

Message from Fr. George for August 12, 2022



On Saturday, we celebrated the Feast of the Transfiguration of our Lord and Savior Jesus Christ. What a joy for us to learn following the services that Justin & Anna Winter and their children recently traveled to Tijuana, Mexico, to stay at the St. Innocent Orthodox Orphanage and participate in **Project Mexico**. [Please click here to read the update from the most recent Chronicles newsletter.](#)



On the first Sunday of August, we celebrated Thanksgiving Sunday and offered the Blessing of the Five Loaves on the very day that the Gospel account of Jesus' feeding of the 5,000 men along with the women and children with them. We thank Kirk and Dedee Panayis for preparing the delicious artos (breads). [If your family wishes to sign-up for this ministry in the future, please click here.](#)



What a blessing when parishioners who are traveling and working stop by to light a candle, offer their stewardship, and share an encouraging message like Frank Tagalos did with Fr. George on Sunday, August 7th. Let us pray for his beloved sister, Mary Tagalos Ramsaier-Kirk as she undergoes her medical treatments and by extension, for all our parishioners who cannot be with us but are part of our parish family as they travel and are confined at home. God bless us all!

PASTORAL REFLECTION FROM FR. GEORGE:

Spiritual Thought...

+ St. Kosmas Aitolos

Hatred is the devil's poison, and just as when we put a little yeast in a hundred pounds of flour it has such power that it causes all the dough to rise, so it is with hatred. It transforms all the good we have done into the devil's poison.



A strong person works out every day to keep his body in shape, but a follower of our Lord with strength kneels in prayer to keep his soul in shape.

A strong person isn't afraid of anything, but a follower of our Lord with strength shows her courage in the midst of fear.

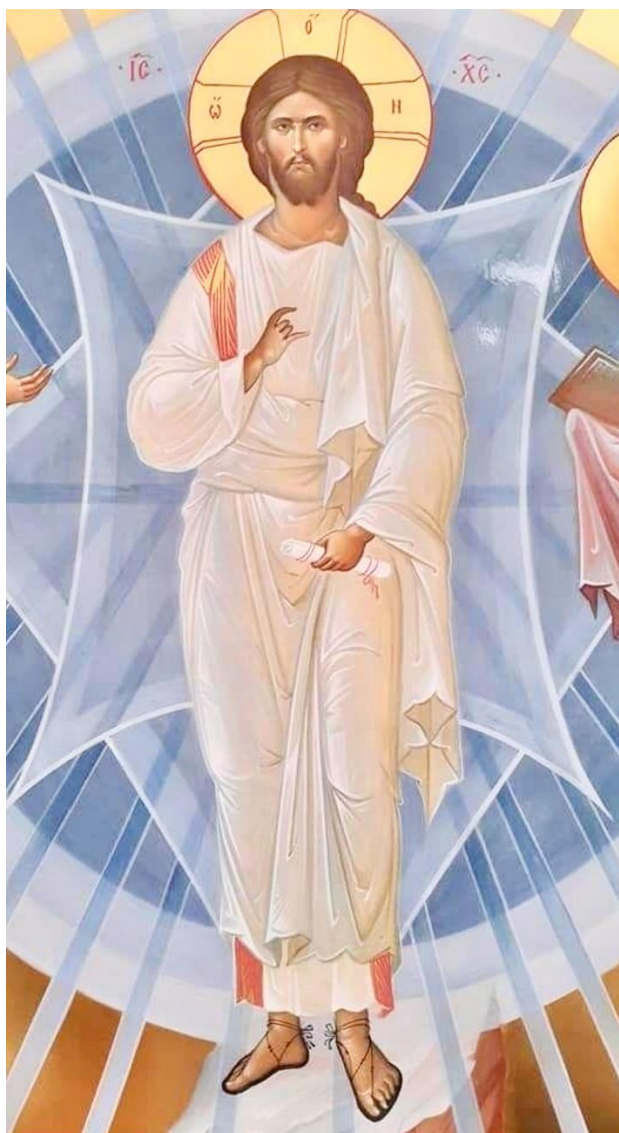
A strong person won't let anyone get the best of him, but a follower of our Lord with strength gives the best of himself to everyone.

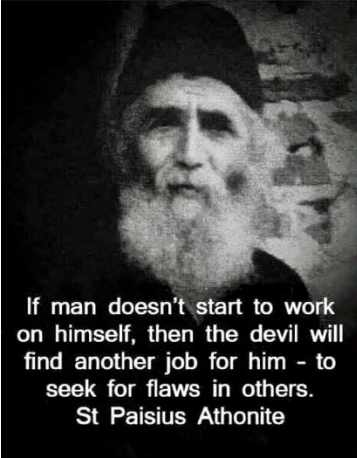
A strong person walks sure-footedly, but a follower of our Lord with strength knows God will catch her when she falls.

A strong person wears the look of confidence on his face, but a follower of our Lord with strength wears grace.

A strong person has faith that she is strong enough for the journey, but a follower of our Lord with strength has faith that in the journey she will become strong.

Are we merely strong . . . or do we rely on our faith to provide the strength to overcome life's difficulties and gain victory with our Lord?






If man doesn't start to work on himself, then the devil will find another job for him – to seek for flaws in others.
St Paisius Athonite

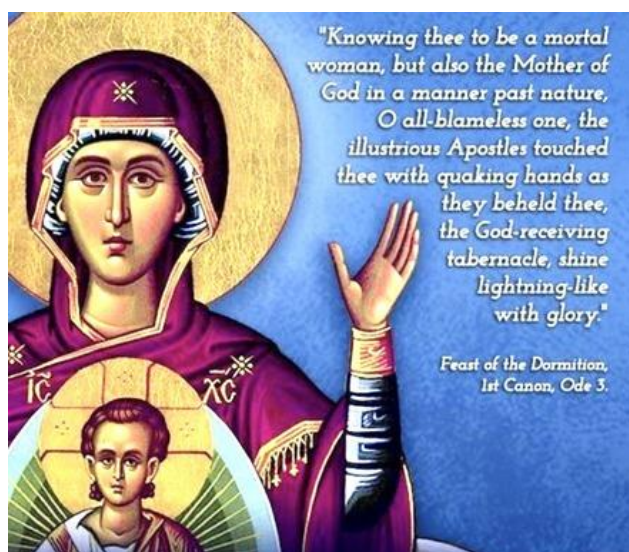
How to Stop Taking Things Personally

- 1. Realise** that other people's rudeness is not about you. When someone is rude it's likely to be a reflection of their own issues.
- 2. Ask yourself** what else the comment or behaviour might mean. For example, if someone doesn't smile or say hello, they might be shy.
- 3. Take comments** or criticism in a constructive way. Ask yourself if there's any truth to it, and what you can learn.
- 4. Take a different perspective.** Ask yourself how an unbiased outsider would see the situation.
- 5. Realise** that you can't please everyone.
- 6. Know** that you're not defined by your mistakes or criticism.
- 7. Realise** that your self-worth depends on you. It does not depend on what others say about you.

A positive mind finds opportunities in everything and a negative mind finds fault in everything.

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Fr. George invites you to offer the FIRST NAMES of LIVING family and friends for him to pray for their health and welfare during the August Paraklesis Services. Click here to submit.