



St. E Premte Albanian Orthodox Church

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stepremte.org

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Sunday Liturgy 10:00 Am

September & October

Schedule of Services

Divine Liturgy at 10:00am

Monthly Feasts

Sep 8- Nativity of the Theotokos

- Celebrates the birth of the Virgin Mary.

Sep 14 -Exaltation of the Holy Cross

- Commemorates the finding of the True Cross and the dedication of the Church of the Holy Sepulchre.

October 1st - The Feast of the Protection of the Theotokos

- Commemorates the Virgin Mary's miraculous appearance in Constantinople in the 10th century. During a siege, the Theotokos appeared to Saint Andrew the Fool-for-Christ, spreading her veil over the faithful as a sign of protection. This feast emphasizes Mary's role as a protector and intercessor for Christians.
- It is also observed in Greek Orthodoxy with prayers for the Virgin Mary's continued protection.

News from The Albanian Archdiocese of the Orthodox Church in America

First Anniversary of Episcopal Ordination of Bishop NIKODHIM



September 16, 2024 - Për Shumë Vjet O Kryezot – this September, **September 16, 2024**, the Albanian Archdiocese celebrates the **first anniversary of Bishop Nikodhim's**

ordination and enthronement as its ruling bishop. The ceremony took place at **Saint George Cathedral**, where **Metropolitan Tikhon**, Archbishop of Washington and All America and Canada, along with six other Orthodox bishops, ordained **Archimandrite Nikodhim** through the laying on of hands, continuing the tradition of **Apostolic Succession**. This moment marked a significant event in the Archdiocese's history.

Assembly in Philadelphia - September 19-21, 2024

The Archdiocesan Assembly, held on September 20, 2024, at Ss. Peter and Paul Church in Philadelphia, gathered clergy and lay delegates for discussions on diocesan governance and unity. The 3-day event included a business meeting, liturgies, a banquet, and special sessions on religious education and working together towards Christ's Kingdom, with guest speaker Father Grigori Pelushi from Albania, priest of the Orthodox Church of Albania and Chair of Radio Ngjallja. The Assembly also celebrated the tonsure of Father Dennis Rhodes and Deacon Juxhin's ordination to the priesthood. His Grace led a memorial for reposed clergy and honored James Liolin for his 55 years of service to the Theological Student Fund.

For the Health & Well-being of:

Please remember them in your prayers. May God give them strength to endure and get well.

Paula Thomas and Christopher Thomas

NAME - To add the name to the prayer list, leave a voicemail 216-941-1508 or email Victor at office@stepremte.org

Departed

May their memory be eternal!

To add the name leave a voicemail 216-941-1508 or email Victor at office@stepremte.org

The Jesus Prayer By Fr.Yves

I was asked by someone, what is the Jesus prayer that everyone in orthodoxy is talking about. Well first we are told by Jesus Christ and the Church Fathers to pray without ceasing or without stopping. In the bible it says "Rejoice always, pray without ceasing, give thanks in all circumstances for this is the will of God in Christ Jesus for you" 1 Thessalonians 5:16-17

We know that our Churches are the houses of prayer, and so we pray while we are in them on Sunday. We also set aside a special time of the day through the week to pray to God. But how many of us always have the name of Jesus Christ in our hearts. The Orthodox method or way of unceasing prayer is called the Jesus Prayer. It is a prayer said in silence over and over again, until it becomes always in our heart, and in our soul calling out to the Jesus Christ our

Lord, so that one can truly say, "I sleep, but my heart, as it beats, prays to Jesus."

The history of this pray goes back many years. We know that it was used in the sixth century in the Monastery of St. Katherine on Mt. Sinai, (Moses 10 commandments) the oldest Christian monastery. From there it was taken by St. Gregory of Sinai to Mt Athos, and to this day remains a center for the prayer to God. The Jesus Prayer is a marvelous prayer; it is a prayer for beginners and for Saints. It can lead to the deepest mysteries of a spiritual life... It can be used by anyone of any age, at any time, and in any place: standing, walking, travelling on the buses, or when working. When unable to sleep at night or in times of temptation or in time of trouble.

The Jesus Prayer can be used in three ways. One, as the prayer of the heart in silence, in the monastic way of life, which if done improperly, and without the guidance of a spiritual Father, is very dangerous.

Two, the Jesus Prayer can be used as the constant silent and spiritual prayer by the faithful Orthodox Christian as he or she lives an active life in the world saying this prayer throughout the day, or whenever one can. It can be said throughout the day, while we are at work or relaxing at home or just before sleep. St Palamas said that unceasing mental prayer is the duty of all Christians. For this method helps us to be united with God by the unceasing remembrance of his name //and that Christ is always with us.

The third method of using the Jesus Prayer is to have it always ready in times of temptation and great danger or fear. In this way says St John Climacus "you can flog or whip you enemies, the devil or temptations, with the name of Jesus Christ, for there is no stronger weapon in Heaven or on the earth". The only way to fight off the devil and his tricks is to not rely on oneself, but to use the name of Jesus Christ as a shield and sword.

The Jesus prayer is said to Jesus as Lord and the Son of God, because this is center of the entire Orthodox Faith or what we believe, revealed by the Holy Spirit.

The words of the Prayer of the heart or the Jesus Prayer is as follows: "Lord Jesus Christ, Son of God, have mercy on me a sinner".

Jesus Prayer is not only for monks. We are told that the prayer is for cab drivers, social workers, business persons, teachers, professional baseball players (not used to win a game), and psychiatrists. We use the Jesus Prayer to do God's will, not our own. Anyone, everyone can say the Jesus Prayer. There are no special conditions for saying the Jesus Prayer. We are all sinners and need to pray, always and have God in our minds and heart. Bishop Kallistos Ware has sound advice for those who simply cannot find a proper guide or spiritual father. They may still practice the

Prayer without any fear, so long as they do so only for a limited time, for no more than ten or fifteen minutes at a time - and so long as they make no attempt to interfere with the body's normal rhythms or how the body works like eating and sleeping and so on.

To put it simple when you are afraid or in danger cross yourself and say the Jesus prayer to chase the devil away. Again the words of the prayer are "Lord Jesus Christ, Son of God, have mercy on me a sinner".

Zoti Jezus Krisht, bir i Perëndisë, ki mëshirë për mua mëkatarin

Amen.

Push until when

A man was sleeping one night in his cabin when suddenly his room filled with light, and God spoke. The Lord told the man he had work for him to do, and showed him a large rock in front of his cabin. The Lord explained that the man was to push against the rock with all his might...

So, this the man did, day after day. For many years he worked from sunup to sundown, his shoulders were set against the cold, huge surface of the unmoving rock, pushing with all his might!

Each night the man returned to his cabin sore and worn out, Feeling that his whole day had been spent in vain. And was useless thing to do. Since the man was showing discouragement, the (the devil) decided to put a thoughts into this mind or head: (the devil does this all the time. The devil said You have been pushing against that rock for a long time and it hasn't moved." he gave the man the idea that the task was impossible and that he was a failure. These thoughts depressed the man. The devil or Satan said, "Why kill yourself over this? Just spend your time doing the least effort; and that will be good enough."

That's what the man planned to do, but decided to make it a matter of Prayer and to take his troubled thoughts to The Lord.

"Lord," he said, "I have labored long and hard in Your Service, putting all my strength to do that what you have asked. But, after all this time, I have not even budged that rock by half a millimeter. What is wrong? Why am I failing?"

The Lord answered gently, "My friend, when I asked you to serve Me and you accepted, I told you that your task was to push against the rock with all of your strength, which you have done.

Never once did I mention to you that I expected you to move it. Your task was to push. And now you come to Me

with your strength Gone, thinking that you have failed. But, is that so? Look at yourself.

Your arms are strong and muscled, your back shiny and brown; your hands are callused or rough from constant pushing, your legs have become strong and hard. By this work you have grown much, and your skills are better than they were before. True, you haven't moved the rock. But your calling was to be Obedient and to push and to exercise your Faith and trust in My Wisdom. That you have done. Now I, my friend, will move the rock."

At times, when we hear a word from God, we tend to use our own intellect or brains to understand what God Wants, when actually what God wants is just simple obedience and faith in Him.

By, exercising our Faith that moves mountains, but know that it is still God Who moves The Mountains.
When everything seems to go wrong**Just P.U.S.H**
When the job gets you down..... **Just P.U.S.H.**
When people don't do as you think they should.....
Just P.U.S.H.
When your money is "gone" and the bills are due..... **Just P.U.S.H.**
When people just don't understand you... **Just P.U.S.H.**

P = Pray, U = Until, S = Something, H = Happens

We all need a good PUSH once in a while, so.... Pass this on to your loved ones and friends who may need it; they may get it just in time. "Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

By George Belobab

Other Items

Our church would like to have greeters and singers. Please see John Thomas.