

The Confessor's Tongue for October 17, 2010

21st Sunday After Pentecost: Fathers of the 7th Council; Prophet Hosea

In honor of St. Maximus the Confessor, whose tongue and right hand were cut off in an attempt by compromising authorities to silence his uncompromising confession of Christ's full humanity & divinity.

October 17: Ven. Martyr Andrew of Crete

Born a Cretan, he lived during the reign of the iconoclastic Emperor Constantine Copronymus. "Having united himself to the Lord from youth", Andrew led a holy hermit's life on the Island of Crete and was liked by all. Having learned about the persecutions against the holy icons, he was drawn to Constantinople to turn the Emperor aside from the persecution of the venerators of the holy icons. On the way Andrew saw bishops imprisoned, believers chained, torture everywhere and daily executions which only caused him to burn with even more zeal for the veneration of icons. Having arrived in Constantinople, he entered the Church of St. Mamas where the Emperor himself was, and began to bravely accuse him of impiety and anti-God activity. Warriors seized Andrew and began to beat him, but the Emperor stopped them and ordered Andrew to go to the palace. Here the holy hermit bravely objected to the Emperor for his mockery of idolatry, also entreating him "to all-piously honor" "the honorable depiction of the Savior and all the Saints", pointing out, by the way, that they execute anyone who does not render due respect to the imperial statues and images, but then turn around to impiously forbid to honor Jesus Christ in His paintings. The angry tsar ordered to beat and severely torture the hermit. After this the barely alive holy martyr was imprisoned. Here the Orthodox assembled and St. Andrew confirmed and encouraged them to stand up for the truth. Having learned about this, the Emperor again ordered that St. Andrew be tortured. They led him through the city to the place of execution, threw stones at him and, finally, one heretic rushed to the holy advocate of icons with an axe and killed him in the year 767.

The Sayings of St. Anthony the Great

Some say of St. Anthony that he was 'Spirit-borne', that is, carried along by the Holy Spirit, but he would never speak of this to men. Such men see what is happening in the world, as well as knowing what is going to happen.

Saying 30 Sayings of the Desert Fathers

Commentary: As St. Seraphim of Sarov expressed it, the goal of the Christian life is to acquire the Holy Spirit. Though all receive the Holy Spirit at Baptism, here we speak of something else: one who has submitted himself to God, who has become a clean temple where the Holy Spirit may dwell fully without being offended by one's life. Here is one who does not quench the Spirit by his carelessness and inattention or grieve the Spirit by sins. We read in the Scriptures of revelations given to John when he was "in the Spirit" and of prophets and apostles being caught up by the Spirit and taken to another place. Christ says of the Spirit: "The wind bloweth where it listeth [desires], and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it

goeth: so is every one that is born of the Spirit." There are many things we have yet to experience in God. "Mind hath not seen nor ear heard, neither hath it entered into the heart of man the things the Lord hath in store for those who love Him." Those who enter deeply into the life of God experience great and wonderful things that most of us cannot imagine. And they are reticent to speak of it. A sign of a true saint is that there is no self-promotion, no calling of attention to himself. And one never speaks of the treasures one has received from God lest one lose them.

Fr. Justin Frederick

Prayers of the Hours for Home Use

Here is a way to pray briefly at a set time or times during the day which will help us to be more mindful of God. The Church has set the hours of 9 a.m., noon, and 3:00 p.m. as times of prayer.

Pray the Trisagion prayers, then pick the prayer of the hour closest to the time you are praying and use it as indicated. Then after twelve Lord, Have Mercys, use the general Prayer of the Hours. If about to begin a task, no matter how humble, use one of the prayers for beginning any action. You may add any other prayers you wish and then close with the concluding prayers. Many of us will find ourselves strengthened against temptations and motivated more to pray at night if we would keep but one of these times.

This 'rule' is short enough to do at work. It is also suggest that one do the prayers for the Ninth Hour upon coming home from work or school, before doing other things at home.

Basic Beginning/Trisagion Prayers

Through the prayers of our holy Fathers, Lord Jesus Christ our God have mercy on us. Amen.

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, who art everywhere present and fillest all things, Treasury of good things, and Giver of Life: Come and abide in us, and cleanse us from every stain, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, look upon and heal our infirmities for Thy name's sake.

Lord, have mercy. (thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Amen.

Prayer of the Third Hour (9:00 a.m.)

O Lord, who at the third hour didst send down Thine all-holy Spirit upon Thine Apostles, take not the same from us, O Good One, but renew Him in us who pray unto Thee.

Glory... repeat
Now and ever...repeat

Prayer of the Sixth Hour (noon)

O Thou who, on the sixth day and at the sixth hour, didst nail to the cross Adam's daring sin in Paradise, tear asunder also the handwriting of our sins, O Christ God, and save us.

Glory... repeat
Now and ever...repeat

Prayer of the Ninth Hour (3:00 p.m.)

O Thou who at the ninth hour for our sake didst taste of death in the flesh, mortify the presumption of our flesh, O Christ God, and save us.

Glory... repeat
Now and ever...repeat

Lord, have mercy (12).

Prayer of the Hours (for any hour of the day or night)

O Thou, who at all times and at every hour, both in heaven and on earth, art worshipped and glorified, O Christ God, long-suffering, great in mercy and goodness of heart; who lovest the righteous and hast mercy on sinners; who callest all men to salvation through the tidings of good things to come: do Thou, the same Lord, receive also our prayers at this hour, direct our lives in Thy commandments, sanctify our souls, cleanse our bodies, direct our thoughts, cleanse our minds, and deliver us from every tribulation, wickedness, and affliction; encompass us by Thy holy angels, that guarded and guided by their host, we may become worthy of the unity of the faith and of the understanding of Thine unapproachable glory, for blessed art Thou unto ages of ages. Amen.

Prayer before the Beginning of Any Action

Almighty God, our Help and Refuge, Fountain of wisdom and Tower of strength, who knowest that I can do nothing without Thy guidance and help: assist me, I pray Thee, and direct me to divine wisdom and power, that I may accomplish this task, and whatever I may undertake to do, faithfully and diligently, according to thy will, so that it may be profitable to myself and others, and to the glory of Thy Holy Name. For Thine is the kingdom and the power and the glory, of the Father, and of the

Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

O Lord Jesus Christ, only-begotten Son of Thine Eternal Father, Thou hast said with Thy most pure lips: "Without Me, ye can do nothing." O Lord, my Lord, with faith I embrace in my heart and soul the words spoken by Thee; help me, a sinner, to accomplish the task begun for Thine own sake by me, in the Name of the Father and of the Son and of the Holy Spirit. Amen.

Prayer of St. Anthony of Optina for the Beginning of Any Work

O God, attend unto my help, O Lord, hasten to help me. Direct, O Lord, all that I do, read, and write, all that I think, say, and understand, to the glory of Thy holy name, that from Thee all my works may receive their beginning, and in Thee they may find their end. Grant, O God, that I not deny Thee, my Savior, in word, in deed, or in thought, but that all my deeds, advice, and thoughts may be to the glory of Thy most holy Name. O God, attend unto my help, O Lord, hasten to help me. (From the Optina Monastery Prayerbook, Fr. Justin Trans.)

After the Completion of any Act

Thou art the fullness of all blessings, O my Christ: fill my soul with joy and gladness, and save me, for Thou alone art the most merciful.

Concluding Prayers

Lord, have mercy (3).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

More honorable than the cherubim, and more glorious without compare than the seraphim, who without corruption gavest birth to God the Word: verily, Theotokos, we magnify thee.

O Lord Jesus Christ the Son of God, for the sake of the prayers of Thy most pure mother, our venerable and God-bearing fathers, and all the saints, have mercy on me a sinner. Amen.

On Prayer from Optina

Do not forget prayer—it is the life of the soul. *St. Nikon*

Prayer is food for the soul. Do not starve the soul, it is better to let the body go hungry. Do not judge anyone, forgive everyone. Consider yourself worse than everyone in the world and you will be saved. As much as possible, be more quiet. *St. Joseph*

Upcoming Events 2010

- 15 November: Pan-Orthodox Unction Service at SS. Constantine & Helen, 7:00 p.m.
- 22 December, Wednesday: Metropolitan Jonah visits at Vespers.

GLORY BE TO GOD IN ALL THINGS!