



Forgiveness Sunday (Cheesefare Sunday), Commemoration of the exile of Adam from Paradise & Leavetaking of the Meeting of the Lord

5 / 8 February

The Sunday of Forgiveness is the last Sunday prior to the commencement of Great Lent. During the pre-Lenten period, the services of the Church include hymns from the Triodion, a liturgical book that contains the services from the Sunday of the Publican and the Pharisee, the tenth before Pascha, through Great and Holy

Saturday. On the Sunday of Forgiveness focus is placed on the exile of Adam and Eve from the Garden of Eden, and event that shows us how far we have fallen in sin and separated ourselves from God. At the onset of Great Lent and a period of intense fasting, this Sunday reminds us of our need for God's forgiveness and guides our hearts, minds, and spiritual efforts on returning to Him in repentance.

Resurrection Tropar, Tone 4: When the women disciples of the Lord / learned from the Angel the joyous message of Thy Resurrection / they cast away the ancestral curse / and elatedly told the Apostles / death is overcome / Christ God is risen / granting the world great mercy.

Tropar of The Meeting of the Lord, Tone 1: Rejoice thou who art full of grace, O Virgin Theotokos, for from thee hath risen the Sun of Righteousness, Christ our God, enlightening those in darkness. Rejoice, thou also, O righteous Elder, as thou receivest in thine arms the Redeemer of our souls, Who also granteth unto us the Resurrection.

Resurrection Kondak, Tone 4: My Saviour and Redeemer / as God rose from the tomb and delivered the earth-born from their chains / He has shattered the gates of hell, / and as Master, / He has risen on the third day.

Kondak of The Meeting of the Lord, Tone 1: Thou Who didst sanctify the Virgin's womb by Thy birth, and didst bless Simeon's hands as was meet, by anticipation didst even now save us, O Christ God. But grant peace in the midst of wars unto thy commonwealth and strengthen Orthodox Christians whom Thou hast loved, O only lover of mankind.

Kondak to Cheese-fare Sunday, Tone 6: O Thou guide unto wisdom, bestower of prudence, instructor of the foolish and defender of the poor: Establish and grant understanding unto my heart, O Master. Grant me speech, O Word of the Father; for behold, I shall not keep my lips from crying unto Thee: O Merciful One, have mercy on me who have fallen.

Matins Gospel IV

Epistle: St. Paul's Epistle to the Romans 13: 11 — 14: 4

11. And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. 12 The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armour of light. 13 Let us walk properly, as in the day, not in revelry and drunkenness, not in licentiousness and lewdness, not in strife and envy. 14 But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfil its lusts.

Romans 14: 1 Receive one who is weak in the faith, but not to disputes over doubtful things. 2 For one believes he may eat all things, but he who is weak eats only vegetables. 3 Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. 4 Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

WHO ARE YOU TO JUDGE ANOTHER'S SERVANT?

Why do we usurp God's right to judge? ...It is for God alone to judge, to justify or to condemn. He knows the state of each one of us and our capacities, our deviations and our gifts, our constitution, and our preparedness ...according to the knowledge that He alone has ...And how do you know what tears he has shed about it before God? You may well know about the sin, but you do not know about the repentance.

St. Dorotheos of Gaza. Discourse on Refusal to Judge our Neighbour. B#45, pp. 133,135.

for the Feast: Heb 7:7-17

The Gospel According To St. Matthew 6: 14 -21

14 The Lord said: if ye forgive men their trespasses, your heavenly Father will also forgive you. 15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. 16 Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily, I say unto you, They have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face, 18 That thou appear not unto men to fast, but unto thy Father, which is in secret: and thy Father which seeth in secret shall reward thee openly. 19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: 20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through and steal. 21 For where your treasure is, there will your heart be also.

FORGIVENESS SUNDAY

This is the very beginning of Great Lent. For whatever we begin in life, we always compose some kind of plan of action, a program of what we have to accomplish and in what order. But here we don't have to do this; today's Gospel gives us this program. Earlier, the Holy Church was more often teaching us, but now she is requiring actions from us. Just let us examine the present Gospel attentively, and we will see how simple, how accessible for each of us, and at the same time, how comprehensive these rules are.

"For if ye forgive men their trespasses, your Heavenly Father will also forgive you; but if ye forgive not men their trespasses, neither will your Father forgive your trespasses" (Mt. 6:14-15). Therefore, what is the real purpose of Great Lent? Here it is: so that our Heavenly Father will forgive us our sins. And how do we achieve this? Forgive people their sins. Let us start here with this. This is the very first thing.

Secondly, "moreover, when ye fast, be not, as the hypocrites, of a sad countenance; for they disfigure their faces that they may appear unto men to fast.... But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret" (Mt. 6:16-18). And so let us fast, but not for the sake of people, but before God, and not despondently, but in spiritual happiness.

And thirdly, "Lay not up for yourselves treasures upon earth. . .but lay up for yourselves treasures in heaven" (Mt. 6:19-20). This determines all our activities, gives direction to our whole life.

And finally, the last thing: "Where your treasure is, there will your heart be also" (Mt. 6:21). Here is the purpose of our life! That our heart be in God, filled with God, so that God will become our treasure. But to learn this is possible only in the Church. And this is so important for us that it is worth the labour, and the fasting, and standing longer in church, and praying more at home. For only then will we be able to cry out with joy: "Christ is Risen!" and to answer those greeting us: "In Truth He is Risen!"

THE RITE OF FORGIVENESS

Brothers and sisters! What the Holy Church asks us to perform right now is no longer a thought or a feeling, but an action, a deed. Thoughts and feelings have been cultivated in us for the past weeks. In fact this is the way it always happens: thought gives birth to feeling, and feeling gives birth to action. And this action is of special importance. Listen: "If ye forgive not men...neither will your [Heavenly] Father forgive you" (Mt. 6:15). This means that our fasting and going to church and prostrations, in fact all our devotions, will be in vain.

That's how important this first step is. But it is not easy. To do it in words only, just for the sake of decency, for the sake of formality, might not be difficult. But what is the good of that? However, really to make this step, to recognise that we are worse than others, worse than everyone, truly guilty before everyone (and after all, this is how it is: each of us is guilty before everyone, in everything, and for everything), to come to this realisation is very, very difficult. And to consider the guilt of another before us as nothing, as if it did not exist, and maybe was even provoked by us—this is still more difficult. Even in the Lives of the

Saints we read examples of how great strivers and confessors were not able to do this, and thereby ruined everything. And even more for us sinners is the special help of God needed to forgive and to ask forgiveness sincerely, from our whole heart, to draw out of it our self-love, our self-justifying "I." But we have to do this, the Lord requires it of us, the Lord is waiting. Without this effort within ourselves we cannot begin Lent. So let us ask for forgiveness and forgive from our whole heart. And here, as the first one, I ask you: Forgive me!

The One Thing Needful - Archbishop Andrei.

for the Feast: Luke 2:22-40

Saints of the Week
Beginning of Great Lent

5 / 18 February — The Holy Martyr Agatha - This glorious virgin and martyr for Christ was born in the Sicilian town of Palermo of noble and prosperous parents. When the Emperor Decius launched a persecution of Christians, St Agatha was arrested and brought to judgement before Quintian the judge. He saw Agatha's beauty and desired her for his wife. When he suggested this to her, she replied that she was the bride of Christ and could not be faithless to her Betrothed. The judge condemned her to cruel torture: Agatha was flogged, mocked, bound to a tree and beaten till the blood flowed. After that, the judge again urged her to deny Christ and so escape further torture, to which Christ's bride replied: 'These tortures are of great help to me. As wheat cannot come to the granary until it is cleansed of its chaff, so my soul cannot enter Paradise unless my body has first been broken by torture.' Then the torturer ordered that her breasts be cut off and then she be thrown into prison. The holy Apostle Peter appeared to her in the prison and restored her to physical wholeness and health. She was once again taken out for torture and again cast back into prison, where she gave her soul to God in the town of Catania in the year 251. After her death, her torturer Quintian set out to appropriate her lands, but on the way the horses became maddened under him and his soldiers. They were savaged on the face, thrown onto the ground and trampled to death. Thus God's punishment came swiftly upon him for his ferocious crime against St Agatha; The Holy Martyr Theodula; St Polyeuctus, Patriarch of Constantinople; in England at Glastonbury, St. Indractus, hermit, his sister Dominica and 9 others, Martyrs.

6 / 19 February — St Bucolus, Bishop of Smyrna - He was a disciple of St John the Theologian, who consecrated him bishop of the city of Smyrna. There were few baptised Christians in Smyrna, and St Bucolus shone like a lamp in the pagan darkness. He was adorned with all the virtues, especially gentleness and meekness. Before his death, Bucolus named the famous Polycarp as his successor in the episcopate, then he peacefully departed this life and went to the Lord.

Tropar of St. Bucolus, Tone 4: Thou didst shine with the rays of virtue/ received from him who leaned on the Master's breast./ Resplendent, God-inspired Hierarch,/ thou didst lead thy flock to the pastures of Truth./ O Father Bucolus, entreat Christ our God for those who honour thee.

Kondak of St. Bucolus, Tone 2: He who was beloved of Christ/ saw the purity of thy life and made thee a shepherd of the Church/ and a radiant lamp of godliness;/ holy Father Bucolus,/ thou didst emulate his virtues. The Holy Martyr Fausta; The Holy Martyr Dorothea; St Photius, Patriarch of Constantinople; Our Holy Fathers Barsanuphius and John ; The Holy Martyrs Martha and Mary and their brother Lycarion;

Rest of Archbishop Theophan of Poltava (1940) - In the world Basil Dimitryevich Bystrov, Archbishop Theophan was born on 1 January 1872 in Podmosh, St Petersburg province. He was the son of a village priest. A outstanding student, Basil Dimitryevich was tonsured in 1898, and ordained a hieromonk soon after. He was raised to the rank of Archimandrite in 1901 and became the Inspector of the St Petersburg Theological Academy. In 1909 he became the Director of the same institution and then, on February 22, he was consecrated Bishop of Yamburg, fourth vicar-bishop of St Petersburg & Ladoga. During his tenure at the Academy, he was responsible for a great revival in the religious & moral atmosphere. This was all the more remarkable as liberal & revolutionary ideas were widespread at the time. Throughout his service and life as an archpastor, right up to his (regrettably) relatively early repose, Vladika Theophan was a decisive & uncompromising opponent of every kind of modernism, liberalism, and free-thinking, the things which undermine genuine Orthodox teachings about faith and piety and which shake the foundations of the Christian philosophy. An archpastor and an ascetic - that is what Vladika Theophan was in his life! His labours in prayer were astounding. Not only did he unfailingly perform his daily monastic rule and often spend the night in prayer, but he always attended all the services which were held in the nearby church and, if he were unable to do so, he read all of the services for the entire day in his cell, standing at the lectern in front of the icons using the service books in his possession. He did this even when he was travelling. He always had his priest's prayer book with him, from which in such circumstances he always read all the services of the day. This devotion to prayer shone brightly in his face, one glance at which inspired reverence in the faithful, and it raised him to great spiritual heights, endowing him with amazing spiritual foreknowledge. While Vladika Theophan was still a young Archimandrite, all Petersburg knew of his lofty intellectual and spiritual abilities, and all considered him a true man of prayer and an ascetic, one who had completely renounced worldly life and who lived only in God and for God. The Empress Alexandra Fyodorovna herself took notice of him, for she constantly sought men of God, both for herself and for her family, and for the spiritual guidance of the Russian nation. Bishop Theophan soon became her secret confessor and consultant in matters of religion, morality, & philosophy. One would expect, in view of his outstanding abilities, and given his position at the Imperial Palace, that Vladika Theophan would soon become one of the leading figures in the Russian Church. When he was abroad later on, Vladika Theophan often recalled with great compunction how he as archimandrite used to perform the Divine Liturgy in the Palace church on weekdays and how the Empress and her four daughters, the Grand Princesses Olga, Tatiana, Maria, & Anastasia always stood in the kliros and sang the entire Liturgy. "They always confessed with tears", he said with compunction. Later, these memories caused Vladika Theophan to suffer all the more due to the events which befell the Royal Family and Russia as a whole. In 1912, Vladika was transferred to Astrakhan and then, in 1913, to Poltava. It was here that he was raised to the rank of Archbishop. Following the revolution, he left Russia for Constantinople in 1920, participating in the first council of Russian Bishops Outside Russia in Sremski-Karlovtsi in 1921. He was later to sit on the Synod of the Russian Orthodox Church Outside Russia, substituting on occasions for Metropolitan Anthony (Khrapovitsky), the chief hierarch at that time. We have every reason to consider Vladika Theophan as one of the most important, consistent, and strongly principled ideologues the Russian Orthodox Church Outside Russia. His ideology was based on strict & uncompromising preservation of the Holy Orthodox Faith; unconditional rejection not only of obvious heresies, but also of every type of modernism, free-thinking and liberalism which undermine our Holy Faith and which strive to make of it "salt which has lost its savour"; and refusal to accept the God-hating regime which enslaved the Russian land and which endeavoured to uproot Christian Faith and morality from Orthodox Russians. Vladika Theophan made a deep impression as a man of genuinely saintly life on all foreigners who came into contact with him. The enemy, however, takes up arms against such saintly people and makes a special effort to pour out on them all his diabolical malice with the help of

malevolent and depraved individuals who are devoted to his service. Thus, due to various unfortunate events in the local Russian Church, Vladika Theophan had to suffer much grief simply because he was such a strict ascetic and an uncompromising Archpastor. Consequently, he withdrew more and more from the world and its raging passions and began to retire into himself, leading what was already virtually the life of a recluse. Soon, though, it became clear that he could not remain "in the world" and that he would have to follow the example of the great ascetic and pastor whose name he had received in tonsure, His Grace Theophan the Recluse of Vishenki. In 1931 Vladika moved to France. He began to live as a complete recluse, having utterly severed all ties with the outside world. He served the Liturgy each day in a house church built for him by his spiritual children. Those who cared for him died before him and so little is known of the last years of his life. He reposed on February 6/19 1940 and was buried in a cemetery close by. He had lived in chalk caves high amongst the hills overlooking the Loire river. In one cave was his cell & church; others had been used as storerooms. His cell contained a Bible with dried flowers gathered at the ditch surrounding Diveyevo and other sacred things between the pages; a box with relics in little gold vessels; and many other holy things. His memory is eternal in the hearts of all true Orthodox Russian believers who knew & honoured him; in Ireland, Saints Mel of Armagh Melchus & Munis of Lough Ree, Bishops & Rioch, abbot nephews of St. Patrick; and St. Finian, abbot; St. Ina, king of West Saxons.

7 / 20 February — St Parthenius, Bishop of Lampsacus - He was the son of a deacon from the city of Melitopolis. He knew the words of the Gospel by heart from his early youth, and strove to fulfil them. Settling beside a lake, he caught fish, sold them and shared the proceeds with the poor. By God's providence, he was chosen as bishop of Lampsacus. He cleansed the city of paganism, closed the temples dedicated to idol-worship, built many churches and strengthened the faithful. He healed all manner of sickness through prayer, and was especially powerful over spirits. At one time when he was about to drive the evil spirit out of a madman, the evil spirit begged him not to. 'I will give you another man, into whom you can enter and in whom you can dwell', Parthenius told him. 'And who is that man?' 'I am he', replied the saint, 'come and make your abode in me'. Hearing this, the evil spirit fled as though burned by fire, crying out: 'How can I enter into the house of God?' St Parthenius lived long and showed in his deeds the greatness of his love for God and man. He entered into the eternal peace of Christ in the 4th century; Our Holy Father Luke of Hellas; Our Holy Mother Mastridia; The Thousand and Three Martyrs of Nicomedia; at London, St. Augulus, bishop, martyr; at Lucca, St. Ricgard of Wessex, confessor.

8 / 21 February — The Holy and Great Martyr Theodore Stratelates - There are martyrdoms that are more than costly. The costliness of a martyrdom depends on the greatness of the good things of this world that a Christian gives up, receiving suffering in its place; and it depends also on the greatness of the suffering which he endures for the sake of Christ. St Theodore, a Roman commander in the army of the Emperor Licinius and governor of the city of Heraclea, scorned his youth, his good looks, his military status and the goodwill of the Emperor, and in place of all this received terrible tortures for the sake of Christ. Firstly Theodore was flogged, receiving 600 lashes on the back and 500 on the stomach; then he was crucified and pierced through with arrows. Finally he was slain with the sword. Why all this? Because St Theodore loved Christ more than anything else in the world. He scorned the foolish idol-worship of the superstitious Emperor, shattered the silver and gold idols, giving the pieces to the poor, brought many to the Christian faith and urged the Emperor himself to reject idolatry and believe in the one God. During the whole of his torture, Theodore repeated unceasingly: 'Glory to Thee, my God, glory to Thee!' He suffered on February 8th, 319, at three o'clock in the afternoon, and entered into the Kingdom of Christ. He is regarded as the protector of soldiers, who turn to him for help. His wonderworking relics were taken from Euchaita to Constantinople and buried in the Church at Blachernae; The Holy Prophet Zechariah; St Sava the Second, Archbishop of Serbia; in Sussex, at Steyning, St. Cuthman, hermit; in Monmouthshire, St. Kigwe, virgin; at Clonmore Monastery, St. Oncho, pilgrim; St. Elfleda, abbess of Whitby after St. Hilda.

9 / 22 February — The Holy Martyr Nicephorus: The Hieromartyr Peter Damascene; in Wales, St. Teilo of Llandaff, bishop, (6th c) and St. Eingan of Llanengan, hermit; at Iona, St. Cuaran the Wise, bishop; ; in Ireland, St. Taraghta, virgin and St. Cronan the Wise, canonist.

10 / 23 February — The Hieromartyr Charalampus - This great saint was bishop in Magnesia, and suffered for Christ at the age of 113. When a violent persecution broke out under the Emperor Septimus Severus, the aged Charalampus did not hide from his persecutors, but freely and openly preached the Christian faith. He endured all tortures as though not in the body, and when they flayed the living flesh from him, the godly saint said to the Emperor's soldiers: 'Thank you, my brethren, for scraping off the old body and renewing my soul for new and eternal life.' He performed many wonders and brought many to the Faith. Even the Emperor's daughter, Gallina, repudiated the paganism of her father and became a Christian. Condemned to death and led to the place of execution, St Charalampus raised his arms to heaven and prayed for all men, that God would give them bodily health and salvation of soul, and that He would grant them the fruits of the earth in abundance: 'Lord, Thou knowest that men are flesh and blood; forgive them their sins and pour out Thy blessing on all.' After praying thus, the saintly elder gave his soul to God before the executioner had laid his sword to his neck. He suffered in 202. Gallina took his body and buried it; Our Holy Father Prochorus the Orach-eater (1107);

Russian New Martyr Anatole, metropolitan of Odessa (1938) should be especially glorified for his spiritual courage in the grievous years of 1928-1937. He lived in the South of Russia and was respected for his spiritual deeds and his fearless professing of the true Russian Faith. Metropolitan Anatole suffered a slow martyrdom from the hands of the communists, who cruelly persecuted and humiliated him. Even before entering high school he dedicated his life to the service of God. After high school he was accepted by the Academy of Kiev, and while studying there, took the vows of monkhood. Soon after graduating from the Academy, the Rev. Anatole was ordained bishop. Bishop Anatole, young and inspired, won the hearts of his spiritual children. His ever increasing popularity was noted, of course, by the usurpers of power of the Russian government. Bishop Anatole was one of the first to be arrested by the communists. For a long time he languished in the prisons of the GPU (pre-

KGB). During the hours of questioning the mild prelate was outrageously beaten by magistrates, to the point that his jaw was permanently injured, so that his speech at times was not quite distinct. Two of his ribs were also injured. Bishop Anatole spent a long time in the prison hospital. His wounds had hardly healed when he was exiled to Solovky to the harsh conditions of a labour camp for the most dangerous political "criminals", especially for the clergy. Severe frosts, lack of satisfactory nourishment, and very heavy labour broke the health of the already not too robust bishop. He suffered this oppressive life for seven years. He owed his survival there only to the most unselfish care of his younger sister, whom he had raised as a daughter. She had left everything to follow her brother into exile. Upon release from exile, Bishop Anatole was promoted to the rank of Archbishop of Saratov and Samara. Shortly after this, he was taken ill with an ulcer of the stomach—the result of hardships suffered while at the labour camp. Upon recovery, he was appointed head of the Odessa-Kherson diocese in the South. He arrived in Odessa in the darkest hour of its existence. All religious affairs were in the hands of the NKVD inspector-of-the-cults, Vishnegorodsky at first, and later Baranovich. Both of them fully enjoyed using their power to inconvenience and humiliate the head of the local churches. The Archbishop was frequently ordered to get out of bed in the middle of the night and report to the NKVD headquarters. Sometimes the inspectors would appear in church during solemn services on an important holiday, and issue the same order. In such instances, the otherwise meek and humble Archbishop Anatole would curtly tell them that under no circumstances would he stop the church ritual; that he would come only after officiating in the church. His refusals were so positive that even the NKVD messengers gave up, inwardly furious. At the end of four or five hours of Church service, the Archbishop would hurry to the NKVD, without time to rest or eat. There he was kept waiting for one or two hours more, just to repay him for the delay. When he was finally received, Baranovich would stamp his feet and shout at the Archbishop, just as if he were a disobedient slave. Such were the conditions under which this highly respected priest carried on his spiritual work. The hardest trial for him was the arrest of almost all the clergy and the best preachers of Odessa in 1931. All of them (more than 20), were exiled during the same year, when the sacrilegious closing and destroying of the churches started. The majestic Cathedral of the Transfiguration was blown up before the eyes of the Archbishop, as was the beautiful Church of the Archangel Michael in the Devichy Monastery; the military Cathedral of St. Serge, and the churches of the port and many others. The repressions and persecutions of the clergy increased, leaving clergymen without food and lodgings. They found refuge in the Archbishop's home, while he himself went about to different government organisations pleading humbly for assistance and mercy for his unfortunate colleagues. But he was met only with mockery and insults. In 1932, Archbishop Anatole was promoted to the rank of Metropolitan. He remained head of the Odessa-Kherson diocese until his arrest in August, 1936. Before his arrest, Metropolitan Anatole had to suffer the humiliation of being dismissed by Baranovich and forbidden to perform church services. Upon his arrest, Metropolitan Anatole was removed to Kiev where he was kept under severe conditions for about six months. He again suffered from ulcer of the stomach with complications which affected his legs. Metropolitan Constantine, Exarch of the Ukraine, succeeded in obtaining permission for him to see his sister before he left for exile. The poor woman later told, with sobs, how Metropolitan Anatole was led into the room of their meeting supported on both sides—having nearly lost the complete use of his legs. In spite of his condition, Metropolitan Anatole was taken into exile by "etape". He was purposely placed among the gangs of the worst criminals, who systematically robbed him on the way. The sick prelate was actually forced by gun-butts to walk from one stop to another, farther and farther to the North, with no time to rest. When he collapsed in a dead faint, he was lifted onto a truck; but as soon as he regained consciousness he was forced again to walk. Men who witnessed the tortures of the saintly man, later declared with tears, that it would have been more merciful to have shot him on the spot. On the way, Metropolitan Anatole caught croupous pneumonia, but even this did not stop his tragic march. By winter he had reached his place of exile and, in the Far North, dying he pleaded for permission to see his sister, who had managed to reach his place of exile. The sister had received only postcards from him on which he had written: "I beg you to do everything you can. Plead, pray, implore, but obtain the permission for our meeting. I yearn before my death to see your dear face and bless you." But the meeting was not to be; the permission was refused. When Metropolitan Anatole was on the point of dying, the communists came to him and demanded his Gospel and his priest's cross. The Gospel was snatched from out of his weakened hands, but he clung to his cross. Protecting it on his chest with numbed hands, he fell back and died (1938). His body was thrown into a common grave in the frozen earth of the far North.

11 / 24 February — The Hieromartyr Blaise, Bishop of Sebaste - born in Cappadocia, Blaise was meek and God-fearing from early childhood. He was chosen for his virtues as bishop of Sebaste, and was a great spiritual and moral light in that pagan town. During a period of violent persecution of Christians, Blaise encouraged his flock and visited the martyrs in prison, among whom was the famous Eustratius. When the city of Sebaste was left entirely denuded of Christians—some killed and others fled—Blaise, by then an old man, retired to the mountain of Argeos and lived there in a cave. Ferocious wild beasts, recognising a holy man, came to him and he gently tamed them. But the persecutors found the saint in that hidden spot and took him for trial. On the way there, Blaise healed a boy who had a bone stuck in his throat and, at the petition of a poor widow, made the wolf that had taken her pig return it to her. The benighted judges tortured him, flogging him terribly. By his steadfastness in the Christian faith, Blaise brought many unbelievers to the Faith. Seven women and two children were thrown into prison with him; the women were slain first, then Blaise and the two children. He suffered and was glorified in 316. Blaise's prayers are sought for the health and well-being of domestic animals and for protection from wild beasts. In the West, he is also invoked against sore throats. The Holy Martyr George of Kratov; St Theodora; St. Gobnait, abbess of Ballyrouney, Cork, Ireland (5th c); St. Caedmon of Whitby, monk (c.680)

Some Reflections on Fasting for Great Lent

By Dr. John L. Boojamra

FASTING — OR MORE CORRECTLY, the practice of abstinence for certain days and certain periods of the year — has long caused difficulty in the minds of many Orthodox Christians in North America. Every year, as the Easter Lent approaches, Orthodox Christians begin to wonder what, if anything, to do in preparation for the feast. In general, I think it is safe to say that the practice and idea of fasting is largely ignored in this regard. Many people generally dismiss fasting with the rather simple and naive belief that "This is the twentieth century; fasting is an arcane practice that was made for the past and simpler days," or worse, they dismiss fasting because "fasting is a man made discipline" - as if being "man made" by definition makes something worthless.

Nonetheless, in spite its neglect by most people, we must take the practice of fasting seriously, if for no other reason than the fact that other people, throughout Christian history, have taken it seriously. It is valuable here to consider not so much "how" we must fast as "why" we must fast. A deeper understanding of the significance of this practice in Christianity will help us in determine our own fasting practices.

We must first admit that fasting has a firm foundation in the Scriptures and Tradition of the Church, as well as in the practice of the Jewish community which gave birth to the Church. We know, for instance, that Jesus fasted, that the disciples of John the Baptist fasted, and that Jesus said that prayer and fasting were necessary for casting out certain evils. We know also that the early Church picked up its Wednesday and Friday abstinence from the Jewish Monday and Thursday weekly fast.

Fasting and this World

TO THIS EMPHASIS we must add a certain otherworldly emphasis in Jesus' teaching. Perhaps the most realistic treatment of this is in Matthew (6:19-21): Do not lay up for yourselves treasure on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be.

In order to understand the significance of fasting in Christianity, we must look at it in the context of the Christian view of the world. In spite of the great love which Jesus and His Church have demonstrated for the world and for life in it, there is in Christianity a reservation about the world and human life as it is now. The Church calls this a "fallen world," a world which in all its aspects is in some way separated voluntarily from the love and life of God, its Creator. How does this perspective reflect on the practice of fasting? As it turns out, fasting cannot be separated from this realistic appraisal of the world, and from the struggle to find the Kingdom of God. There is something about fasting, something about refusing to make a total investment in the world as it is, that is associated with the struggle to build the Kingdom of God; for insofar as we are occupied with the delusions of this fallen world, we are impeded in our struggle to find the Kingdom. Fasting, therefore, must be seen as a means of turning away from the fallenness of the world so that we can discover another, better world - i.e. the Kingdom. "Seek first the kingdom of God and all else will be added" we are told. As finding the Kingdom of God is a matter of priority, the importance of fasting as a means of helping ourselves in this endeavor cannot be overstated.

Before discussing what fasting is, perhaps it would be beneficial to say a few words about what it is not. This is a valuable approach since there is a great deal of misunderstanding regarding the nature and function of fasting, both as an idea and as a practice.

God, we must admit first, is not simple-minded. He has no need for our fasting. Our efforts do not affect Him in any way. We cannot buy His love or His grace. This immediately takes fasting out of any legalistic framework and puts it on the level of personal spiritual growth and struggle. For instance, because one person fasts more strictly than another does not mean that God loves the first more or gives him more grace. It is as unimaginable that you could get more grace from a greater effort as getting more grace from a larger portion of the Eucharist. Yet, many people think of grace in strictly legalistic terms. God's love is always given freely and the degree of participation in that love is conditioned by our ability to receive it and be changed by it. This is the Orthodox idea of cooperation or synergy—we must open ourselves to the love and strength that God offers freely. Fasting is a way of achieving this openness.

Another view of fasting, which, like the previous one contains an element of distortion, is that which sees it as a means of voluntary suffering, a way of atoning for sins. Indeed, there may very well be an element of this in fasting, but this is not the most important aspect of fasting. If fasting was to be seen primarily as a means of atonement, this would bring the practice to the level of individual pathology. Again, we cannot pay God back for our sins, and fasting as a means of atoning for sins must be seen in the light of trying to direct our spiritual lives in a more positive direction.

A third view of fasting is common among both Christians and non-Christians. This view mistakenly sees fasting in the history of the Church as an expression of a pathological morbidity with regard to the world, which is based on a docetic view—i.e. the idea that the world, the body, sex, and all created and material things are essentially evil, whereas all spiritual things are good. In this context, fasting becomes an effort to disconnect the self from any connection with matter—i.e. from food, sex, bodily functions, etc. There has indeed been a tendency towards this view on a number of occasions throughout Christian history, but whenever it has expressed itself, it has consistently been condemned by the Church. The Church has always affirmed that the created world is essentially good, though suffering from profound distortion and misdirection.

Fasting as Preparation

WHAT FASTING IS will necessarily involve us in a discussion of the nature of man and the nature of the world. Fasting is, as the Church uses it, a preparation. Every time we encounter a fast it is prior to a feast. We all know the fast before the Eucharist as preparation for the Eucharist and the fast before Pascha as preparation for the great feast. Nothing in life just happens; that is obvious. All major events require a variety of preparations. The Church recognizes the fact that part of getting somewhere is the journey, and just as important as the journey is the anticipation. This is a basic human psychological quality. Perhaps children understand this expectation and anticipation best of all. Full participation demands this kind of expectation and preparation. In this context, the nature of Orthodox preparations is no mystery.

The Church has taught that man is a unity - he is not a being which has a body and which has a soul; rather, he is a body and he is a soul. The Christian vision is that of a total and unified personality—body and soul. Hence, the Church calls on the entire being to share in the fast and the feast. As a season changes in Church, as the colors change, the music changes, the services get longer, the icon changes, and so forth. How does our body share in this except through fasting, except through imitating a change in its normal routine? Now this description keeps the nature and degree of fasting open, and this "openness" is important in our personal spiritual direction. It can involve food, entertainment, sex - in fact, any aspect of our daily and routine lives. It is clear that we Orthodox Christians are not spiritualists or intellectualists; we are Christian "materialists." The Church's emphasis on fasting is precisely a reflection of this materialism.

Our Lord says, "lay not up treasures on earth," and fasting is in effect the reminder that our heart cannot be invested like our money in the world. We all know the feeling we have for something when we have made an investment in it. People always try to protect their investment. This is natural. That is what our Lord meant! Here we find a rejection of the world, not in an absolute sense, but in a relative sense. The world in itself is valuable only when it is seen in its relationship to God. Since the world is in effect separated from God, freely, then it cannot be fully normal, and the Church says limit your participation in the life of the world—not because it is evil, but because it in itself is limited.

Food is the most obvious example. Everyone agrees that eating, after breathing, is the most necessary and normal activity of our life. It is in this area which is regarded in a worldly sense as normal that the Church says "Stop! Think! Question everything which the world calls normal and necessary, because the world itself is 'abnormal' - that is, it is abnormal as it now exists, separated from God's love." But fasting is only a beginning, and this questioning must be our approach to all the values that the world regards as necessary and even virtuous—victory, self defense, getting ahead, accumulating wealth and property, competition, popularity, self-aggrandizement, etc. All of these are to be followed with a question mark.

Fasting and a Clear Image of the World

MIND YOU, this is not a rejection of the world; it is a questioning of those values which the world as it now exists -and human societies which inhabit it - hold as valuable. Insofar as the world is treated as normal - because this is in fact the only world we know - whereas in fact it is not normal or truly worldly in the Christian sense, then it is a deception and a lie, and we must recognize it for what it is. In a real sense, the Church, in asking her people to fast, is declaring a moratorium on the world. A moratorium, whether in the context of war or in the context of spiritual discipline, means the same thing - it means "time out." Those of us who remember the war in Vietnam remember the various moratoria that were declared to stop the fighting. Before a final, lasting moratorium was called, the war had dragged on for almost ten years on an incredibly brutal level, characterized by My Lai; in the meantime, everyone here went about his business, and apart from inflation, no one's life was really affected - we bought our food and celebrated all those little occasions; there was no shortage of butter or meat or autos; and yet, the very normalcy of life here at home, at the same time that wholesale death swept Southeast Asia, was a deception - a deception that was recognized only after a final "time out" was declared, allowing us to come out of the delusional mindset that kept us from questioning the war's necessity. In the same way, calling moratorium or "time out" on our "normal" worldly routines allows us to recognize the deception inherent in our preoccupation with this fallen world, and allows us to free ourselves from the delusional mindset that keeps us fettered to its routines.

On a cosmic level, the fast is this effort to put the world and life in the world in its proper perspective. To accept the present state of the world as normal is a deception! There is no hate for the world in this, but there is a recognition that something has happened to the "worldliness" which God created and declared "good."

I think we must then see fasting never as a rejection of food or the world, but as a search for true worldliness - a search which must necessarily pass through the stage of preferring something else to the world. "Seek first the Kingdom of God, and all else will be given to you." In the same way, we fast from all food before liturgy so that we might receive the one true food in the Eucharist. It is in the Eucharist that we can get a glimpse of the true nature of food. There is no judgment on food as such. The same is true of the world. As food completed itself in the Eucharist, so the entire created world completes itself in the Kingdom of God.

The world is ours; it belongs to us and, needless to say, we were not meant to be slaves to its pleasures, its categories, and its values. Fasting, then, is a declaration of independence from the world and a proclamation of victory over its limitations and evil. "Be of good cheer, I have overcome the world" (John 16:33). This does not mean that we cannot take pleasure in the world.

It is a recognition that the values of the world are limited and often perverted. Here we are freed, liberated in a real sense, not only from sin but from the fears that characterize life - free to act without fear of criticism, as God wants us to act in our everyday life in politics, business, school, family, and social affairs. Nothing in human society, the first declares, is sacred in itself and can demand our loyalty - no form of government, regime, ideology, or community. We are freed to conform to the

patterns of the Kingdom of God here and now— free to practice sacrifice, love, charity, justice, and faith. To those for whom the world is the ultimate reality and the ultimate gain, it is essential to buy the love of the world, and the world will only love those who accept its values. Our Lord assures us that the world will hate us; it has to, because the Christian is the on-going judgment on an on-going corruption that infects human relations and human societies.

For us Christians who live in the world, there a choice: we can consume the world or allow the world to consume us. The first is the only creative approach. The second is psychological and personal disintegration. The fast is what gives us the opportunity to make the better choice.

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