exercising greater faithfulness towards God and His commandments. We must do "the will of the Father who is in heaven."

With Jesus we should bravely pronounce, "Your will be done; not as I will, but as You will." We should live for God according to His will, His honor and His interest. We should work, suffer, struggle, deny ourselves, labor for Him and with Him. Our hands we should use for Him; we should speak with our tongue only for His glory; we should walk only where He can accompany us. Our mind should busy itself only with Him and with whatever comes from Him; our heart should love Him alone and everything else in Him and on account of Him; our health, our talents, faculties, and skills, our time, everything belongs to Him and should be subject to His holy will.

Have we responded to His invitation in our lives all the time? Assuredly we want to act more zealously, generously and joyfully. With greater fervor of spirit we shall endeavor to pray during the approaching holy season. With a love in our hearts for His company, we shall transport ourselves into His company with the additional services of the sacred season. "All for the glory of God" should be our motto.

We think seriously about how our God directed Jonah in the Old Covenant to enter the pagan city of Nineveh to announce: "Forty days more and Nineveh will be destroyed" Jonah 3: 4. Nineveh was a wicked city, it was not part of the Jewish covenant with God, but God saw its need and reached out to it and Jonah had no reason to expect that anyone would pay attention to him and his salutary message. But there is a profound and soul-stirring example for each of us in this episode. Pagans that they were, profound pagans, that is, surprised Jonah because even the king of the Ninevites, after hearing the plea for repentance, rose from his throne, laid aside his robe, covered himself with sackcloth and sat in ashes.

Then he had this proclaimed through the city state: "Neither man nor beast, neither cattle nor sheep shall taste anything; they shall not eat, nor shall they drink water. Man and beast shall be covered with sackcloth and call loudly to God; every man shall turn from his evil way and from the violence he has in hand. Who knows, God may relent and forgive, and withhold his blazing wrath so that we shall not perish." And of course, our soul is consoled and strengthened when we read, "When God saw their actions how they turned from their evil way, he repented from the evil he had threatened to do to them; he did not carry it out" Jonah 3: 6-10.

From this entire characterization, we can easily see our actions, our positive activity, our soulful endeavor to live the way we are called to in our baptism can change the judgment of God. It is for this reason we look forward to the Great Fast. It will be for us a time of holy living, uplifting living, a definite period when the heart and mind will be changed from judgment for our evil ways to repentance and forgiveness and invitation into the heavenly kingdom. May the activity of the Ninevites inspire us to new heights in repentance and holiness this coming season of the Great Fast. May our holy lives then inspire others to so live as well!

SCRIPTURE

TRIVIA

QUIZ



- 1) What is the longest name in the Bible?
- 2) Which of the four horsemen of the Apocalypse rides a red horse?
- 3) How many books of the Bible are named after women?
- 4) How were Methuselah and Noah related?
- 5) Who was Jezebel's husband?
- 6) Before whom did the sun and moon stand still?
- 7) Who is the only woman whose age is mentioned in Scripture?
- 8) What is the most common name in Scripture?
- 9) What weapon was Goliath carrying when slain by David?
- 10) How many of the 150 Psalms are attributed to Moses?

ANSWERS TO TRIVIA QUIZ

1) Mahershalalhashbaz. (Isaiah 8: 1). 2) War. (Revelation 6: 4)
3) Two, Ruth & Esther. 4) Methuselah was Noah's paternal grandfather (Genesis 5: 25 – 29). 5) Ahab, King of Israel (1 Kings 16: 28 – 31). 6) Joshua (Joshua 10: 12, 13). 7) Sarah, wife of Abraham. Her age is mentioned twice, when she is 90 and Abraham is told she will have a child (Genesis 17: 17), and when she dies at age 127 (Genesis 23: 1). 8) Shared by 32 in the Old Testament and New is the name Zachariah or Zachary. 9) A sword and spear (1 Samuel 17: 45). 10) One, specifically Psalm 90, "A Prayer of Moses, the Man of God."



The Old Country Priest says...

Listening is a strange and magnetic thing, a creative force. The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us makes us unfold and expand, truly express the reality of our inner selves.

6 Reasons for Christ's Second Coming

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|---|---|
| 1. To defeat the Antichrist and the world's nations assembled at Armageddon | Rev. 19:17-21 |
| 2. To regather, regenerate, and restore faithful Israel | Isa. 43:5-6; Jer. 24:6; Ezek. 11:17; 36:28; Amos 9:14-15; Mic. 7:18-19; Matt. 24:31 |
| 3. To judge and punish faithless Israel | Ezek. 11:21; 20:38 |
| 4. To separate the sheep from the goats | Matt. 25:31-46 |
| 5. To resurrect Old Testament and tribulational saints | Job 19:25-26; Ps. 49:15; Isa. 25:8; 26:19; Dan. 12:2; Hos. 13:14; John 5:28-29; Heb. 11:35; Rev. 20:4-5 |
| 6. To judge fallen angels | I Cor. 6:3 |

Remarkable Obituary

Today we mourn the passing of a beloved old friend, Mr. Common Sense.

Mr. Sense had been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such value lessons as knowing when to come in out of the rain, why the early bird gets the worm and that life isn't always fair.

Common Sense lived by simple, sound financial policies (don't spend more than you earn), and reliable Parenting strategies (adults, not kids, are in charge).

His health began to rapidly deteriorate when well intentioned but overbearing regulations were set in place. Reports of a six-year-old boy charged with sexual harassment for kissing a classmate, teens suspended from school for using mouthwash after lunch, and a teacher fired for reprimanding an unruly student only worsened his condition.

Mr. Sense declined even further when schools were required to get parental consent to administer an aspirin to a student, but could not inform the parents when a student became pregnant and wanted to have an abortion.

Finally, Common Sense lost the will to live as the Ten Commandments became contraband, churches became businesses, and criminals received better treatment than their victims.

Smooth Preaching

Do not decribe for us what is right; speak flatteries to us, conjure up illusions
Isaiah 30: 10.

The faithful preacher of the gospel of Jesus Christ is never universally popular. While some will love him for his faithfulness, greater numbers will hate and dislike him for his unwillingness to compromise in fidelity to the Lord.. In the days and time of Isaiah, the Lord pronounced judgment because the people refused the warning of doom, for they wanted the prophets appointed by God to bring messages which would not condemn their sinfulness. When they were being corrected or reprimanded, their so sensitive feelings became offended. Their feelings were not sensitive when they sinned, but when corrected, they assumed an altogether different posture of victimized victims. They told their teachers, as some today tell their priests, "...speak to us smooth things; do not denounce or mention our sins or tells us what is right; flatter us; conjure up illusions if you must, but do not offend our sensibilities."

We have had episodes in our parish in the past where some shallow souls did not like the message of Christ explained by the priest and so left for greener pastures elsewhere so they could determine the quality of the message they received. How many have not heard from fools in the past, "We pay the priest so he must do what we want!" How deluded some can become because they were not taught the authentic message from heaven in some parish churches.

How many there are that believe a good sermon should make folks feel comfortable and at ease. On the contrary, however, a genuine Scripturally based explanation of God's revelation to us is one which first of all disturbs, irritates, awakens, causes dissatisfaction with the status quo, and insists we examine ourselves and continually change our direction in life until we actually walk the path way of the Lord.

Before anyone can find comfort, even faith in Christ, he must first of all be made to feel and experience his failures and shortcomings instead of representing them as attributes of quality when in fact they are self-condemnatory.

There are three steps in the process of self-conviction, applying the truth of the gospel message to oneself instead of assuming it applies to all others, to our own exclusion. First the

guilty sinner becomes mad, then he become sad, and then, finally, he becomes glad when he confesses his sin, repents and becomes an actual part of the Body of Christ.

What do you think of the sermon or homily your parish priest recently delivered? Was it one that made you feel satisfied with yourself? Was it challenging for you to grow and advance in your assault on the kingdom of heaven? If you did not learn something new to assist in spiritual advancement, you better look for a better preacher or speak to your priest in prayerful earnestness and ask him to beef up his preparation in explaining the word of God as befits his dignity. If we want a good priest in our parish, pray for the one you got, thank God for his response to the grace of the Holy Spirit in being zealous for the sake of Christ!

It is always curious to every priest when people attempt to unduly praise them. Certainly priests wish to do the best they can, but when that occurs it is only doing what Christ expects of them and is not extraordinary. Even our Lord was amused when He witnessed how unconcerned many were about God's revelation to us in the life of his Church. They were full of themselves and liked the neer-do-will priests and told everyone who would listen, of their preference. The response of the Lord was: "Woe to you when all speak well of you; their fathers treated the false prophets in just this way" Luke 6: 26. Prior to that He exalted the righteous preacher when saying, "Blessed shall you be when men hate you, when they ostracize you and insult you and proscribe your name as evil because of the Son of God" Luke 6: 22.

A faithful soul described a homily he heard in three distinct ways. He said it was moving, soothing and satisfying. It was moving because half the congregation left before it was over. It was soothing because most of those who remained were falling asleep as it had no impact and it was highly satisfying since everyone declared that they had had enough of that kind of second-rate preaching.

The teaching Word of God is a sword. "Indeed, God's Word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart" Hebrews 4: 12, 13.

The teaching Word of God is a knife. "When the Sanhedrin heard this, they were stung with envy and wanted to kill them. Then a member of the Sanhedrin stood up, a Pharisee, named Gamaliel, a teacher of the law highly regarded by all the people. He had the accused ordered out of the court for a few minutes and then said to the assembly, 'Fellow Israelites, think twice about what you are going to do with these men. Not long ago a certain Theudas came on the scene and tried to pass himself off as someone of importance...However, he was killed and

all those who had been so easily convinced by him were disbanded and it came to nothing....My advice is that you have nothing to do with these men. Let them alone. If their purpose or activity is human in its origins, it will destroy itself. If, on the other hand, it comes from God, you will not be able to destroy them without fighting God himself” Acts of the Apostles 5: 33 – 39.

The teaching Word of God is a fire and a hammer. “Is not my word like fire, says the Lord, like a hammer shattering rocks? Therefore I am against the prophets says the Lord, who steal my words from each other, ...who borrow speeches to pronounce oracles....who lead my people astray by recounting their lies and by their empty boasting. From me they have no mission or command and they do these people no good at all...” Jeremiah 23: 29 - 32.

The teaching Word of God is a lamp. “A lamp to my feet is your word, a light to my path” Psalms 119: 105. God’s Word to us wounds to heal and excises and kills to make alive.

We are to preach and to listen attentively and then implement God’s Word in our hearts, in our lives. No book so abounds in such wonderful truth, no guide so unerring in middle, old age or youth. There is no counsel so needed by man in his maturity, no comfort so sweet even on the tomb. Everything in God’s revelation is a vital message to man. Preachers ought and must explain it in word and then live it by example so no listener will ever be able to honestly say he was cheated of God’s riches in salvation because those who were dispatched to preach its truth failed.

Preaching the gospel message is not only absolutely necessary. “I charge your to preach the word, to stay with this task whether convenient or inconvenient – correcting, reproving, appealing – constantly teaching and never losing patience. For the time will come when people will not tolerate sound doctrine, but, following their own desires, will surround themselves with teachers who tickle their ears, They will stop listening to the truth and will wander off to fables. As for you, be steady and self-possessed; put up with hardship, perform your work as an evangelist, fulfill your ministry” 2 Timothy 4: 2 – 5.

Just as priests, bishops and deacons are to preach and explain, faithful listeners are to believe, accept and live up to the challenges offered in homilies and sermons.



WISDOM! BE ATTENTIVE

When You will come to earth in glory, O God, and all creatures will tremble before You, the river of fire will flow before Your judgement seat, and the books will be opened and all hidden things revealed; deliver me from the unquenchable fire and make me worthy to stand at Your right hand, O righteous Judge. Kontakion, Meatfare Sunday.

When You shall come to render just judgement, O righteous Judge, You shall sit upon Your throne of glory. A river of fire shall flow before Your judgement seat; the powers of heaven will be there with You. Filled with fear, all humanity will be judged according to their deeds. At this hour, O Christ, spare us, and because of Your great love, grant that the faithful who pray to You, may be given a place with Your chosen ones. Vesper Hymn, Meatfare Sunday.

The books will be opened and the secrets laid bare before Your awesome judgement seat; and the whole valley of tears shall resound with a dreadful sigh, when it sees sinners sent to eternal punishment by Your just judgement, and hears them weeping hopelessly. Therefore, O God of mercy, we pray to You: Spare us who sing to You, O only Good One. Vesper Hymn, Meatfare Sunday.

The trumpets shall sound and the tombs shall be opened; humanity shall come forth trembling. Those who have done good shall rejoice, as they await the reward they shall receive. Those who have done evil shall shriek in terror, as they are sent to punishment and separated from the elect. In Your goodness, spare us, O Lord of glory, and grant that we may enjoy a place with those who love You. Vesper Hymn, Meatfare Sunday.

I weep and lament when I think of the outer darkness and eternal fire, together with Hades, the worm that consumes, and the gnashing of teeth, the unceasing grief that falls upon those who have sinned without measure, and who have provoked You to anger, O God, most good. Alas, among these sinners, I am the first. But in Your great mercy, O Judge, save me. Vesper Hymn, Meatfare Sunday.

Alas! O my darkened soul, how long will you persist in sin? How long will you lie in laziness? Why do you not think of the dreadful hour of death? Do you not fear the awesome judgement seat of the Saviour? How will you defend yourself? How will you be vindicated? Your works are there to convict you, and your actions to witness against you. Moreover, time is growing short, O my soul; hasten and cry out in faith: I have sinned, O Lord, I have sinned; but I know Your love and Your mercy. O Good Shepherd, in Your goodness, do not deprive me of a place at Your right hand. Vesper Hymn, Meatfare Sunday.

"DO THIS IS REMEMBRANCE OF ME"

On most icon screens, a representation of the Mystical Supper can be found directly over the Royal Doors. While this depiction often takes the familiar form of Christ SEATED at a table with His Apostles, our Bulletin today gives a partial view of a totally different, yet very TRADITIONAL iconographic portrayal of this spiritual banquet.

In this icon, Christ's priestly office is emphasized, as He is shown GIVING Holy Communion to His devoted followers. We see Apostles about to partake of the holy "BREAD OF LIFE," in accordance with the words of our Lord: "TAKE AND EAT; THIS IS MY BODY." The rest of this icon of the "Communion of the Holy Apostles" finds the other Apostles approaching Christ and fulfilling His command: "ALL OF YOU DRINK OF THIS; THIS IS MY BLOOD OF THE NEW TESTAMENT."

At every Divine Liturgy, our priests, who are the successors to the Apostles, come forth and stand in the shadow of this meaningful icon, or some similar image of the Last Supper. They urge us all to "APPROACH IN THE FEAR OF GOD, AND WITH FAITH AND LOVE," so that we, too, can be united to the Lord in the great Sacrament of Holy Eucharist. St. John of Damascus tells us: "WHEN WE RECEIVE THE BODY AND BLOOD OF CHRIST, WE ARE NOT ONLY PARTICIPANTS IN HIS FLESH, BUT IN HIS DIVINITY AS WELL."

As Christians, we should develop the proper spiritual discipline of receiving Holy Communion as frequently as possible. Remember: it is for "THE REMISSION OF OUR SINS, AND FOR LIFE EVERLASTING!"

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