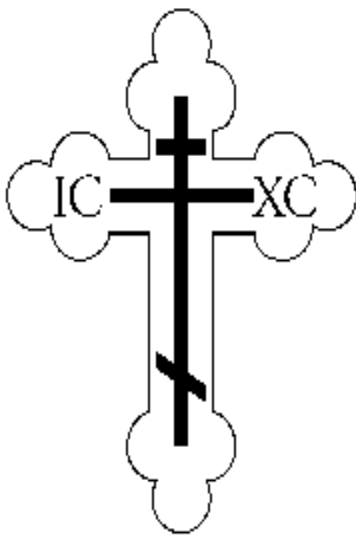


# “GOOD NEWS”

Glory To Jesus Christ!  
Glory Forever!



## Holy Resurrection Orthodox Church

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I am the Resurrection and the Life.  
Whoever believes in me shall not die,  
but shall have life everlasting.

~ John 11:25

Volume III- Winter Edition  
Compilation: Greg Ryehlo  
Editing and Format: Lorraine Grier

## Father's Forum

***“The people who sat in darkness have seen a great light . . .” (Isaiah 9:2, as quoted in the Gospel according to Matthew 4:16)***

In the pages of the New Testament, there are many different images employed to characterize the experience of human beings who have come to know Jesus Christ as their Lord and Saviour. For example, in Romans chapter 5, St. Paul talks about *justification* (“being put right with God”) by utilizing ideas drawn from Jewish and Roman law. In the same epistle, chapter 6, he switches to language of *incorporation* when he describes how Christians become part of Christ’s body through dying and rising with Him in baptism. In 2 Corinthians (5:17), Paul describes the believer’s entry into life with Christ as their becoming *new creatures* who are part of a *new creation*. St. John’s Gospel (8:32) quotes Jesus as saying that “the truth shall make you free”; this idea of the Christian’s *release from slavery* is echoed by St. Paul in Romans when he talks about our having been “set free from sin” (Rom 6:18) and of our entering into the “glorious liberty of the children of God” (Rom 8:21). Finally, the New Testament abounds in imagery that sees Christ’s coming as conferring *illumination* or *enlightenment* on human persons both individually and collectively. To give but two examples of this latter train of thought we note that Jesus proclaims Himself to be the “Light of the world” (John 9:5) while the Theotokos at her annunciation rejoices in her Son who will be “a light to enlighten the Gentiles” (Lk 2:32).

All of these varied images – justification, incorporation into Christ, becoming new creatures, release from bondage, illumination – might be described collectively as ‘metaphors of salvation’ even as we realize that the very word ‘salvation’ (*sôteria* in Greek means ‘healing’) is itself a metaphor, drawn from the realm of medicine. Certain of the foregoing metaphors were more popular than others with the first Christians, and passed easily from the New Testament documents into the Church’s liturgy and the writings of the Church Fathers. In the East Christian world of the Greek Fathers, ideas of salvation as illumination or enlightenment or receiving the ‘light of Christ’ were especially prominent so that, for example, it became common to refer to baptism as ‘Holy Illumination’ and to celebrate both Pascha and Christmas-Theophany (originally a single feast) as ‘Feasts of Light.’

We Christians living in the northern hemisphere, surrounded as we are by the freezing darkness of another prairie winter, can appreciate the wisdom of our ancestors in the Faith who borrowed and ‘baptized’ the annual pagan celebration of the re-birth of the sun. Huddled together in the mid-winter gloom, the pre-Christian ancients clung to the hope that the gods would once again send back to them the warmth and light of the northern summer sun. The early Church was able to discern this natural human longing for ‘the Light’ as a foreshadowing of the coming into our world of Him who the Orthodox hymns of Christmas (echoing Prophet Isaiah) proclaim to be the ‘Sun of Righteousness.’ Our annual

evening celebrations of the Nativity and Theophany have come and gone. As always, they were filled with the 'gladsome light' of Christ's saving presence in our midst. At Christmas we rejoiced in the birth of a Saviour who has "shone to the world the light of wisdom." At Theophany the symbolism of light and illumination was continued as we praised the Lord Jesus Christ who has "revealed [Himself] and enlightened the world." O come, Let us adore Him!

With love in Christ, and best wishes for 2009,  
Fr. Cyprian

## **President's Message**

CHRIST IS BORN! LET US GLORIFY HIM! At this time of year I always feel an overwhelming emotion of renewal. It is no doubt because we celebrate the birth of God the Word! It is this birth that gives us hope, happiness and joy. It makes me want to shout to the hills that glorious prayer, HALLELUJAH! (PRAISE GOD!). Again our parish has much to praise Him for. We have been given gifts in our church that only come from Him. We see those things every day, a worship place that is becoming more beautiful each day, a parish that is growing in Christ every minute, and wonderful clergy who have become more endearing shepherds to every one of us by the moment. The manifestation of His Glory shines more brightly in every essence of our being as He continues to heal us from our past. GLORY TO HIM IN THE HIGHEST!

I pray that the Lord continues to bless each and every one of you through His Glorious coming. May we continue to care for and look after one another as He has taught us by His Heavenly Birth entrusting us to look after Him as a helpless baby. May we continue to shout, HALLELUJAH, HALLELUJAH, HALLELUJAH!

CHRIST IS BORN! LET US GLORIFY HIM!

Greg Rychlo  
Parish Council President

## **Food Bank Requests**

We like to thank those that continue to bring regular food items for the food bank. If possible please include canned milk, fruits, meats, and vegetables in your contributions. As well pastas in any form are always welcome. Remember that all Church Council members will assist if there are persons that come to you in need. If you have someone come to you in for assistance other than food, please contact Fr. Cyprian or Greg Rychlo.

## **Christmas Basket Program**

The Christmas Basket Program was a rousing success. Our parish was able to assist in making Christmas a little brighter for some families with in our parish. What a wonderful gift and blessing is it for the Lord to allow us to give! We pray that God Bless those that have accepted the baskets and those that have given to them.

## **Church Beautification and Infrastructure**

Our temple at Holy Resurrection Orthodox Sobor has undergone considerable updating over the past year or two, thanks to the efforts of Yvonne Romano, Max Ferguson, and others who have given time to make our church more functional and beautiful.

Here is a list of many of the renovations undertaken:

1. Pastor's office renovation
2. Window repair and lexan covers to prevent damage due to vandalism
3. Shingle repair to the roof
4. New furnace and air conditioner
5. Rebuilt ambo and altar area renovations, including an altered altar area bench, chair rail and wainscoting, and repainting of the walls
6. New altar
7. Floor covers replaced by new carpet in the nave and by tile in the narthex, stairwells, and the vestry and preparation rooms; area carpets complement the church entrances, nave, ambo and altar area.
8. Icon spaces on side and back walls; a new icon of the Mystical Supper is completed and ready for mounting above the Royal Doors
9. Plasticized windows for improved energy efficiency during the winter months
10. New seating possibilities that allow for flexibility in the arrangement of pews and chairs to strike a balance in room for seating and open area for standing, processions, prostrations.

Further improvements are being discussed in parish council and will be undertaken as budget lines are established to commit funds to bring them about.

Submitted by Subdeacon Neil Sedgewick, Maintenance Committee Chairman

## **Youth**

The youth are the future of our parish. We would therefore like to encourage the younger members to become more involved with the regular liturgical services. Specifically young readers are needed. With that in mind, it is a goal to recruit and coach new young readers. If your sons or daughters have expressed an interest in reading, please have them contact Fr. Cyprian or Reader Max Ferguson.

There are two initiatives the parish has under taken to help ensure Christ's mission to us is best reflected. These will be assigned to the youth to manage, offer assistance and fund raise for the projects. They are NASHI and TEEN CHALLENGE. Please pray for our youth as they take on these worthwhile and important projects.

## **Ask The Clergy**

*This section of the "Good News" is a forum whereby parishioners can ask the Clergy of our parish questions of Christian life, living and theology or any other things they wish. Please take this opportunity to ask those nagging question you have wondered about. You can do this by putting your question on paper and placing it in the box marked "Ask The Clergy" located on the food table down stairs. You can bet that you are not the only one with questions and many may have the same question you are asking. Please take the time to help everyone learn and grow by submitting your question and having a "man of the Cloth" answer.*

Here is one of the questions submitted by a parish member and answered by Sub Deacon James. Enjoy and learn!

### **How does the church name its Saints? What is its Process?**

*God is Wonderful in His Saints! (Psalms 67:36.)*

This proclamation that the Psalmist makes from scripture is an important one. God is wonderful in His Saints! I believe this is a key to the understanding of the making of a Saint. God must dwell in the saint, male or female, a person whose whole life is enraptured with God and whose very being is permeated and filled with God the Holy Spirit.

*The fruits of the spirit will be most evident in their lives, love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance.  
(Galatians 5:22-23)*

All of us are called to be Saints and to live a life of Sainthood--this life of cooperation or synergy with God. As baptized believers in Christ we are His chosen, His beloved, and His saints. I like this saying: 'there are small s Saints and large S Saints'. All are saints and all are precious in God's sight. I remember a sermon some years ago about Saints in the church. It was explained that Saints are normal people like you and I with all our weaknesses, sins and shortcomings. If this is true then you and I have the makings of becoming a Saint! I would recommend picking up a book on the lives of the Saints and you will have a window into the lives of those who struggled in this journey toward Sainthood.

How does the Orthodox Church declare a person a Saint?

It would seem that almost all the Saints were recognized by the Church simply by observing their lives in Christ as they were in the local church, praying and worshipping God. The church should not be limited to the Hierarchy of the church [Bishops, Archbishops, and Priests etc.]. The church of God is the Laos--- People of God; the Laikos---the Laity. All are included, all, are important in the decision making.

The recognizing or acknowledgement of Saints is a result of the Clergy and the faithful sharing in their experience, knowledge, and conviction of a life whose reputation and virtue was noticed as one set apart and grace filled. The process of declaring a saint usually begins in the city or town where this Saint resides and sometimes in a region. It is after their death, that people start remembering the Holy life that this Saint had led. It could be Martyrdom, gifts of knowledge wisdom, their moral example etc.

The faithful will often ask the Saint's intercession concerning something and prayers will be answered and healings also happen praying at their graveside. A clergy or a hymnographer may write a hymn or Akathist (prayer service) to this particular saint and Iconographers will write an Icon long before the Saint is officially recognized.

The faithful will use these vehicles of grace for veneration and devotion and for the invoking of the Saint's intervention in their time of need. In most recent times some Saints have been declared by a Holy Synod of Bishops; however they are only reaffirming that which has been recognized by the church and its faithful.

The Saints by their Holy example have run the race, fought the fight, endured to the end and they are the "Clouds of Witnesses" that are cheering us on to live the life worthy of being a believer and follower of Christ.

## Inspirational Reading

The following was submitted by Samuel Tesfamariam. It is the *LORD's PRAYER* in Ge'ez.

ደሕሪ ሕውነታዊ ሰላምታ ምቕራብ ቡተክርሳትያን ሳብር ሆሊ. ረዘረክሸን፤  
አብቲ ብቕዳሊ ከሕተም ተመዲቡ ዘሎ መጽሓፍቶም ሃይማኖታዊ አስተምህሮ  
ሐዘል ብትግርኛ ወይ ብግእዝ ከንጽሕፋ ብዝነበሩልና ዕድመ መሰረት በዘሊ  
ቅስፅብ ጸሎት ብግእዝን ብትግርኛን ንጅምሮ አሎና።

### አቡነ ዘበሰማያት ።

አቡነ ዘበሰማያት ይቀደስ ስምኪ፤ ትምጻእ መንግስትኪ፤ ወይኩን ፍቃድኪ  
በከመ በሰማይ ከማሁ በምድር። ሲሳይነ ዘለሰሰትነ ሃሰነ ሱም፤ ህድግ ሲነ  
አበሳነ ውይህይነ ከመ ንሕነ ንሃድማ ልዘአበሰ ለነ። አታብእነ እግቢአ ውሰቶ  
መንሰት፤ አላ አድህነነ ወባሊሐነ አም ኩሉ ጸኑይ። አሰመ ቢእከ ይእቲ  
መንግስት ሃይል ወሱብሐት ለዓለመ ዓለም። አሜን።

### አብ ሰማይ ትነብር አቦና።

አብ ሰማይ ትነብር አቦና ስምኪ ይመስገን፤ መንግስትኪ ይምጻእ፤ ፍቃድኪ  
አብ ሰማይ ከም ዝኸውን ከምእ አብ ምድሪ ይኹን። ምግቢ ዕለትና ሰማይ  
ሃቦና፤ ንዝበደልናኪ ይቕረ በለልና፤ ንሕናውን ንዝበደለና ይቕረ ከም ንብል፤  
ናብ ፊታና አይተላትወና፤ አንካብ ከፃሕ ድእ አድኸነና። አሜን።

The following is an excerpt from *Sacred Symbol That Speak* Volume 1 by Anthony M. Coniaris.

----- **A Christmas Candle in the Window** -----

There is a beautiful Christmas tradition in some European countries of placing a candle in the windows of homes on Christmas Eve. This is done in honor of the Christ Child. If Mary and Joseph are out that night looking for lodging, the candle in the window is a sign of hospitality and welcome to them. But Mary and Joseph are not with us any more. So, the candles indicate to travelers and strangers that there is room for them in those homes on Christmas Eve. Any who are in need are invited in, fed and sheltered in the name of Christ.

If the inner flame of God's presence is really burning within us, it will express itself outwardly as a sign of hospitality and welcome to all who are lost, offering them the warmth and the light of Christ. It will be an inviting flame, transforming us into burning and shining lights for Christ.

.....

**How can I know?**

How can I know God as God really is?

How can I know Christ as the way, the truth and the life, the light of the world?

How can I know the Church as the fullness of Him who fills all in all, the household of God and the pillar and bulwark of the truth?

Orthodox Christian scriptures, saints, and spiritual teachers would ask you to do the following things as faithfully and honestly as you can.

1. Be ready to do whatever it takes to know. Humbly and courageously do what you learn. Follow what you come to know, whatever the cost. Do not lie to yourself. Do not argue with others.
2. Pray for enlightenment, even if your prayer is "to whom it may concern." Pray something like this: "God, if you exist, reveal yourself to me." If you somehow believe in God, pray "God, reveal yourself to me as you really are." As you pray, do not look for anything. Let whatever happens happen.

3. While praying this way, read through the New Testament very slowly at least three times, and then continue to read regularly, a little at a time. Take time to do this. Do not be bothered about what you don't understand. Try to put into practice what you do understand.
4. Go to Orthodox Church services if and as you can. Just be there and listen. Do not judge the people who are there in any way. Do not be bothered about what you don't understand. If you are a confused and troubled member of the Orthodox Church, do not serve, read or sing in the choir during this period. Also, do not participate in any way in church councils, committees, organizations or activities.
5. Do not lie about anything, do not consciously harm anyone, try to be kind and good to everyone you meet, without exception. If possible do some good work for others, even if just for an hour or two a week, as secretly as possible. Also if possible, give away some money secretly to those in need.
6. If you are not married, do not engage in any sexual acts at all, of any kind, even with yourself alone. If you fail in this, forget it immediately and start over.
7. Do not get drunk. Do not eat too much. Do not eat unhealthy foods. Try to eat and drink less than normal a couple of days a week, e.g. on Wednesdays and Fridays.
8. Sit in total silence at least 10 to 15 minutes a day, or even up to 30 minutes a day if you can, watching the thoughts that come to your mind and letting them go with a prayer: "God [if you are there] enlighten my mind. God [if you are there] help me with this. God [if you are there] help these people who come to mind."

~~Protopresbyter Thomas Hopko~~

## Parishioners' Ponderings

Be Not troubled

Be not troubled by such Troublesome Light,  
The crow's-nest Watch guides in Thy Night.  
Bright shadowed sand, sea Thy Slip,  
Can move 'tween worlds - Above, Below, Beyond-  
Thy compass past broke up Thy lighthouse Watch,  
And Watch, Thy Watch broke-up Thy Light.

The Man's Moon wax-waning cycles be  
Not troubled; Hanging loose on clouds skirted  
Bloom or Bust. All round knowledge showed no sign,  
Pre-ordained - Thy Hand pinned him to time;  
And pinned Thy Tempest Rage to Lunar's Crest.

By Jacob's Well come living springs,  
Watered by Thy Hand.  
Wild beasts drink and find their ease.  
Feathered creatures Trouble not,  
When Season's Signal clear to fly;  
Peace reigns, and Flocks pack up their all  
To gather South.  
Leaves do not tremble they may overstay.  
Buds and Berries do not quake at their opening array.

All Nature Obeys Thy Call in perfect slumber rest,  
But now remains as ever Troubled is Man's Heart.  
We should instead take all cue and cure,  
From Thy Beloved Apostle John -  
And Be not troubled. Laying soft against Thy Breast.

Poem by Susan Syrnick

## A Little Levity by Sub Deacon James

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
4. Now matter how much you push the envelope, it'll still be stationery.
5. A dog gave birth to puppies near the road and was cited for littering.
6. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
7. Two silk worms had a race. They ended up in a tie.
8. Time flies like an arrow. Fruit flies like a banana.
9. Atheism is a non-prophet organization.
10. Two hats were hanging on a hat rack in the hallway. One hat said to the other, 'You stay here; I'll go on a head.'
11. I wondered why the baseball kept getting bigger. Then it hit me.
12. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'
13. A chicken crossing the road is poultry in motion.
14. The short fortune-teller who escaped from prison was a small medium at large.
15. The man who survived mustard gas and pepper spray is now a seasoned veteran.
16. A backward poet writes inverse.
17. When cannibals ate a missionary, they got a taste of religion.

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These are some **Good News** items that we hope interest you. If you have any comments on them or anything else in Parish life, please contact anyone on parish council. The members are: **Parish Priest:** Fr. Cyprian, **Council President:** Greg Rychlo, **Secretary:** Becky Machnee, **Financial Committee:** David Grier, Jeff Ferguson, Betty Rohr, Cory Owen, Jan Sedgewick, Evelyn Cymbalisy, **Maintenance:** Subdeacon Neil Sedgewick, , Reader Max Ferguson, Paul Guenther, **Events Committee:** Aggie Friesen, Lorraine Grier, Chrystal Herem , **Youth Coordinators:** Michael Luciuk, **Members At Large:** Kim Fast, Savelia Curniski.



CHRIST IS BORN!

GLORIFY HIM!

