

"The Fruit of the Spirit..." Galatians 5:22

# The Fruit Basket

Love • Joy • Peace • Goodness • Kindness • Faith • Patience • Temperance • Gentleness

Volume IV, Number 3 A friendly Orthodox Christian 'Zine MARCH 2009

## PSALM 141

O Lord, I call to you; come quickly to me. Hear my voice when I call to you. May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

Set a guard over my mouth, O Lord; keep watch over the door of my lips. Let not my heart be drawn to what is evil, to take part in wicked deeds with men who are evildoers; let me not eat of their delicacies.

Let a righteous man strike me—it is a kindness; let him rebuke me—it is oil on my head. My head will not refuse it.

Yet my prayer is ever against the deeds of evildoers; their rulers will be thrown down from the cliffs, and the wicked will learn that my words were well spoken. They will say, "As one plows and breaks up the earth, so our bones have been scattered at the mouth of the grave."

But my eyes are fixed on you, O Sovereign Lord; in you I take refuge—do not give me over to death. Keep me from the snares they have laid for me, from the traps set by evildoers. Let the wicked fall into their own nets, while I pass by in safety." NIV



## THE FRUIT BASKET

Edited and published monthly  
by An Orthodox Christian

The goal of this publication is to provide a friendly, light, Orthodox Christian 'Zine (a mini-magazine) that contains a blend of "something to exercise our minds, something to make us laugh, and something to make us meditate on spiritual matters." It is also a venue for sharing our insights and interests.

Articles or comments from our readers are welcome. We reserve the right to edit for suitability, clarity and space. Printing of items does not imply endorsement by the church or the priest or even the editor of this publication.

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**Dear Folks,** We would love to hear from you. **1.** Please **send in** (a) short items of interest, inspirational or otherwise; jokes, puzzles, other, traditional holiday custom or recipe, or what have you.

(b) **Original writing** that could be an encouragement to the rest of us in our Orthodox Christian walk—gleaned from reflection, or experience during your life as a practicing Orthodox Christian. It could be a passage from the Bible or from a sermon, and tell why it is meaningful to you.

**2.** Typed or handwritten is fine. Don't worry about spelling, grammar or punctuation—all material is proofed before printing.

**3.** If your submission has already been printed someplace, please include the **source of your material**, if possible..

**4.** The whole name of the person submitting material will be printed unless some other preference is indicated.

A publication like this needs the heartbeat of the people—your wisdom, insight, humor, etc.—to make it come alive. *The Editor*

## MEDITATION

Grace to you and peace  
from God our Father and the Lord Jesus Christ.  
— II Corinthians 1:2 NASB

What a wonderful God we have...who so wonderfully strengthens us in our hardships and trials. And why does he do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them this same help and comfort God has given us.

II Corinthians 1:3-4 TLB

the *Bless Your Heart Each New Day*  
Calendar donated by Kathy Z, of Parma



We get reactions...

People talk....



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I really like that message about love on the February front cover. I wanted a special prayer about Love and this perfectly fills the bill.

Thanks! S. V.

*Thanks, S.V., it is a somewhat different slant from what we are used to seeing.*

*The Editor*

## LENT IN OUR LIFE

Exerpts taken from *GREAT LENT, Journey to Pascha*  
by Alexander Schmemmann pp.87-91.

**W**hat could be not only a nominal but a real impact of Lent on our existence? This existence is very different from the one people led when all these services, hymns, canons, and prescriptions were composed and established. One lived then in a relatively small, mainly rural community within one organically Orthodox world; the very rhythm of one's life was shaped by the Church. Now, however, we live in an enormous urban, technological society which is pluralistic in its religious beliefs secularistic in its world view, and in which we Orthodox constitute an insignificant minority. Our question thus is a very real one: how can we—besides introducing one or two “symbolical” changes into our daily life—keep Lent?

We can say without any exaggeration that although Lent is still “observed,” it has lost much of its impact on our lives, has ceased to be that bath of repentance and renewal which it is meant to be in the liturgical and spiritual teaching of the Church. But then, can we rediscover it, make it again a spiritual power in the daily reality of our existence? The answer to this question depends almost exclusively on whether or not we are willing to *take Lent seriously*.

To *take Lent seriously* means that we will consider it first of all on the deepest possible level—as a spiritual challenge which requires a response, a decision, a plan, a continuous effort. It is for this reason that the weeks of preparation for Lent were established by the Church. This is the time for the response, for the decision and the planning. The Church provides the following themes for meditation: Desire (Zacchaeus), humility (Publican and Pharisee), return from exile (Prodigal Son), the judgment (Last Judgment), and forgiveness (Forgiveness Sunday). If one also adds the prayer of the pre-lenten season, “Open to me the gates of repentance, O Giver of Life...,” and Psalm 137—“By the rivers of Babylon...”—one begins to understand what it means to “feel with the Church” how a

liturgical season colors the daily life.

**I**t is also a good time to read a religious book. Not only for the content learned but also to purify our mind from all which usually fills it. Concentrating our attention on something entirely different from the usual contents of our thinking, creates by itself another mental and spiritual atmosphere. There are other ways of preparation. The important point during the pre-lenten season is we look at Lent as it were from a distance, as something coming to us or even perhaps sent to us by God Himself, as a chance for a change, for renewal, for deepening, and that we take the forthcoming chance seriously. ✎

*The book is available in the bookstore or from the publisher:*  
Schmemmann, Alexander. *Great Lent*. Revised Edition. Crestwood, NY 10707-1699: St. Vladimir's Seminary Press, 1974, pp. 87-105.  
1-800-204-2665. ISBN 0-913836-04-4 )

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### LET US PRAY . . .

Almighty God, Who made all creation in wisdom, and by your inexpressible providence and goodness has brought us to these holy days for the purification of body and soul, for the controlling of bodily passions, for the hope of the Resurrection.

Who, during the forty days,

gave the Covenant into the hands of Moses  
in characters divinely traced by You:

Enable us also, O Holy One, to fight the good fight;

to accomplish the course of this fast;

to preserve in wholeness the faith;

to crush under foot the heads of invisible serpents;

to be counted a victor over sin;

and so uncondemned to attain the holy resurrection.

For all honor and glory is given to your noble and worthy Name,  
Father, Son and Holy Spirit

now and always and forever and ever. Amen. ✎

from **Liturgy of the Pre-Sanctified Gifts**

## DEVOTIONS FOR LENT—WEEK 1

Due to space restrictions only Tuesday devotions of each week will be given.

A lenten week begins on Monday and ends the following Sunday.

### First Week : Tuesday

Let us joyfully begin the all-holy season of abstinence; and let us shine with the right radiance of the holy commandments of Christ our God, with the brightness of love and the splendour of prayer, with the purity of holiness and the strength of good courage. So clothed in raiment of light, let us hasten to the Holy Resurrection on the third day, that shines upon the world with the glory of eternal life.

### Orthros—Clean Monday

**From the Fathers:** *Let our enemy too understand that we have taken much pains, in order to do what is well-pleasing unto God.*

St. John Chrysostom

### Prayer:

Heavenly Father, May we always listen to the words your Son Jesus has spoken, so that our joy may be full and deep and lasting, so that others may see and know tht we have been with Jesus and done His will. Amen

### Bible Readings:

Old Testament

Isaiah 1:19-31, 2:1-3

Genesis 1:14-23

Proverbs 1:20-33

**Meditation:** But he who listens to me will dwell secure and will be at ease, without dread of evil.

Proverbs 1:33



(From *Daily Lenten Meditaions for Orthodox Christians* by Presbyteria Emily Harakas)

## DEVOTIONS FOR LENT—WEEK 2

Second Week: Tuesday

We who believe in You know the wealth of Your great measureless compassion, O Master. With the Prodigal Son, in deep sincerity we all bow down before You. Accept us, sinners that flee to You for refuge, for there is no sin, O compassionate Lord, that can overcome Your love for mankind.

### Orthros—Second Sunday of Lent

**From the Fathers:** *Him alone shall you love, and Him alone shall you worship with all your mind and all your heart and all your strength; and His sayings and His commandments will be in your heart to do them...*

**St. Gregory Palamas**

### Prayer:

Lead us, O Lord, into a larger trust than we have known, so that we may cast our cares upon You, knowing that You love and care for us. Help us to confess our sins with humility and faith, so that we may return to You renewed. Amen

### Bible Readings:

Old Testament

Isaiah 5:7-16

Genesis 4:8-15

Proverbs 5:1-15

**Meditation:** But the Lord of hosts is exalted in justice, and the Holy God shows himself holy in righteousness.



**Isaiah 5-16**

(From *Daily Lenten Meditations for Orthodox Christians* by Presbyteria Emily Harakas)

## DEVOTIONS FOR LENT—WEEK 3

Third Week: Tuesday

O Lord, You helped gentle David in the combat and enabled him to overcome the Philistine. Come to the aid of Your Orthodox people, and by the weapon of the Cross cast down our enemies. In Your compassion show us Your mercy as of old, and make them know in truth that You are God, and that we who put our trust in You shall conquer. At the constant intercessions of Your most pure Mother, grant us Your great mercy.

**Vespers—Sunday of the Holy Cross**

**From the Fathers:** If you forgive few things, He forgives you few! If you forgive many things, He forgives you many.

**St. John Chrysostom**

### **Prayer:**

With faith in the strength of Your Holy Cross, may we put our lives in Your hands, O Lord and not draw them back when the way becomes hard, but continue to serve You completely in all we do without falling away. Help us and guide us, Lord, as we seek to serve You according to Your will. Amen

### **Bible Readings:**

Old Testament

Isaiah 9:9-21, 10:1-4

Genesis 7:1-5

Proverbs 8:32-36, 9:1-11

**Meditation:** For he who finds life and obtains favor from the Lord.

**Proverbs 8:35**



(From *Daily Lenten Meditations for Orthodox Christians* by Presbytera Emily Harakas)

## DEVOTIONS FOR LENT—WEEK 4

Fourth Week: Tuesday

Come, let us work in the mystical vineyard, making fruits of repentance grow within it; let us not labour for the sake of food and drink, but through prayer and fasting let us gain the virtues. And the Lord of the vineyard, pleased by our labour will provide the payment whereby He redeems our souls from the debt of sin, for He alone is rich in mercy.

**Orthros—Fourth Sunday of Lent.**

**From the Fathers:** Repentance is reconciliation with the Lord by the practice of good deeds contrary to the sins.

**St. John of the Ladder**

### **Prayer:**

Help us, O God, to seek earnestly and faithfully the best gifts which come only as we give ourselves and commit ourselves to You, Your Church, and your service. Amen.

### **Bible Readings:**

Old Testament

Isaiah 25:1-9

Genesis 9:8-17

Proverbs 12:8-22

**Meditation:** O Lord, thou art my God; I will exalt thee, I will praise thy name; for thou hast done wonderful things!

**Isaiah 25:1**



(From *Daily Lenten Meditations for Orthodox Christians* by Presbyteria Emily Harakas)

## DEVOTIONS FOR LENT—WEEK 5

### Fifth Week : Tuesday

The Kingdom of God is not food and drink, but righteousness and abstinence with holiness; and so the rich shall not enter into it, but those who entrust their treasures to the hands of the poor. This is what David the Prophet teaches us, saying: “The righteous man shows mercy all the day long; his delight is in the Lord and walking in the light he shall not stumble.” All this was written for our admonition, that we should fast and do good; and in exchange for earthly things may the Lord reward us with the things of heavin.

### Orthros—Fifth Sunday of Lent

**From the Fathers:** How can you ask your Lord to be mild and merciful to you, when you have been so hard and unforgiving to your fellow-man.

St. John Chrysostom

### Prayer:

Help us, Lord, to have the kind of heart that will show Your love and compassion toward our fellow man, no matter who he is, or no matter from what walk of life he comes. Teach us to live daily for the things that last beyond the immediate hour, unto Your everlasting Kingdom. Amen.

### Bible Readings:

Old Testament

Isaiah 40:18-31

Genesis 15:1-15

Proverbs 15:7-19

New Testament

Epistle—Galatians 5:22-26, 6:1-2

Gospel—St. Matthew 11:27-30

**Meditation:** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such, there is no law.



Galatians 5:22

(From *Daily Lenten Meditations for Orthodox Christians* by  
Presbytera Emily Harakas)

## REPENTANCE Selections from the Philokalia

Be attentive to yourself, so that nothing destructive can separate you from the love of God. Guard your heart, and do not grow listless and say: “How shall I guard it, since I am a sinner?” For when a man abandons his sins and returns to God, his repentance regenerates him and renews him entirely. —**ST. ISAIAH THE SOLITARY**

### I, ON GUARDING THE INTELLECT, SEC. 22<sup>1</sup>

*Comment.<sup>1</sup> Here Isaiah the Solitary expresses the same confidence that Paul speaks of in Romans 8:38-39, that “nothing can separate us from the love of God.” All that is required is for the sinner to repent and return to God.*

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Until a man is completely changed by repentance, he will be wise always to remember his sins with sorrow and to recall the eternal fire that they justly deserve. —**EVAGRIOS THE SOLITARY**

### I, ON PRAYER, SEC. 144<sup>2</sup>

*Comment.<sup>2</sup> Notice that the grammar here suggests it is not the person but the person’s sins that deserve eternal punishment. The texts of the liturgy remind the faithful repeatedly that even though our sins merit punishment, God is love and it is God’s nature to be merciful.*

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There is a sin that is always “unto death”: the sin for which we do not repent. For this sin even a saint’s prayers will not be heard.

### —**ST. MARK THE ASCETIC I, ON THOSE WHO THINK THEY ARE MADE RIGHTEOUS BY WORKS, SEC. 41<sup>3</sup>**

*Comment.<sup>3</sup> Here Mark the Ascetic is citing 1 John 5:16. While the Roman Catholic tradition has identified particular acts as “mortal” sins, in the Orthodox tradition we see that only a sin for which we don’t repent is “mortal.”*

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He who repents rightly does not imagine that it is his own effort that cancels his former sins; but through this effort he makes his peace with God. —**ST. MARK THE ASCETIC I, ON THOSE WHO THINK**

### **THEY ARE MADE RIGHTEOUS BY WORKS, SEC. 42<sup>4</sup>**

*Comment.<sup>4</sup> Mark suggests that salvation, while the work of God, nonetheless requires our participation. In the Orthodox tradition this is called synergism, a term that derives from the biblical statement of St. Peter that we are “cooperators” with God (synergoi).*



*Annotations by Allyne Smith. Translation of Philokalia by G.E.H. Palmer, Philip Sherrard, and Bishop Kallistos Ware*

## WORD SEARCH FOR MARCH

C T M S N O W D R O P S B L O O M M R C  
W Z V T L D X M R F Y F X M L Q R M K N  
V E N E R A T I O N O F C R O S S S O N X  
Y T B B E G I N G R E A T L E N T R R F  
N C L G T R Y N K Y T K H M N F R E B R  
D O N V X N P L N N X M T W G P P P G L  
L H O Q L X J N D X N R K W W O R R N M  
N N G M T G L R F L F Y N C S K W A I R  
P Z C V L H M A V B C O K E H A T Y V M  
P M F H M L S L G Z I Y S X I V S E I B  
H R I J E T U J Q T F T N N R O D R G K  
D C Y N I E Q F A H I Y O C R M N F S E  
L T C N I P S I T N L R R T Z Z I K M Q  
M F G J N - C E N J T T H W Z K W C L U  
L K Y R R N I O F A E O R F K L H I A I  
N T T W U G C R M A D C N P L N C R K N  
W F Q N K E K R I O R C N B H D R T T O  
Y N N R N F Y L X S Y E L A T M A A H X  
R A T T R T P S J Z B W S F T Y M P V V  
R L Z N R R U B M V B L L U R N M T L K  
T G Q A G N Z L X M W L O C N P E S P M  
R N M X D B L H R N H Y N O V D Q P L T  
R V P A R M R T H L V L K X M W A T E B  
Z F Y R V Q L R W J D V R K W R Q Y N R  
Y A D N U S S S E N E V I G R O F L T T  
S T . J O H N C L I M A C U S M Q Z B W  
Z P N K M E M O R I A L S A T U R D A Y  
L R S T G R E G O R Y P A L A M A S M N  
Y G R U T I L D E I F I T C N A S E R P



Daylight Savings time begins  
Sunday March 8.

Don't forget to Set your clocks  
ahead 1 hour on Saturday night.

## Word List for MARCH

Almsgiving	Mini-iris bloom
Annunciation	More Prayer
Begin Great Lent	Orthodox Sunday
Cheesefare Sunday	Presanctified Liturgy
Equinox	Repentance
Fasting	Repose St Innocent
Forgiveness Sunday	Snowdrops bloom
Full moon	St Gregory Palamas
March Winds	St Patrick
Martyr Matronia	St. John Climacus
Memorial Saturday	Veneration of the Cross

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### Funny Stuff Going on...

Su Wong marries Lee Wong. The next year, the Wong's have a new baby. The nurse brings out a lovely, healthy, bouncy, but definitely a Caucasian, WHITE baby boy.

'Congratulations,' says the nurse to the new parents. 'Well Mr. Wong, what will you and Mrs. Wong name the baby?'

The puzzled father looks at his new baby boy and says, 'Well, two Wongs don't make a white, so I think we will name him...

Sum Ting Wong.

Submitted by Augie

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**SENIOR CITIZENS ARE THE NATION'S  
LEADING CARRIERS OF AIDS!**

HEARING AIDS    BAND AIDS    ROLL AIDS

WALKING AIDS    MEDICAL AIDS

GOVERNMENT AIDS

And Most of All...

MONETARY AIDS....    to their kids!!



Give me the grace to see a joke,  
To get some humor out of life,  
And pass it on to other folk.

Life is like a hot bath,    The longer you stay in it  
the more wrinkled you get.



submitted by Kathy B.

## Cryptogram Challenge for March

The following message is written in code using regular letters instead of numbers or other symbols. Your task is to figure out the real letters that the code letters stand for. Start by writing the real letters (shown in the Cheat Chart below) above the code letters in the puzzle. That should help you to figure out some of the words. When you discover another letter, write it in the chart below and also write it above the code letters in the puzzle.

K T E C T N Y L U Q O X H O Y J T E F ,  
 C T N Y L Y T F O Y S O R M F , L F H  
 C Q M S T R M E F A M F C Z O X X J M  
 T F Q O Y Y Q T N X H M E . . .  
 L F H Q M Z O X X J M U L X X M H  
 Z T F H M E K N X U T N F Y M X T E ,  
 A O S Q C I S T H , M R M E X L Y C O F S  
 K L C Q M E , W E O F U M T K W M L U M .

O Y L O L Q 9 : ? F O R

**CHEAT CHART**--IT GIVES YOU SOME OF THE LETTERS.

<u>REAL LETTERS</u>	a	e	i	o	u	y	s	n	p
<u>CODE LETTERS</u>	L	M	O	T	N	I	Y	F	W

Write the letters in the chart below as you find the rest of them.

a	b	c	d	e	f	g	h	i	j	k	l	m
L				M				O				
n	o	p	q	r	s	t	u	v	w	x	y	z
F	T	W			Y		N		Z		I	

## WHAT IS A GRANDPARENT?

*(Taken from papers written by a class of 8-year-olds)*

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the colors of the flowers and also why we shouldn't step on 'cracks.'

They don't say, 'Hurry up.'

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

They can take their teeth and gums out.

They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a Grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.

They know we should have snack time before bed time and they say prayers with us and kiss us even when we've acted bad.

Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!

It's funny when they bend over; you hear gas leaks, and they blame their dog.



submitted by Mickey

## 5 MINUTE CHOCOLATE MUG CAKE

4 tablespoons flour                      3 tablespoons chocolate chips (optional)  
4 tablespoons sugar                      a small splash of vanilla extract  
2 tablespoons cocoa                      1 large microwave safe coffee mug  
1 egg  
3 tablespoons milk  
3 tablespoons oil

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly.

Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts (high).

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

EAT! (this can serve 2 if you want to feel slightly more virtuous).

This is the **Most Dangerous Cake Recipe** in the world because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

Submitted by Kathy B.



*(I tried this recipe and it is pretty good, and might even be considered great if you are desperate for something chocolate and have none at hand.*

*Maybe applesauce could be used in place of some of the oil to cut calories. Nuts might be good, too. The next trial will be to omit the cocoa and have a white cake. Whoever invented this has done a great service for midnight snackers!                      The Editor.)*

## RULES GUYS WISH WOMEN KNEW

1. If you think you are fat, you probably are. Do not ask us. We refuse to answer.

*2. Learn to work the toilet seat. If it's up, put it down.*

3. Most guys own three pairs of shoes. What makes you think we'd be any good at choosing which pair, out of thirty, would look good with your dress?

*4. No, we do not know what day it is. We never will. Mark anniversaries on a calendar.*

5. If you ask a question you don't want an answer to, expect an answer you do not want to hear.

*6. Sometimes we are not thinking about you. Live with it.*

7. Do not ask us what we are thinking about unless you are prepared to discuss such topics as navel lint, the shotgun formation and monster trucks.

*8. Sunday = sports. It's like the full moon or the changing of the tides. Let it be.*

9. Shopping is not a sport, and no, we are never going to think of it that way.

*10. Don't rub the lamp if you don't want the genie to come out.*

11. Crying is blackmail.

*12. Ask for what you want. Let us be clear on this one:*

*Subtle hints do not work. Strong hints do not work. Obvious hints do not work. Just say it!*

13. Come to us with a problem only if you want help solving it. That is what we do. Sympathy is what your girlfriends are for.

*14. Anything we said 6 months ago is inadmissible in an argument. All comments become null and void after 7 days.*

15. If you won't dress like the Victoria's Secret girls, don't expect us to act like soap opera guys.

*16. If something we said can be interpreted two ways, and one of the ways makes you sad or angry, we meant the other.*

17. Let us ogle. We are going to look anyway; it is genetic.

*18. You can either ask us to do something OR tell us how you want it done—not both.*



Submitted by Augie

## BIBLE BRAIN WORKOUT

181. Where does the Bible speak about “cold weather”?
182. In which city are we told that there was a college?
183. Who saw a vision of the Lord holding a plumb line?
184. Who alone in Scripture is said to have climbed a tree?
185. Of which king do we read that he married fourteen wives?
186. When was the head of a rebel chief cut off and thrown over the wall of the city in which he was being besieged?
187. Who called a prophet his enemy?
188. Where is it recorded that a king looked out of a window?
189. Which apostles are said to have wept?
190. Which prophet compared the king of Egypt to a whale?

*Answers on page 23*

*How did you score? A+ Bible Scholar 6 or more Correct ;  
A Superior 4+ correct; B+ Pretty good 3+ correct: C Fair  
2+ correct; Less than 2, an opportunity to make reading the  
Bible daily a wonderful habit!*



### MY SISTER

*Author unknown*

I thank God for my sister,  
And all her caring ways;  
The many times she’s helped me out,  
sprinkling sunshine on my days.  
Some folks seem without a Sis  
to get along just fine;  
but I know I’m blessed  
just to have  
A sister such as mine.  
Submitted by Ann L.



## LAW OF THE GARBAGE TRUCK

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches!

The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!'

This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.'

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so... love the people who treat you right. Pray for the ones who don't.

*Have a blessed, garbage-free day!*



Submitted by Mickey

## REMEMBER?

During WWII real butter was rationed, so we bought this great new invention called oleomrgarine! It came in a thick, clear plastic bag of white oleo with a little orange dye capsule in it. You squeezed the capsule to break it open inside the bag; then kneaded the whole bag for about an hour to color the plain white oleo yellow—to make it look like butter. (Then you kept watching for the plastic capsule casing to appear on your toast!)

Submitted by Ann K

*(Also, the Dairy industry, worried that people would buy it instead of butter, was reputed to be behind the regulation against selling the oleo already colored yellow. The Editor)*

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Don't laugh, your day is coming!



Submitted by Kathy B

## AAADD KNOW THE SYMPTOMS.....PLEASE READ!

Thank goodness there's a name for this disorder.

Somehow I feel better, even though I have it!!



Recently, I was diagnosed with A.A.A.D.D. - Age Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my check book off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Coke I'd been drinking.

I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over. The Coke is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye-- they need water. I put the Coke on the counter and discover my reading glasses that I've been searching for all

morning. I decide I better put them back on my desk,  
but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water  
and suddenly spot the TV remote someone left on the kitchen table.

I realize that tonight when we go to watch TV, I'll be looking for the  
remote, but I won't remember that it's on the kitchen table,  
so I decide to put it back in the den where it belongs, but first I'll water  
the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.  
So, I set the remote back on the table, get some towels and wipe up the  
spill. Then, I head down the hall trying to remember what I was plan-  
ning to do.

At the end of the day: the car isn't washed, the bills aren't paid,  
there is a warm can of Coke sitting on the counter, the flowers don't  
have enough water, there is still only 1 check in my check book, I can't  
find the remote, I can't find my glasses, and I don't remember what I  
did with the car keys.

Then, when I try to figure out why nothing got done today,  
I'm really baffled because I know I was busy all darn day,  
and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it,  
but first I'll check my e-mail...

Submitted by Augie

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### BIBLE BRAIN WORKOUT ANSWERS

- |                    |                                       |
|--------------------|---------------------------------------|
| 181. Prov. 25:20   | 186. 2 Sam. 20:22                     |
| 182. 2 Kings 22:14 | 187. 1 Kings 21:20                    |
| 183. Amos 7:7      | 188. Gen. 26:8                        |
| 184. Luke 19:4     | 189. Luke 22:62; Phil. 3:18; Rev. 5:4 |
| 185. 2 Chron 13:21 | 190. Ezek. 32:2                       |

# THE FRUIT BASKET

18893 Howe Road  
Strongsville, OH 44136



**Sunshine Greetings from**

**St. Matthew Orthodox Church**



## CALENDAR for March 2009

- 1 Cheesefare Sunday
- 2 Great Fast Begins  
Great Canon of St. Andrew
- Presanctified Liturgies on Wed. and  
Fridays throughout Great Lent
- 8 Sunday of Orthodoxy, 1st Sunday
- 14 Memorial Saturday
- 15 St Gregory Palamas, 2nd Sunday
- 21 Memorial Saturday
- 22 Ven. Precious Cross, 3rd Sunday
- 25 Annunciation Most-Holy Theotokos
- 28 Memorial Saturday
- 29 St. John Climacus, 4th Sunday