

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.

Send comments or articles

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or by snail mail to

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Strongsville, OH 44136**

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www.sttheodosius.org Click Parish Publications for back issues.

*Thank you for sending me The Fruit Basket. I really like it.
There is a lot of good material in it about our Orthodox faith.
Natalia S.*

*Natalia, I am glad you enjoy the readings. Thank you so much
for your encouragement, and your thoughtfulness in telling me.*

The Editor

**HE WHO GIVES HIMSELF WITH HIS
ALMS FEEDS THREE: HIMSELF, HIS
HUNGERING NEIGHBOR, AND ME.**


MEDITATION FOR APRIL

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself.

Mark 12:30-31


Show me, Lord, the particular “neighbor” in my life who, at this very time, needs the comfort of your love—and show me, Lord, how I can be a channel for that love—a friendly hug, a warm smile... how?

PASS IT ON!

The parable of the Last Judgment is about Christian love. Not all of us are called to work for “humanity,” yet each one of us has received the gift and the grace of Christ’s love. We know that all men ultimately need this *personal love*—the recognition in them of their unique soul in which the beauty of the whole creation is reflected in a unique way. We also know that men are in prison and are sick and thirsty and hungry because that personal love has been denied them. And, finally, we know that however narrow and limited the framework of our personal existence, each one of us has been made responsible for a tiny part of the Kingdom of God, made responsible by that very gift of Christ’s love. Thus, on whether or not we have accepted this responsibility, on whether we have loved or refused to love, shall we be judged. For ‘inasmuch as you have done it unto one of the least of these My brethren, you have done it unto Me.’ 

Taken from Great Lent by Alexander Schmemmann, p.26

FOOD FOR THOUGHT

Each person lives a different set of circumstances in his or her life. Some times are good and some times are difficult. Only God knows the reasons. It is during those difficult times that others have an opportunity to exhibit compassion toward the suffering one, thus helping to fulfill the saving command of Jesus to love one another. 

The above paragraph is a paraphrased version of part of an inspiring short homily given at a recent funeral service. Ed.

OUR BROTHER IS OUR LIFE

The purpose of all prayer and fasting, of all liturgy and sacraments, of all spiritual exercises and ascetic practices, is to come to know and love God in all people and things, especially our enemies and the “least of the brethren.” It is the highest and greatest mystery, the deepest and most profound truth: God is seen, known and loved in everyone and everything. ... And so in Him we encounter everyone and everything. And in everyone and everything we encounter Him.

The elder Silouan, a monk of Mount Athos who died in 1938 and was glorified as a saint of the Church in 1988, came to know this... profound truth through his own spiritual experience. He bore witness to it in his writings, which are perfect reading for the lenten season.

“These forty years, ever since the Lord through the Holy Spirit gave me to know the love of God, have I grieved over God’s people. O brethren, there is nothing better than the love of God when the Lord fires the soul with love for God and our fellow-man.

The man who knows the delight of the love of God— when the soul, warmed by grace, loves both God and her brother—knows in part that ‘the kingdom of God is within us.’ Blessed is the soul that loves her brother, *for our brother is our life*.

Forty years have gone by since the grace of the Holy Spirit taught me to love mankind and every created thing....

If we wish to love God we must observe all that the Lord commanded in the Gospels. Our hearts must brim with compassion and not only feel love for fellowmen but pity for every creature—for every thing created by God.

The Lord wants us to love our fellow-man; and if you reflect that the Lord loves him, that is a sign of the Lord’s love in you. And if you consider how greatly the Lord loves His creature, and you yourself have compassion on all creation, and love your enemies, counting yourself the vilest of men, this is a sign of abundant grace of the Holy Spirit in you.

The man who has the Holy Spirit within him, in however slight a degree, sorrows day and night for all mankind. His heart is filled with pity for all of God’s creatures, and more especially for those who do not know God or who resist Him.... For them, more than for himself, he prays night and day, that all may repent and know the Lord.

I beseech you, put this to the test. When a man affronts you or

brings dishonor on your head, or takes what is yours, or persecutes the Church, pray to the Lord and say: ‘O Lord, we are all Thy creatures. Have pity on Thy servants and turn their hearts to repentance,’ and you will be aware of grace in your soul. To begin with, constrain your heart to love her enemies, and the Lord, seeing your good will, will help you in all things, and experience itself will show you the way. But the person who thinks with malice on his enemies has not God’s love within him and does not know God.”¹

St. John Chrysostom, more than fifteen hundred years before St. Silouan, gives the same teaching. “Imitate God!” he writes. “If He wills that all men should be saved, there is reason that one should pray for all. If He wills that all should be saved, you should be willing too. And if you wish it, pray for it; for wishes lead to prayers.... Fear not therefore to pray for the heathen, for God Himself wills it. But fear only to pray against any, for He does not will that. And if you pray for the heathen, you ought also to pray for heretics, for we are to pray for all people and to persecute none. And this is so for another reason as well. Since we are all partakers of the same nature, God commands and accepts our benevolence and affection towards one another.”

Chrysostom bases his exhortation on the doctrine of the incarnation of the Son of God in human flesh, through which He becomes our brother and is identified with all people, including the heathen.

St. Anthony the Great sums up this entire teaching in a few short sentences. “Our life and our death is with our neighbor,” he writes. “If we gain our brother, we have gained God. But if we scandalize our brother, we have sinned against Christ.” And, as we have seen, St. Silouan says it all in five brief words: “Our brother is our life.”

Daniel the prophet, greatly beloved, when he saw the power of God cried out:

“The court sat in judgment and the books were opened!”

Consider well, O my soul. Do you fast? Then despise not your brother. Do you abstain from food? Then condemn not your neighbor, lest you burn as wax in the fire.

May Christ lead you without stumbling into His kingdom.

¹ Wisdom From Mount Athos, pp. 29-36.

Taken from The Lenten Spring by Thomas Hopko. Ch.34,

LENTEN WORDS OF WISDOM SERIES

Quotations from the church fathers or current writers with commentary by Tonsured Reader, Roger Pinta

Petition for Step #14 of the Ladder of Divine Ascent:¹“Lord, teach me to control my eating habits, that I might control my other passions.”

The early Church fathers said that if you can control the passions of the stomach, you can control all your other passions. This is 100% true, and I speak from personal experience, I find that controlling my eating habits and consumption to be far harder than controlling any of my other passions.

Stick a bag of chips out there and I'll eat 'em. Why drive by Rally's, when I can cruise the drive thru for that Big Buford. And every hour is “beer o'clock.” My anger and my lust and my idle talk, are more easily controlled than my gluttony.

The problem with the inability to control a gluttonous life style is that it feeds the other passions that are inherent in man. Unrestrained eating habits spill over into an restrained lifestyle. Gluttony feeds the passions, fasting takes away that nourishment.

Note well: The nature of the spiritual life is that all passions are interconnected. We cannot allow even one passion to be unrestrained. This is especially true of gluttony. If we are gluttonous, we will be overwhelmed by other passions as well. However, what is true in a negative way is also true in a positive way. If we struggle with gluttony, and gain some victory, we also gain victory over our other passions.



from *Lenten Words of Wisdom for Day #14*

Note: If you would like to receive these daily Words of Wisdom by email throughout the rest of Great Lent please contact Roger Pinta at <retiredsugarbear@yahoo.com>

Mack, Father John, *Ascending the Heights, A Layman's Guide to the Ladder of Divine Ascent*, Conciliar Press, Ben Lomond, CA, 1999. ISBN1-888212-17-9

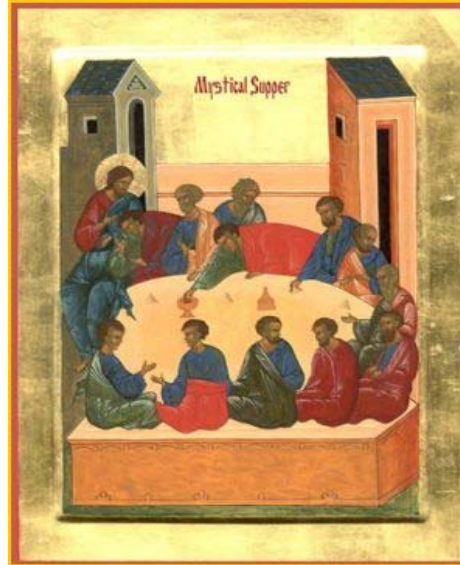
GREAT AND HOLY THURSDAY

Commemorated on April 21

THURSDAY: The Last Supper

Two events shape the liturgy of Great and Holy Thursday: the Last Supper of Christ with His disciples, and the betrayal of Judas. The meaning of both is in love. The Last Supper is the ultimate revelation of God's redeeming love for man,

of love as the very essence of salvation. And the betrayal of Judas reveals that sin, death and self-destruction are also due to love, but to deviated and distorted love, love directed at that which does not deserve love. Here is the mystery of this unique day, and its liturgy, where light and darkness, joy and sorrow are so strangely mixed, challenges us with the choice on which depends the eternal destiny of each one of us. "Now before the feast of



the Passover, when Jesus knew that His hour was come... having loved His own which were in the world, He loved them unto the end..." (John 13:1). To understand the meaning of the Last Supper we must see it as the very end of the great movement of Divine Love which began with the creation of the world and is now to be consummated in the death and resurrection of Christ.

Troparion - Tone 6

Of Your Mystical Supper, O Son of God, Accept me today as a communicant. For I will not speak of Your mysteries to Your enemies, Neither like Judas will I give You a kiss, But like the thief will I confess You. Remember me, O Lord, in Your Kingdom!

Troparion - Tone 4

By Your precious blood, You have redeemed us from the curse of the law. By being nailed to the cross and pierced by a spear, You have poured forth immortality for man. O our Savior, glory to You! ✠

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

GREAT AND HOLY FRIDAY-APRIL 22, 2011

On Great and Holy Friday, Christ died on the Cross. He gave up His spirit with the words: "It is finished" (John 19:30). These words are better understood when rendered: "It is consummated." He had accomplished the work for which His heavenly Father had sent Him into the world. He became a man in the fullest sense of the word. He accepted the baptism of repentance from John in the Jordan River. He assumed the whole human condition, experiencing all its alienation, agony, and suffering, concluding with the lowly death on the Cross. He perfectly fulfilled the prophecy of Isaiah:

"Therefore I will divide him a portion with the great, and he shall divide the spoil with the strong; because he has poured out his soul to death, and was numbered with the transgressors; yet he bore the sins of many, and made intercession for the transgressors." (Isaiah 53:12)

The Religious Trial

Christ's conviction and death sentence required two trials: religious and political. The religious trial was first and took place during the night immediately after His arrest. ...Caiaphas, the high priest, asked Jesus the essential question: "Are you Christ, the Son of the Blessed?" Jesus, who had remained silent to this point, now responded directly:

"I am; and you will see the Son of man sitting at the right hand of power, and coming with the clouds of heaven" (Mark 14:61-62). Jesus' reply recalled the many other statements He had made beginning with the words, "I am." "I am the bread of life . . . I am the light of the world. . . I am the way, the truth, and the life. . . before Abraham was, I am." (John 6 through 15). The use of these words themselves was considered blasphemous by the religious leaders. The words were the Name of God. By using them as His own Name, Jesus positively identified Himself with God. From the burning bush the voice of God had disclosed these words to Moses as the Divine Name: "Say this to the people of Israel, 'I AM has sent me to you'" (Exodus 3:13-14).

Now Jesus, as He had done on many other occasions, used them as His own Name. The high priest immediately tore his mantle and "they all condemned Him as deserving death" (Mark 14:64). In their view He had violated the Law of the Old Testament:

"He who blasphemes the name of the Lord shall be put to death" (Leviticus 24:16).

The Political Trial

The Jewish religious leaders lacked the actual authority to carry out the above law: to put a man to death. Such authority belonged to the Roman civil administration. Jesus had carefully kept His activity free of political implications. He refused the temptation of Satan to rule the kingdoms of the world by the sword (Luke 4: 1-12). He often charged His disciples and others to tell no one that He



was the Christ, because of the political overtones that this title carried for many (Matthew 16: 13-20). He rebuked Peter, calling him Satan, when the disciple hinted at His swerving from the true nature of His mission (Matthew 16:23). To Pilate, the spineless and indifferent Roman Governor, He said plainly: “My kingdom is not of this world” (John 18:36). Jesus was not a political revolutionary who came to free the people from Roman control and establish a new kingdom based on worldly power.

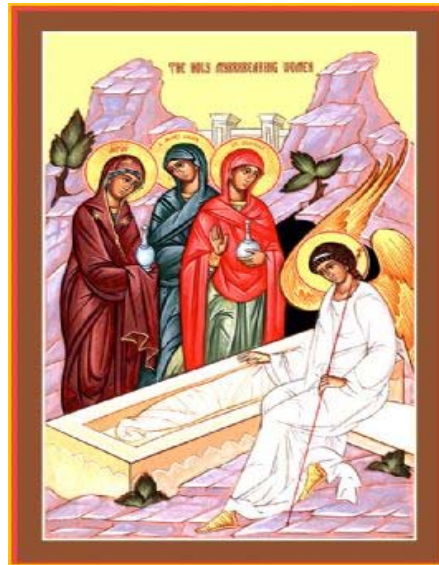
Nevertheless, the religious leaders, acting in agreement with the masses, devised political charges against Him in order to get their way. They presented Christ to the Romans as a political leader, the “King of the Jews” in a worldly sense, a threat to Roman rule and a challenge to Caesar. Pilate became fearful of his own position as he heard the charges and saw the seething mobs. Therefore, despite his avowed testimony to Jesus’ innocence, he passed formal sentence, “washed his hands” of the matter, and turned Jesus over to be crucified (John 19:16). ☩ <http://www.oca.org/FSlives.asp>

(You might like to read the following chapters in the Bible for the full report of the trial and crucifixion of the Lord Jesus Christ: Luke 23, John 19, Mark 15, Matthew 27. Ed.)

CHRIST IS RISEN! INDEED HE IS RISEN!

The Catechetical Sermon of St. John Chrysostom is read during Matins of Pascha.

If any man be devout and love God, let him enjoy this fair and radiant triumphal feast. If any man be a wise servant, let him rejoicing enter into the joy of his Lord. If any have labored long in fasting, let him now receive his recompense. If any have wrought from the first hour, let him today receive his just reward. If any have come at the third hour, let him with thankfulness keep the feast. If any have arrived at the sixth hour, let him have no misgivings; because he shall in nowise be deprived therefor. If any have delayed until the ninth hour, let him draw near, fearing nothing. If any have tarried even until the eleventh hour, let him, also, be not alarmed at his tardiness; for the Lord, who is jealous of his honor, will accept the last even as the first; he gives rest unto him who comes at the eleventh hour, even as unto him who has wrought from the first hour.



And he shows mercy upon the last, and cares for the first; and to the one he gives, and upon the other he bestows gifts. And he both accepts the deeds, and welcomes the intention, and honors the acts and praises the offering. Wherefore, enter you all into the joy of your Lord; and receive your reward, both the first, and likewise the second. You rich and poor together, hold high festival. You sober and you heedless, honor the day. Rejoice today, both you who have fasted and you who have disregarded the fast. The table is full-laden; feast ye all sumptuously. The calf is fatted; let no one go hungry away.

Enjoy ye all the feast of faith: Receive ye all the riches of loving-kindness. let no one bewail his poverty, for the universal kingdom has been revealed. Let no one weep for his iniquities, for pardon has shown forth from the grave. Let no one fear death, for the Savior's death has

Holy Pascha April 24, 2011

set us free. He that was held prisoner of it has annihilated it.

By descending into Hell, He made Hell captive.

He embittered it when it tasted of His flesh.

And Isaiah, foretelling this, did cry: Hell, said he, was embittered, when it encountered Thee in the lower regions. It was embittered, for it was abolished. It was embittered, for it was mocked. It was embittered, for it was slain. It was embittered, for it was overthrown. It was embittered, for it was fettered in chains. It took a body, and met God face to face. It took earth, and encountered Heaven. It took that which was seen, and fell upon the unseen.

O Death, where is your sting? O Hell, where is your victory? Christ is risen, and you are overthrown. Christ is risen, and the demons are fallen. Christ is risen, and the angels rejoice. Christ is risen, and life reigns. Christ is risen, and not one dead remains in the grave. For Christ, being risen from the dead, is become the first fruits of those who have fallen asleep. To Him be glory and dominion unto ages of ages. Amen. ✨

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



**"He is not here,
but is risen!"**

Luke 24:6



WORD SEARCH FOR APRIL

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

BELIEVE IT OR NOT

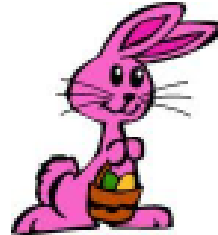
A species of sponge, called the red sponge, can be pushed through a piece of fabric so that it is broken into thousands of tiny pieces. The animal does not die. Rather, the cells can find each other and reassemble into a sponge again.



Submitted by S.C.

WORD SEARCH LIST FOR APRIL

APRIL	HOLY THURSDAY	RED EGGS
BASKET BLESSING	KOLBASY	RESURRECTION
BLUEBIRDS	LAZARUS SATURDAY	ROBINS
BRIGHT WEEK	PALM SUNDAY	ST BASIL
CROCUS	PASCHA	ST TIKHON
DAFFODILS	PASCHA BASKETS	TULIPS
EASTER	PASCHA BREAD	
HAM	PISANKY	
HOLY FRIDAY	PRESANCTIFIED LITURGY	
HOLY SATURDAY	PROCESSION	
ST JOHN CLIMACUS	ST MARY OF EGYPT	



BIBLE BRAIN WORKOUT FOR APRIL

431. Where do we read of the lanes of a city?
432. When was a whole army exterminated, with the exception of 400 young men who escaped on camels?
433. What king is said to have “walked up and down in the midst of the stones of fire”?
434. Where are dragons said to make a wailing noise?
435. When did an archer give a secret signal by the way in which he shot his arrows?
436. Where do we read that reapers had bread and vinegar for their midday meal during harvest?
437. Which is the longest chapter in the Pentateuch?
438. Who is said to have married the daughter of a strange god?
439. Which seer had fourteen sons and three daughters?
440. What city received horns of ivory and ebony for a present?

Answers on page 18

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!

THOSE WERE THE DAYS...



When I first started driving, who would have thought gas would someday cost 25 cents a gallon. Guess we'd be better off leaving the car in the garage.

Submitted by Kathy B

OOPS, SORRY

Sorry about the wrong clues for the bottom Cryptogram in March. That must have made it doubly hard to solve. Thanks, Julie R., for bringing it to my attention. The Editor

CRYPTOGRAM CHALLENGE FOR APRIL

The following message is written in code using regular letters. Your task is to figure out which real letters the code letters stand for.

OLZ FVJSB ILSPP BVO FZSG
OLSO FLWQL NZGOSWBI OV
JSB, BZWOLZG ILSPP S JSB
NCO VB S FVJSB'I ESGJZBO:
RVG SPP OLSO UV IV SGZ
SAVJWBSOWVB CBOV OLZ
PVGU OLT EVU.

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>a e n h o m s</u>
CODE LETTERS	S Z B L V J I

Tougher Challenge!

VBN EMQDQYXYF DMVAA DZYVT
V EQFN VOVSBDU UMY DQB QG
RVB, SU DMVAA JY GQFOSXYB
MSR: JCU CBUQ MSR UMVU
JAVDZMYRYD VOVSBDU UMY
MQAL OMQDU SU DMVAA BQU
JY GQFOSXYB. ACTY 12

D=s See page 19 for additional clues.

DAFFY-NITIONS

ADULT: A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR: A place where women curl up and dye.

CHICKENS: The only animals you eat before they are born and after they are dead.

COMMITTEE: A body that keeps minutes and wastes hours.

DUST: Mud with the juice squeezed out.

EGOTIST: Someone who is usually *me-deep* in conversation.

HANDKERCHIEF: Cold Storage.

INFLATION: Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

RAISIN: A grape with a sunburn.

SECRET: Something you tell to one person at a time.

SKELETON: A bunch of bones with the person scraped off.

TOOTHACHE: The pain that drives you to extraction.

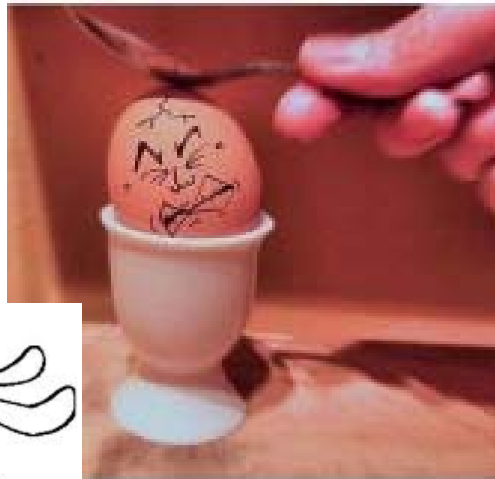
TOMORROW: One of the greatest labor saving devices of today..

YAWN: An honest opinion openly expressed.

And my personal favorite...

WRINKLES: Something other people have, similar to my character lines.

Submitted by Kathy B.



Skinny Dipping

An elderly man in Florida had owned a large farm for several years. He had a large pond in the back. It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some orange, and lime trees.

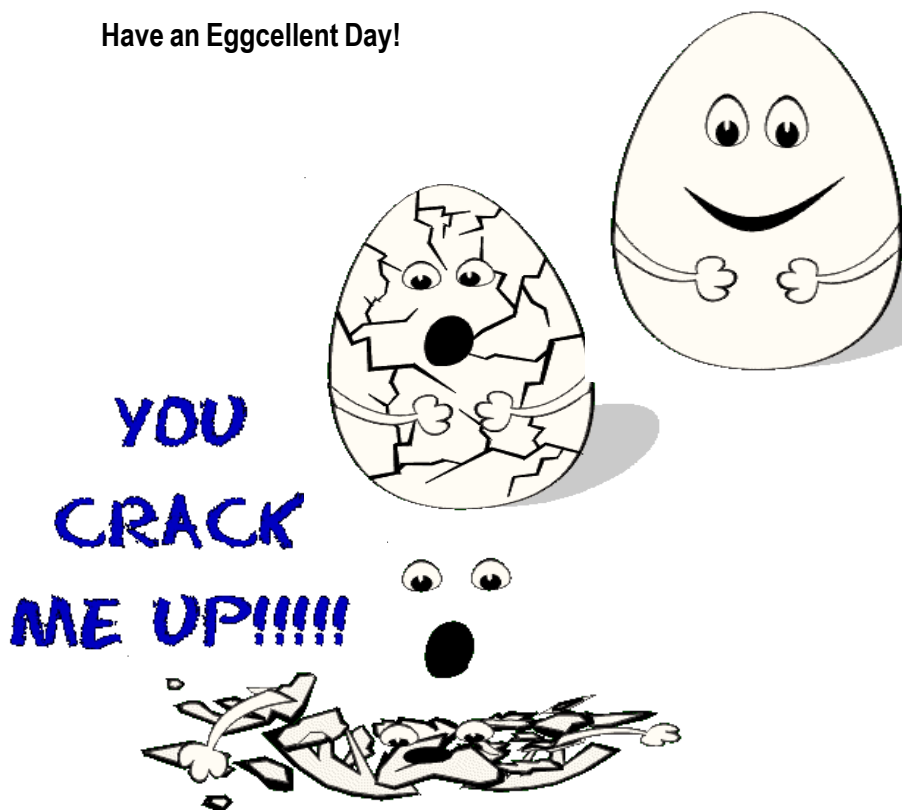
One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a five-gallon bucket to bring back some fruit. As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw it was a bunch of women skinny-dipping in his pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "we're not coming out until you leave!"

The old man frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked."

Holding the bucket up he said, "I'm here to feed the alligator."

Submitted by Augie

Have an Eggcellent Day!



HANDBOOK 2011

Health:

1. Drink plenty of water.
2. Make time to pray.
3. Sit in silence for at least 10 minutes each day.
4. Sleep for 7 hours.
5. Take a 10-30 minutes walk daily. And while you walk, smile.

Personality:

6. Don't compare your life to others. You have no idea what their journey is all about.
7. Don't have negative thoughts, or worry about things you cannot control. Instead invest your energy in the positive present moment.
8. Don't waste your precious energy on gossip.
9. Envy is a waste of time. You already have all you need..
10. Life is too short to waste time hating anyone. Don't hate others.
11. Smile and laugh more.
12. You don't have to win every argument. Agree to disagree...

Society:

13. Call your family often.
14. Forgive everyone for everything..
15. Try to make at least three people smile each day.
16. What other people think of you is none of your business.

Life:

17. Do the right thing!
18. Get rid of anything that isn't useful, beautiful or joyful.
19. GOD heals everything.
20. However good or bad a situation is, it will change..
21. No matter how you feel, get up, dress up and show up.
22. The best is yet to come..
23. When you awake alive in the morning, thank GOD for it.

Submitted by Angie

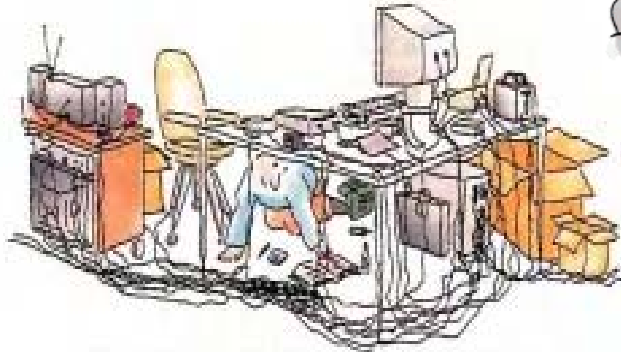
BIBLE BRAIN WORKOUT

- | | |
|--------------------------------|-----------------------|
| 431. Luke 14:21 | 436. Ruth 2:14 |
| 432. I Sam. 30:17 | 437. Num.7 |
| 433. Ezek. 28:12-14 | 438. Mal. 2:11 |
| 434. Mic. 1:8 | 439. 1 Chron. 25:5 |
| 435. I Sam. 20:19-22;
35-39 | 440. Ezek. 27:2-3, 15 |

COMPUTERS IN OUR LIVES



Stupid computer! Keeps saying, "You have mail."



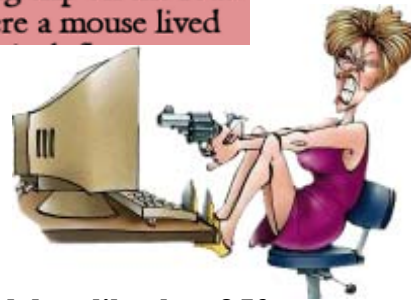
"Now if you can find the power switch, flip it on."

LIFE BEFORE THE COMPUTER

- * Memory was something that you lost with age
- * An application was for employment
- * A program was a TV show
- * A cursor used profanity

- * A keyboard was a piano
- * A web was a spider's home
- * A virus was the flu
- * A CD was a bank account

- * A hard drive was a long trip on the road
- * A mouse pad was where a mouse lived



Ever had days like these? If not you haven't had your computer long enough!

M=h B=n

THE FRUIT BASKET

18893 Howe Road
Strongsville, OH 44136



Sunshine Greetings from
St. Theodosius Orthodox Cathedral



CALENDAR FOR APRIL 2011

- 3 St. John Climacus
 - 10 St. Mary of Egypt
 - 16 Lazarus Saturday
 - 17 Palm Sunday
 - 21 Great and Holy Thursday
 - 22 Great and Holy Friday
 - 23 Great and Holy Saturday
 - 24 Pascha (Easter)
 - 25-30 Bright Week
- No fast