

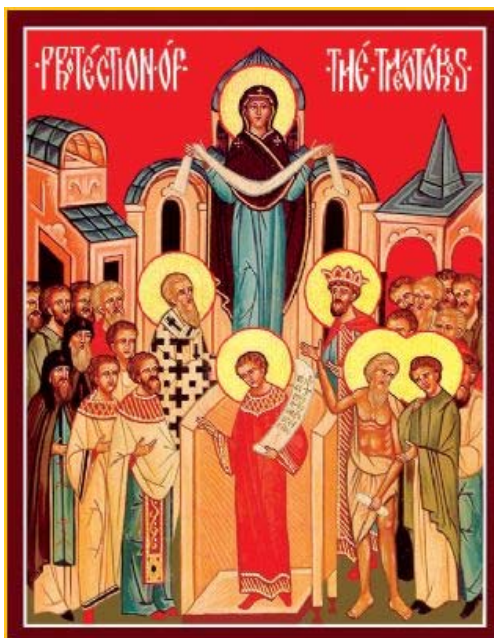
"The Fruit of the Spirit..." Galatians 5:22

The Fruit Basket

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

Volume V, Number 10 *A friendly Orthodox Christian 'Zine* OCTOBER 2010

THE PROTECTION OF OUR MOST HOLY THEOTOKOS October 1



Troparion - Tone 4

Today the faithful celebrate the feast with joy
illuminated by your coming, O Mother of God.
Beholding your pure image we fervently cry to you:
"Encompass us beneath the precious veil of your
protection;
deliver us from every form of evil by entreating Christ,
your Son and our God that He may save our souls."

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. Please call if you need more info.

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Faith Based Analgesia

Researchers have begun exploring what might be termed "faith-based analgesia," where striking a religious state of mind in devout Catholics triggered brain processes associated with substantial relief from physical pain, says Bruce Bower in *Science News* magazine. While viewing classic religious images, the Catholics who were subjected to uncomfortable hand shocks reported feeling less pain than did atheists or agnostics under similar circumstances. Functional MRI (brain imaging) showed a change in the brain activity of these volunteers only while they looked at the religious icons. "What's exciting is that this new study shows a neural mechanism by which religious belief affects pain perception," says Duke University psychiatrist Harold Koenig. Relief was accompanied by vigorous activity in a part of the brain associated with emotional detachment and control over pain, much like placebo treatments.

*Taken from "Strange but True" by Bill Sones and Rich Sones, Ph.D,
Cleveland Plain Dealer, September 25, 2010.*

MEDITATION FOR OCTOBER

For God has not given us the spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7 OSB

Lord, whatever I fear most, I give to You, trusting that You will give me Your peace and courage. Amen.

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

Selected Directives on the Spiritual Life

Compiled by Father George Timko

Know that God is beyond all senses and sensory things; beyond all shape, color, measure, and place. God is completely without form and image; while He is present in all things, He is yet above all things. Therefore, God is beyond all imagining. ‘No imagination can be admitted in relation to God, for He exceeds all mind’, says Maximus. It follows, therefore, that the imagination is a power of the soul which by its very nature has no capacity for entering into the actual realm of union with God.

—**Unseen Warfare**

It is impossible for us to be reconciled with God, if we first do not return to ourselves and do not enter within ourselves. To be in communion with God, we must detach ourselves and our minds from the preoccupations and cares of the world and strive constantly to keep the attention of our mind focused on the Kingdom of God within us. To enter the Kingdom of God, man must enter the heart and do therein the doing practiced by the fathers.

—**Nicophorus the Solitary**

The inner doing with God alone helps a man grow spiritually; all the external efforts are in vain. Inner doing brings purity of heart; inner doing brings silence of mind; inner doing brings humility; inner doing brings love; inner doing prepares us as the abode of God. —**Barsanuphius**



The Protection of our Most Holy Theotokos and Ever Virgin Mary

Commemorated on October 1

“Today the Virgin stands in the midst of the Church, and with choirs of Saints she invisibly prays to God for us. Angels and Bishops venerate Her, Apostles and Prophets rejoice together, Since for our sake she prays to the Eternal God!”

This miraculous appearance of the Mother of God occurred in the mid-tenth century in Constantinople, in the Blachernae church where her robe, veil, and part of her belt were preserved after being transferred from Palestine in the fifth century.

On Sunday, October 1, during the All Night Vigil, when the church was overflowing with those at prayer, the Fool-for-Christ St Andrew (October 2), at the fourth hour, lifted up his eyes towards the heavens and beheld our most Holy Lady Theotokos coming through the air, resplendent with heavenly light and surrounded by an assembly of the Saints. St John the Baptist and the holy Apostle John the Theologian accompanied the Queen of Heaven. On bended knees the Most Holy Virgin tearfully prayed for Christians for a long time. Then, coming near the Bishop’s Throne, she continued her prayer.

After completing her prayer she took her veil and spread it over the people praying in church, protecting them from enemies both visible and invisible. The Most Holy Lady Theotokos was resplendent with heavenly glory, and the protecting veil in her hands gleamed “more than the rays of the sun.” St Andrew gazed trembling at the miraculous vision and he asked his disciple, the blessed Epiphanius standing beside him, “Do you see, brother, the Holy Theotokos, praying for all the world?” Epiphanius answered, “I do see, holy Father, and I am in awe.”

The Ever-Blessed Mother of God implored the Lord Jesus Christ to accept the prayers of all the people calling on His Most Holy Name, and to respond speedily to her intercession, “O Heavenly King, accept all those who pray to You and call on my name for help. Do not let them go away from my icon unheard.”

Sts Andrew and Epiphanius were worthy to see the Mother of God at

prayer, and “for a long time observed the Protecting Veil spread over the people and shining with flashes of glory. As long as the Most Holy Theotokos was there, the Protecting Veil was also visible, but with her departure it also became invisible. After taking it with her, she left behind the grace of her visitation.”

The Primary Chronicle of St Nestor reflects that the protective intercession of the Mother of God was needed because of an attack of a large pagan Russian fleet under the leadership of Askole and Dir. The feast celebrates the divine destruction of the fleet which threatened Constantinople itself, sometime in the years 864-867 or according to the Russian historian Vasiliev, on June 18, 860. Ironically, this Feast is considered important by the Slavic Churches but not by the Greeks.

In the PROLOGUE, a Russian book of the twelfth century, a description of the establishment of the special Feast marking this event states, “For when we heard, we realized how wondrous and merciful was the vision... and it transpired that Your holy Protection should not remain without festal celebration, O Ever-Blessed One!”

On the Feast of the Protection of the Most Holy Theotokos we implore the defense and assistance of the Queen of Heaven, “Remember us in your prayers, O Lady Virgin Mother of God, that we not perish by the increase of our sins. Protect us from every evil and from grievous woes, for in you do we hope, and venerating the Feast of your Protection, we magnify you.”✠



Commemorated on October 9

The Korsun Icon of the Mother of God: In Ephesus had been preserved an icon of the Mother of God, written by the holy Evangelist Luke. On 9 October in the year 988, a copy of this icon was transferred from Korsun to Kiev by the holy Equal-to-the-Apostles Prince Vladimir (Comm. 15 July), and it came to be called the Korsun Icon. ✠

This is one of several icons called the “Lovingkindness” Icons

THE HOLY APOSTLE AND EVANGELIST LUKE

Commemorated on October 18

The Holy Apostle and Evangelist Luke, was a native of Syrian Antioch, a companion of the holy Apostle Paul (Phil. 1:24, 2 Tim. 4:10-11), and a physician enlightened in the Greek medical arts. Hearing about Christ, Luke arrived in Palestine and fervently accepted the preaching of salvation from the Lord Himself. As one of the Seventy Apostles, St Luke was sent by the Lord with the others to preach the Kingdom of Heaven during the Savior's earthly life (Luke 10:1-3). After the Resurrection, the Lord Jesus Christ appeared to Sts Luke and Cleopas on the road to Emmaus.

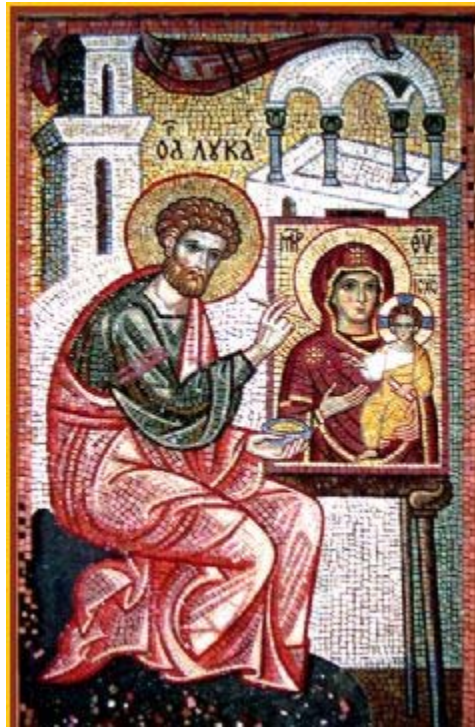
Luke accompanied St Paul on his second missionary journey, and from that time they were inseparable. When Paul's coworkers had forsaken him, only Luke remained to assist him in his ministry (2 Tim. 4:10-11). After the martyric death of the First-Ranked Apostles Peter and Paul, St Luke left Rome to preach in Achaia, Libya, Egypt and the Thebaid. He ended his life by suffering martyrdom in the city of Thebes.

Tradition credits St Luke with painting the first icons of the Mother of God. "Let the grace of Him Who was born of Me and My mercy be with these Icons," said the All-Pure Virgin after seeing the icons. St Luke also painted icons of the First-Ranked Apostles Peter and Paul. St Luke's Gospel was written in the years 62-63 at Rome, under the guidance of the Apostle Paul. In the preliminary verses (1:1-3), St Luke precisely sets forth the purpose of his work. He proposes to record, in chronological order, everything known by Christians about Jesus Christ and His teachings. By doing this, he provided a firmer historical basis for Christian teaching (1:4). He carefully investigated the facts, and made generous use of the oral tradition of the Church and of what the All-Pure Virgin Mary Herself had told him (2:19, 51).

In St Luke's Gospel, the message of the salvation made possible by the Lord Jesus Christ, and the preaching of the Gospel, are of primary importance.

St Luke also wrote the Acts of the Holy Apostles at Rome around 62-63 A.D. The Book of Acts, which is a continuation of the four Gospels,


speaks about the works and the fruits of the holy Apostles after the Ascension of the Savior. At the center of the narrative is the Council of the holy Apostles at Jerusalem in the year 51, a Church event of great significance, which resulted in the separation of Christianity from Judaism and its independent dissemination into the world (Acts 15:6-29). The theological focus of the Book of Acts is the coming of the Holy Spirit, Who will guide the Church “into all truth” John 16:13) until the Second Coming of Christ.



The holy relics of St Luke were taken from Constantinople and brought to Padua, Italy at some point in history. Perhaps this was during the infamous Crusade of 1204. In 1992, Metropolitan Hieronymus (Jerome) of Thebes requested the Roman Catholic bishop in Thebes to obtain a portion of St Luke’s relics for the saint’s empty sepulchre in the Orthodox cathedral in Thebes.

The Roman Catholic bishop Antonio Mattiazzo of Padua, noting that Orthodox pilgrims came to Padua to venerate the relics while many Catholics did not even know that the relics were there, appointed a committee to investigate the relics in Padua, and the skull of St Luke in the Catholic Cathedral of St Vico in Prague.

The skeleton was determined to be that of an elderly man of strong build. In 2001, a tooth found in the coffin was judged to be consistent with the DNA of Syrians living near the area of Antioch dating from 72-416 A.D. The skull in Prague perfectly fit the neck bone of the skelton. The tooth found in the coffin in Padua was also found to fit the jawbone of the skull.

Bishop Mattiazzo sent a rib from the relics to Metropolitan Hieronymus to be venerated in St Luke’s original tomb in the Orthodox cathedral at Thebes. 

<http://www.oca.org/FSlives.asp>

READINGS FROM THE PHILOKALIA

Theme: Repentance

Each hour of the day we should note and weigh our actions and in the evening we should do what we can to free ourselves of the burden of them by means of repentance—if, that is, we wish, with God’s help, to overcome wickedness. We should also make sure that we perform all our outward tasks in a manner that accords with God’s will, before God and for God alone, so that we are not mindlessly seduced by the senses. —St. Hesychios the Priest, *I, On Watchfulness and Holiness*, Sec. 124

Theme: The Heart

The reason that we have both good and wicked thoughts together is not, as some suppose, because the Holy Spirit and the devil dwell together in our intellect, but because we have not yet consciously experienced the goodness of the Lord. As I have said before, grace at first conceals its presence in those who have been baptized, waiting to see which way the soul inclines; but when the whole man has turned toward the Lord, it then reveals to the heart its presence there with a feeling that words cannot express, once again waiting to see which way the soul inclines. At the same time, however, it allows the arrows of the devil to wound the soul at the most inward part of its sensitivity, so as to make the soul search out God with warmer resolve and more humble disposition. If, then, a man begins to make progress in keeping the commandments and calls ceaselessly upon the Lord Jesus, the fire of God’s grace spreads even to the heart’s more outward organs of perception, consciously burning up the tares in the field of the soul. —St. Diadochos of Photiki, *I, On Spiritual Knowledge and Discrimination*, Sec. 85

Theme: Prayer

If you desire to pray as you ought, do not grieve anyone; otherwise you “run in vain” (Philippians 2:16). “Leave your gift before the altar; first go away and be reconciled with your brother” (Matthew 5:24), and when you return you will pray without disturbance. For rancor darkens the intellect of one who prays, and extinguishes the light of his prayers.

—Evagrius The Solitary, *I, On Prayer*, Sec. 21-22

Theme: The Jesus Prayer

Pay strict attention to your heart and watch over it, so that it does not give admittance to your thoughts that are evil or vain and useless. Without interruption, whether asleep or awake, eating, , drinking, or in company, let your heart inwardly and mentally at times be meditation on the Psalms, at other times be repeating the prayer, “Lord Jesus Christ, Son of God, have mercy on me.” And when you chant, make sure that your mouth is not saying one thing while your mind is thinking about another. —Abba Philimon, II, A Discourse on Abba Philimon, Sec. 11

Theme: The Passions

There are three principal passions, through which all the rest arise: love of sensual pleasure, love of riches, and love of praise. Close in their wake follow five other evil spirits, and from these five arise a great swarm of passions and all manner of evil. Thus he who defeats the three leaders and rulers simultaneously overcomes the other five and so subdues all the passions. —St. Theodoros the Great Ascetic, II A century of Spiritual Texts, sec. 10

Theme: In the End: Theosis

God made us so that we might become “partakers of the divine nature” (2 Peter 1:4) and sharers in His eternity, and so that we might come to be like Him (1 John 3:2) through deification by grace. It is through deification that all things are reconstituted and achieve their permanence; and it is for its [deification’s] sake that what is not is brought into being and given existence.

—St. Maximos the Confessor--II, First Century of Various Texts, sec. 42

Commentary on the above by the translators

Maximos makes it clear that we are not gods by nature, but by grace. He also refers to “all things” being deified. The Eastern tradition understands salvation as cosmic in scale—all of creation is to be redeemed, sanctified, transfigured. Everything will participate in and reveal the glory of God.

From Philokalia: The Eastern Christian Spiritual Texts-- Selections Annotated & Explained ---Annotation by Allyne Smith---Translation by G. E. H. Palmer, Philip Sherrare, and Bishop Kallistos Ware.
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LITTLE THINGS...

(Many of us have heard this before but it is such a needed reminder for our daily lives that it is being printed again. The Editor)

Survivors of 9/11

As you might remember, the head of a company survived 9/11 because his son started kindergarten. Another fellow was alive because it was his turn to bring donuts. One spilled food on her clothes and had to take time to change. One's car wouldn't start. One couldn't Get a taxi. The one man who put on a new pair of shoes that morning, took the various means to get to work But before he got there, he developed a blister on his foot. He stopped at a drugstore to buy a Band-Aid. That is why he is alive today. And many others.

Survivors of a church explosion

In a small town in the South the 8 choir members and pastor were to meet at 7:00 pm for choir rehearsal. At 6:59 the church was demolished by an explosion caused by a gas leak near the furnace. The 8 choir members and the pastor were unhurt because each of them had been delayed by "little things" that prevented them from arriving at the church on time. *From the Readers' Digest published some years ago.*

Now when I am stuck in traffic, miss an elevator, turn back to answer a ringing telephone ... All the little things that annoy me. I think to myself, "This is exactly where God wants me to be at this very moment." Next time your morning seems to be going wrong, you can't seem to find the car keys; you hit every traffic light, don't get mad or frustrated; It may be just that God is at work watching over you. May God continue to bless you with all those annoying little things and may you remember their possible purpose.

Submitted by June K



WASP SPRAY

You no longer need to keep your .45 or AK-47 sitting out on the coffee table... a can of wasp spray will do! Never would have thought it !!!

I have a friend who is a receptionist in a church in a high risk area who was concerned about someone coming into the office on Monday to rob them when they were counting the collection.

She asked the local police department about using pepper spray and they recommended to her that she get a can of wasp spray instead. The wasp spray, they told her, can shoot up to twenty feet away and is a lot more accurate, while with the pepper spray they have to get too close to you and could overpower you.

The wasp spray temporarily blinds an attacker until they get to the hospital for an antidote. She keeps a can on her desk in the office and it doesn't attract attention from people like a can of pepper spray would. She also keeps one nearby at home for home protection. You could also keep it in your car and it's perfectly legal.

Thought this was interesting and might be of use...

Submitted by Augie

MEDICINE IN THE GOOD OLD DAYS



Opium for new-borns I'm sure this would make them sleep well (not only the Opium, but 46% alcohol!!!!!!)

And we worry about aspirin for children today???

WORD SEARCH FOR OCTOBER

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

**THE ONE WHO HAS MERCY ON THE POOR
LEND TO GOD,
AND HE WILL REPAY HIM ACCORDING TO HIS
GIFT.**

—Proverbs 19:17

WORD SEARCH LIST FOR OCTOBER

Apostle James	Colored leaves	Prophet Joel
Apostle Luke	Cornshocks	Pumpkins
Apostle Philip	Falling leaves	Squash
Apostle Thomas	Frost	St Innocent
Apple Cider	Holy Apostle Jacob	StTikhon
Apples	Martyr Justina	Sweater weather
Areopagite	Pears	Theoctistus
Autumn	Pelagia	VenAmbrose
Bl Cleopatra	Prophet Hosea	VenParasceva

BIBLE BRAIN WORKOUT FOR OCTOBER

371. In what case was a Jewish pawnbroker forbidden to keep until the next day garments left with him in pledge?
372. Where is it predicted of a shepherd that he would be blinded in his right eye?
373. Which prophet refers to a roller bandage for a fractured limb?
374. Where do we read of a workman putting his wages into a purse not fit to hold money?
375. What animal is said to have a heart as hard as a piece of the nether millstone?
376. Of whom did men say that his writing was powerful, but his speaking was contemptible?
377. Who desired to be buried by the grave of his father and mother?
378. Who prayed while he was in the belly of hell?
379. When do we read that all green grass was burnt up?
380. When was an angel seen standing among myrtle trees?

Answers on page 19

How did you score? A+ Bible Scholar 6 or more Correct ;

A Superior 5 +correct; B+ Pretty good 3+ correct: C Fair

2+ correct; Less than 2, an opportunity to make reading the Bible daily a wonderful habit!



HOW TO STAY POSITIVE IN DIFFICULT TIMES

A negative outlook can set in whether it's caused by a stressful event, a job situation or by too much routine, which may mean few events of any kind. Dr. Daniel Wagner of Trinity University in San Antonio has found through his studies that trying to get rid of a negative thought only makes you think about it more. Instead, you should direct your thoughts elsewhere.

He recommends asking yourself a question that sets your mind in a new direction. For example, ask: "How can I make myself stronger and better able to deal with this?" Or ask, "What is my goal?" Wagner says when you decide on the question, keep asking it. Ponder it, wonder about it, and let it run through your mind whenever you find yourself worrying. It will change your thoughts.

Other recommendations include:

Appreciate. Focus on something you are grateful for or that you like.

Visualize. Create in your mind the experience you want to have.

Be in the present. Don't spend time reliving the past. Acknowledge the present moment and its opportunities.

Comment on the pleasing side of things Don't always be complaining about something. It is tiresome for the listener and tends to set the habit of looking for the bad in everything.

Reach out to somebody who might be lonely or having a difficult time. Write a cheery note. Make that phone call that you have been putting off to a shut-in friend or neighbor. Pray for somebody or a situation. This gets you out of focusing on your own discontent.

Volunteer to help someplace in your community.

Do a positive action. Instead of just griping about a political situation write or email your congressman or other person who is in a position to affect that situation.

Live Healthy:

Avoid eating junk food. Eat regular meals and exercise, both of which will give you a more positive outlook.

Associate with positive people. Their influence can rub off on you.

Find something to laugh about. It could be a joke, a TV show, a movie, or talking to a funny person. Laughing can change your outlook for the better.

Submitted by Anna K.

CRYPTOGRAM CHALLENGE FOR OCTOBER

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

EPSC CBUC HRT, EPG MNQH
 RK NCIBGZ LPR TGZNDGIC
 PNW, EPG HRT RK PRCEC: "N
 BW EPG KNICE BQT EPG ZBCE;
 AGCNTGC WG EPGIG NC QR HRT.

To make this more of a challenge cover up or have somebody cross out some or even all of the Cheat Chart!!!

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

<u>REAL LETTERS</u>	<u>e i g n h r s v</u>
<u>CODE LETTERS</u>	<u>G N H Q P I C D</u>

Tougher Challenge!

"EJX VUI ZVQ OQLGXG OQLGX
 UD XVUG, XVLX VJ HDAJM-
 GXLDA G LDA NDQZG XVLX ULI
 XVJ EQMA, ZVQ GVQZG IJMRK
 THAPIJDX, LDA MUPVXJQHGDJGG
 QD JLMXV, CQM UD XVJGJ UG
 IK ZUEE," GLKG XVJ EQMA.

L=a G=s

Passages submitted by Barbara Shepard

TIPS FOR THE REST OF 2010





6. Rest and relax.



7. Save for rainy days



8. Stay focused on your job.



9. CELEBRATE your age
whatever it may be!

Submitted by Augie

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

*Submitted by
Helen Chwalek*

Memorial Day Air Show May 31, 2010-Jones Beach, NY



BIBLE BRAIN WORKOUT answers for OCTOBER

371. DEUT. 24:10-13

372. ZECH. 11:17

373. EZEK. 30:21

374. Hag. 1:6

375. Job 41:1, 24

376. 2 Cor. 10:10

377. 2 sam. 19:37

378. Jonah 2:1-2

379. Rev. 8:7

380. Zech. 1:11

More WHY WOMEN LIVE LONGER THAN MEN



Ropes are for sissies.

A very gracious lady was mailing an old family bible to her brother. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments," she replied.



A minister parked his car in a no parking zone because he was short of time and couldn't find a space with a meter. He put a note under the wiper that said: I have circled the block 10 times and if I don't park here I'll miss my appointment. Forgive us our Trespasses." When he returned he found a citation and a note saying: "I've circled this block for ten years and if I don't give you a ticket I'll lose my job. Lead us not into temptation."

A mom asked her young daughter what the Sunday school was about. The daughter answered, "Don't be scared, you'll get your quilt." The mom was perplexed and later in the day the pastor stopped by and the mom asked him what the morning's Sunday school lesson was about. He said, "Be not afraid, thy comforter is coming."



Submitted by Helen Chwalyk

THE FRUIT BASKET

18893 Howe Road
Strongsville, OH 44136

Sunshine Greetings from

St. Theodosius Orthodox Cathedral



Calendar for OCTOBER

- 1 Protection of the Most-Holy Theotokos.**
- 17 Fathers of the 7th Ecumenical Council**
- 18 Holy Apostle Luke**