

The Fruit Basket

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

Volume III, Number 4

A friendly Orthodox Christian 'Zine

APRIL 2008

Psalm 32

The Joy of Forgiveness

Blessed is he whose transgressions are forgiven,
whose sins are covered. Blessed is the man
whose sin the LORD does not count against him
and in whose spirit is no deceit.

When I kept silent, my bones wasted away
through my groaning all day long.

For day and night Your hand was heavy upon me;
my strength was sapped as in the heat of summer.

Then I acknowledged my sin to You
and did not cover up my iniquity.

I said, "I will confess my transgressions to the LORD"—
and You forgave the guilt of my sin.

Therefore let everyone who is godly pray to You
while You may be found;

surely when the mighty waters rise, they will not reach him.

You are my hiding place; You will protect me from trouble
and surround me with the songs of deliverance.

I will instruct you and teach you in the way you should go;

I will counsel you and watch over you.

Do not be like the horse or the mule, which have no understanding
but must be controlled by bit and bridle
or they will not come to you.

Many are the woes of the wicked,
but the LORD'S unfailing love
surrounds the man who trusts in Him.

Rejoice in the LORD and be glad, you righteous;
and shout for joy, all you upright in heart!

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.

Send comments or articles

by phone to Margaret 440-238-7867 after 6 pm.

Email to **fruit36basket@yahoo.com**

or by snail mail to

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Strongsville, OH 44136**

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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.

We can, of course, find many items to print from the many sources available, but a publication like this needs the heartbeat of the people—your wisdom, insight, humor, etc.—to make it come alive. *The Editor*

Note: Since Pascha is very late in the month, this April issue includes material related to Great Lent.

THE PENITENTIAL PRAYER OF ST. EPHRAIM THE SYRIAN

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience and love to your servant.

Yes, O Lord and King, grant me to see my own errors and not to judge my brother, for You are blessed from all ages to all ages.

Amen

(This prayer should be prayed Daily throughout Great Lent.)

from Daily Lenten Meditations for Orthodox Christians

MEDITATION

Who wages a stronger battle than he who labors to overcome himself? And it should be our daily desire to overcome ourselves, so that we may be made stronger in spirit and go daily from better to better.

from *The Imitation of Christ* by Thomas A' Kempis
as quoted in *Daily Lenten Meditations for Orthodox Christians*



We get mail...



Your publication is WONDERFUL!! I just love reading it, and THANK YOU for all your hard work, your dedication, and for getting it to me to read and enjoy!

Many blessings, Sue Yurik

Thanks, Sue. It is a pleasure to hear that you enjoy The Fruit Basket.

Note: People seem to like the new look of the *Fruit Basket* so I will continue to print it that way.

The Editor

May your preparation for Pascha be richly blessed.

Fourth Week of Great Lent: Mon. March 31–Sun. April 6
Quotations this week are from St. John Climacus

- ◆ *Repentance is reconciliation with the Lord by the practice of good deeds contrary to the sins.*
- ◆ Gag your mind, overbusy with its private concerns and thoughtlessly prone to criticize and condemn your brother, by the practical means of showing your neighbor all love and sympathy.
- ◆ *Be zealous within your soul, without showing it in the least, either by visible sign or by word, or by hint. And you will only do this when you stop looking down on your neighbor.*
- ◆ It is the property of men to fall and to rise again as often as this may happen. But it is the property of devils and devils alone, not to rise once they have fallen.
- ◆ *Curb your tongue which rages to leap into arguments. Seventy times seven in the day wrestle with this tyrant!*

St. John Climacus 570–649 (St. John of the Ladder)
is commemorated on the 4th Sunday of Great Lent

Born in the sixth century, John spent the first sixteen years of his life in Palestine, the ancient Holy Land of his birth whose traditions he respected and whose Christian heritage is cherished. His early ambitions were realized when he went to the monastery of St. Catherine at Mt. Sinai, the oldest Christian monastery in the world. There he became one of the most scholarly monks in Christendom. The site of St. Catherine's was conducive to prayer and meditation, for there the scene of the burning bush took place and there Moses received the word of God himself. Moreover, to this place the grieving St. Helen, mother of St. Constantine the Great, came on a pilgrimage to the Holy Land some three hundred years before.

John is remembered not only as the author of the masterful "Ladder of Perfection," but also as the originator of hesychasm, the divine quietness that leads one to God through constant prayer, the prayer which has come to be known as the pure or intellectual "Jesus Prayer." Regarding this John wrote: "Let the remembrance of Jesus be present with each breath, and then you will know the value of hesychia." He continued to champion this doctrine which found eager support among Christian

thinkers, chief among them was St. Gregory Palamas, whose sponsorship brought about official Church recognition of hesychasm in the fourteenth century.

For more than seventy years, John of the Ladder practiced what he preached in the confines of his desert monastery. He achieved such a reputation for piety and wisdom that men from all walks of life were drawn to his side and came from all over the east to make a pilgrimage to his retreat. From John's strong faith and fervent prayer came the power of healing through the divine intervention of the Jesus. If nothing else, St. John's visitors would leave him with a serenity which they had never before experienced and with a sense of fulfillment that would last a lifetime.

One of the Christendom's finest figures, he died on March 30 at the age of eighty-six. His feast day is celebrated on the fourth Sunday of Lent. *Back copy from Orthodox Saints written by George Poulos, published by Holy Cross Orthodox Press.*

The book, *John Climacus, The Ladder of Divine Ascent*, is available through bookstores. Published by Paulist Press, ISBN:0-8091-2330-4

The symbolic ascent to heaven is customarily portrayed by the flight skyward with angelic wings; one of our saints, however, depicts the ascension by the more practical use of a ladder. This symbolic ladder is to be scaled in a series of spiritual rungs where increasingly more exertion is required in order to see the Kingdom of God. The author of this approach was St. John of the Ladder who was one of the greatest writers in Christianity. "The Ladder of Perfection" is a treatise on spiritual exercises and actions, which present in a brilliant and scholarly fashion the approach to the throne of Heaven.



http://www.antiochian.org/saint_john_climacus



May your preparation for Pascha be richly blessed.

Fifth Week of Great Lent—Mon. April 7–Sun. April 13

St. Mary of Egypt is commemorated on the 5th Sunday of Great Lent

The story of Mary of Egypt is remembered and cherished throughout Christendom, east and west. In the Orthodox church, however, we remember her twice each year. The first time, her feast day, is our gift to her: we remember what she did, who she was, and who she became. The second time, on the fifth Sunday of Lent, is her gift to us: the gift of her story at the moment when we ourselves must enter the inner desert of our hearts. For what does Lent mean for us? It is that time when we must face ourselves, and face ourselves in the presence of God. Who are we? What do we live for? We fast, pray, repent, and confess. It is hard and we get lost in the wilderness. And we cannot escape the truth of who we are. At this point in Lent, we prepare for Holy Week. And before we can rejoice, we must complete our full sojourn in the desert.

St. Mary of Egypt

One day she saw the crowds of pilgrims preparing to go to Jerusalem, to celebrate the Feast of the Exaltation of the Cross. She went along, announcing to her fellow travelers, "I have a body and that will serve as both fare and food for me." The trip was an eventful one, as Mary explored the outer limits of lust and passion with her companions (both those who were willing and those who were not). In Jerusalem, when the day of the Feast came around, Mary too set off for the church, drawn by the energy of the crowds thronging to venerate the True Cross. At the doors of the church, at its very threshold, Mary was driven back "by some kind of force." Trying with all her might, she could not enter, although those around her went in with no difficulty at all. Then she understood: it was her own self that prevented her entrance, the sinfulness of her life that held her captive outside the church. Praying fervently to the Virgin Mary, with her heart open and clear, Mary begged forgiveness and again sought entry at the church. Guided then by a vision of the Theotokos, Mary left at once for the desert beyond the Jordan River, for there, her vision told her, that she would find rest. On the way, she stopped at a church built on the river banks; there she received baptism, and partook of the Eucharist in that church. From there, she came to the desert, led still by the vision of the Blessed Virgin Mary. The desert became her home, the place where she

found her rest. Her conversion and turn to the life of solitude were unknown to any other living being, until after forty-eight years the priest Zosimas came and found her. When Zosimas first found Mary he did not know who she was, and she had never seen him. But she knew him before he had even spoken to her, and addressed him by name, "Father Zosimas, forgive me." The priest was struck with dread: was she an angel? Mary, for her part, was alarmed because of her nakedness, and begged him to lend her his cloak so that she could stand in modesty before him. He was alternately terrified and wonderstruck as he watched and listened to her. She knew all about him - about his life as a priest and the monastery in which he lived, and she clearly understood it all



better than himself. When she prayed she levitated. Although illiterate and unschooled in Christianity (she had, after all, fled to the desert as soon as she converted) she was able to quote scriptural proofs for her teachings. But most of all, there was the enormity of her story. Zosimas drew out from her (much against her will) the details of her former life and her conversion; and he questioned her closely on the hardships of her desert life through those many years. She described her

harlotry openly, as well as her life in the desert; how hard it had been, the suffering from cold and heat, hunger and thirst, temptation, longing for company and comfort; and yet her determination to live out her repentance in a manner suitable to her sin. She did not see, though Zosimas could, that she had attained a degree of sanctity that could only be measured by the degree of sinfulness she had known. For unlike him, she had no illusions about her accomplishments. She knew only the truth of God, and her love for Him.

Then she asked a favor, for she understood that the Lord had sent Zosimas for a purpose. She asked him to return to his monastery and tell no one about her, but in a year's time return to her on Holy Thursday, the night of the Last Supper, and bring her the Eucharist, of which

(Continued on the next page)

May your preparation for Pascha be richly blessed.

(Fifth Week of Great Lent continued)

she had not partaken of since her conversion many years ago. Reluctantly, Zosimas left her presence in the desert for the monastery. At last he returned at the appointed time, yearning for her presence. She came to him, walking on water to cross the Jordan while he again gave way to awe. As he knelt to reverence her she reproved him saying, "What are you doing, Father Zosimas, you who are a priest of God and carrying the holy mysteries?" And at once he obeyed her, resuming to his priestly duties with fumbling fervor. Mary received the life-giving gifts of the sacrament, groaning and weeping with her hands held up to heaven, and she cried out, "Lord now let your servant depart in peace, according to your word: for my eyes have seen your salvation." Again she sent him away, to return again the following year at the same time. But when the time came and Zosimas hastened on his journey, he found his beloved guide dead, with a letter to him written in the sand beside her body. From this he learned that she had died within an hour of receiving the sacrament the previous year - the fulfillment of her hope. He learned, also, for the first time her name: she signed herself "Mary the sinner." Grieving and marveling, Zosimas buried the holy woman helped by a lion who came to venerate the body of the saint. Then, he went back to the world to give the gift of her story to others, just as she had given it to him.

Since St. Mary of Egypt left no writings, the words of the fathers for the fifth week are from St John Chrysostom.

- ◆ For nothing so fills the mind with impurity as anger remaining constantly within.
- ◆ 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.
- ◆ This do with regard to your brethren; when you see them cut off from your friendship, make all haste to recover them.
- ◆ We are commanded to have only one enemy—the devil.
- ◆ The spirit of meekness settles not where wrath or passion exists.
- ◆ If God chose to search out rigorously what is done against Him, we should not live a single day.



EMERGENCY TELEPHONE NUMBERS

These are more effective than 911.

When—

- You are sad, phone John 14
- You have sinned, phone Psalm 51
- You are facing danger, phone Psalm 91
- People have failed you, phone Psalm 27
- It feels as though God is far from you, phone Psalm 139
- Your faith needs stimulation, phone Hebrews 11
- You are alone and scared, phone Psalm 23
- You are worried, phone Matthew 8:19-34
- You are hurt and critical, phone 1 Corinthians 13
- You wonder about Christianity, phone 2 Corinthians 5:15-18
- You feel like an outcast, phone Romans 8:31-39
- You are seeking peace, phone Matthew 11:25-30
- It feels as if the world is bigger than God, phone Psalm 90
- You need Christ like insurance, phone Romans 8:1-30
- You are leaving home for a trip, phone Psalm 121
- You are praying for yourself, phone Psalm 87
- You require courage for a task, phone Joshua 1
- You are depressive, phone Psalm 27
- Your bank account is empty, phone Psalm 37
- You lose faith in mankind, phone 1 Corinthians 13
- It looks like people are unfriendly, phone John 15
- You are losing hope, phone Psalm 126
- You feel the world is small compared to you, phone Psalm 19
- You want to carry fruit, phone John 15
- Paul's secret for happiness, phone Colossians 3:12-17
- With big opportunity/discovery, phone Isaiah 55
- To get along with other people, phone Romans 12



ALTERNATE NUMBERS

- For dealing with fear, call Psalm 47
- For security, call Psalm 121:3
- For assurance, call Mark 8:35
- For reassurance, call Psalm 145:18

FEED YOUR FAITH, AND DOUBT WILL STARVE TO DEATH.

May your preparation for Pascha be richly blessed.

PALM SUNDAY April 20, 2008 Sixth Sunday of Lent

Palm Sunday is the celebration of the triumphant entrance of Christ into the royal city of Jerusalem. He rode on a colt for which He Himself had sent, and He permitted the people to hail Him publicly as a king. A large crowd met Him in a manner befitting royalty, waving palm branches and placing their garments in His path. They greeted Him with these words: "Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!" (John 12:13).

This day together with the raising of Lazarus are signs pointing beyond themselves to the mighty deeds and events which consummate Christ's earthly ministry. The time of fulfillment was at hand. Christ's raising of Lazarus points to the destruction of death and the joy of resurrection which will be accessible to all through His own death and resurrection. His entrance into Jerusalem is a fulfillment of the messianic prophecies about the king who will enter his holy city to establish a final kingdom.

"Behold, your king is coming to you, humble, and mounted on an ass, and on a colt, the foal of an ass" (Zech 9:9).

Finally, the events of these triumphant two days are but the passage to Holy Week: the "hour" of suffering and death for which Christ came. Thus the triumph in an earthly sense is extremely



short-lived. Jesus enters openly into the midst of His enemies, publicly saying and doing those things which most enrage them. The people themselves will soon reject Him. They misread His brief earthly triumph as a sign of something else: His emergence as a political messiah who will lead them to the glories of an earthly kingdom.

Our Pledge

The liturgy of the Church is more than meditation or praise concerning past events. It communicates to us the eternal presence and power of the events being celebrated and makes us participants in those events. Thus the services of Lazarus Saturday and Palm Sunday bring us to our own moment of life and death and entrance into the Kingdom of God: a Kingdom not of this world, a Kingdom accessible in the Church through

repentance and baptism.

On Palm Sunday palm and willow branches are blessed in the Church. We take them in order to raise them up and greet the King and Ruler of our life: Jesus Christ. We take them in order to reaffirm our baptismal pledges. As the One who raised Lazarus and entered Jerusalem to go to His voluntary Passion stands in our midst, we are faced with the same question addressed to us at baptism: "Do you accept Christ?" We give our answer by daring to take the branch and raise it up: "I accept Him as King and God!"

Thus, on the eve of Christ's Passion, in the celebration of the joyful cycle of the triumphant days of Lazarus Saturday and Palm Sunday, we reunite ourselves to Christ, affirm His Lordship over the totality of our life and express our readiness to follow Him to His Kingdom:

... that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that if possible I may attain the resurrection from the dead (Philippians 3:10-11).

Very Rev. Paul Lazor

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



**Palms
Pussy Willows
and bell**

May your preparation for Pascha be richly blessed.

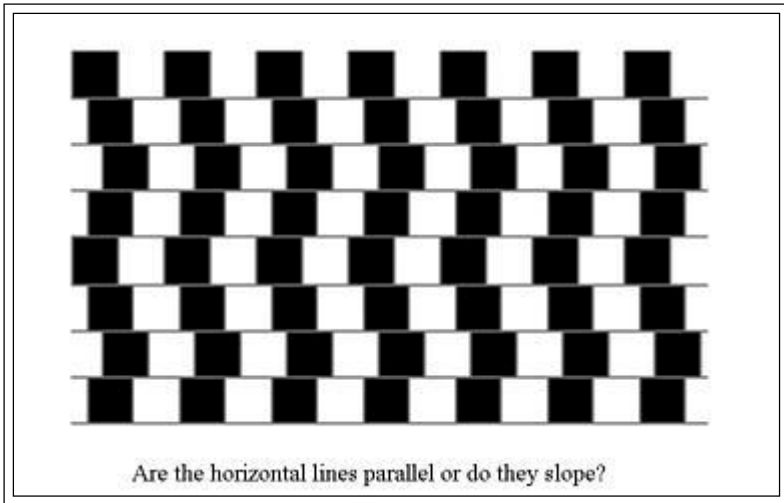
WORD SEARCH FOR APRIL

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

You don't stop laughing because you grow old;
You grow old because you stop laughing!

Word List for April Word Search

Holy Pascha	Bright Wednesday
St Basil	Passion Week
Holy Week	Entry into Jerusalem
Palm Sunday	Great and Holy Friday
Feast of Feasts	Great and Holy Saturday
Holy Monday	
Holy Tuesday	Resurrection of Jesus Christ
Bright Week	Ven Mary of Egypt
Royal Hours	Great and Holy Thursday
	Blessing of Baskets
Bright Monday	Eggs Dyed Red
Lazarus Saturday	Christ is Risen
Holy Wednesday	I ndeed He is Risen
Bright Tuesday	



MARCH CRYPTOGRAM CHAMPS

Those with correct solutions for last month are:

Marie M. of Parma and Julie R. of DuBois, Pa.

Any other **Cryptogram Champs?**

Let me know if you solve the April Cryptogram.

Phone, email or write--see page 2 for contact info.

May your preparation for Pascha be richly blessed.

I OWE MY MOTHER

1. My mother taught me TO APPRECIATE A JOB WELL DONE

'If you're going to kill each other, do it outside. I just finished cleaning.'

2. My mother taught me RELIGION.

'You better pray that will come out of the carpet.'

3. My mother taught me about TIME TRAVEL.

'If you don't straighten up, I'm going to knock you into the middle of next week!'

4. My mother taught me LOGIC *'Because I said so, that's why.'*

5. My mother taught me MORE LOGIC .

'If you fall out of that swing and break your neck, you're not going to the store with me.'

6. My mother taught me FORESIGHT.

'Make sure you wear clean underwear, in case you're in an accident.'

7. My mother taught me IRONY.

'Keep crying, and I'll give you something to cry about.'

8. My mother taught me about the science of OSMOSIS.

'Shut your mouth and eat your supper.'

9. My mother taught me about CONTORTIONISM .

'Will you look at that dirt on the back of your neck!'

10. My mother taught me about STAMINA.

'You'll sit there until all that spinach is gone.'

11. My mother taught me about WEATHER.

'This room of yours looks as if a tornado went through it.'

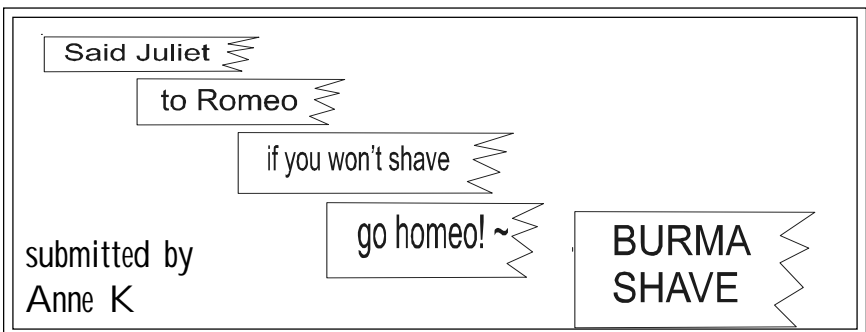
12. My mother taught me about HYPOCRISY

'If I told you once, I've told you a million times. Don't exaggerate!'

13. My mother taught me the CIRCLE OF LIFE

'I brought you into this world, and I can take you out.'

Submitted by Augie 



Cryptogram Challenge for April

The following message is written in code using regular letters instead of numbers or other symbols. Your task is to figure out which real letters the code letters stand for. Then you can read the message.

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

CHEAT CHART--START WITH THESE LETTERS.

REAL LETTERS	<u>a e i o u y s n p</u>
CODE LETTERS	S Y U Z G I N D J

How to decode the Cryptogram message: (Marie M., read no farther!)

On the Cheat Chart, every code letter below the line stands for the real letter above the line. Start Decoding the message above by using the letters identified in the cheat chart--write the letter **A** above every code letter **S** you find in the message above. Next, write the letter **E** above every code letter **Y** you see in the message. And so forth.

After those letters have all been written in you can probably guess what some of the words are. This will give you more letters to add to your cheat chart. (1)The second word AN?OUS has to be “anxious”. So the code letter A stands for the real letter X. Fill that in. (2)Next look at code SMM in the second line. Which 3 letter word starts with “a” and has two letters following? The only possible is “all.” This tells you that the code letter M stands for “l.” Fill in all of those now. (3) The first code word EY is “?e”. We also see the word “?y” in line two (code EI). Only the letters “b” and “m” could spell two words--be, by or me, my. The ? is probably the letter “b” (be, by)--a guess. Fill those in. (4) First word in second line, EGC is “bu?.” The? is probably “t.” Fill that in. Now you should be well on your way to figuring out the message. The last two words are number words.

May your preparation for Pascha be richly blessed.

Laughter—Is It Really the Best Medicine?

by David Spero, R.N.

Recent studies lean toward what the Bible and common wisdom has been telling us for centuries—An old Irish proverb states, “A good laugh and a long sleep are the best cures in the doctor’s book.” In the 1300’s, Henri de Mondeville, a French professor of surgery wrote: “Let the surgeon take care to regulate the whole regimen of the patient’s life for joy and happiness, allowing his relatives and special friends to cheer him, and by having someone tell him jokes. The surgeon must remind the patient that the body grows fat from joy and thin from sadness.”

In a study in 1996, 26 Japanese women with rheumatoid arthritis had blood drawn and then they watched a performance of *rakugo*, traditional Japanese comic storytelling. After the performance they reported that their pain levels were much reduced. A second blood test indicated that blood levels of stress markers were reduced, and levels of indicators of inflammation had also dropped. Several small studies indicate a connection between laughter and improved cardiovascular and immune system health. Studies are not conclusive but they are working on it.

Effects of laughter

However, there isn’t enough evidence about laughter’s effect on health to have doctors start handing out laughter prescriptions! Furthermore, researchers are not sure what causes laughter’s benefit. But at the very least, laughter is aerobic exercise—according to a study published in 2007, genuine laughter causes a 10%-20% increase in energy expenditure and heart rate over resting levels.

Laughter acts as a positive emotional force, distracting your mind from pain and negative emotions such as anger and guilt. Laughter can also give you feelings of power and hope, allowing you to keep or regain control of a difficult situation. By turning you from these negative feelings, laughter helps to reduce stress, which is a good thing since stress can raise blood pressure and decrease immune system functioning.

So How Do We Get Some?

When we’re weighed down with grief, sadness, frustration, and anxiety, how do we find the humor in life? Well, it turns out that humor is actually all over, if we can learn to see it. Here are some strategies:

- ◆ Watch or listen to funny TV shows, movies, and radio programs. You can also read humorous books and comics. Ask friends for their favorite laugh riots.
- ◆ Get social. Studies show that people are 30 times more likely to laugh in social settings than when they are alone.
- ◆ Look for humor in your life. By looking for the humor in everyday experiences, even the frustrating ones, you may find yourself being more lighthearted and silly, giving yourself and those around you more to laugh about.
- ◆ Spend more time with children. They are naturals, and often unintentionally funny. Kittens and puppies are a laugh-promoting alternative to children.
- ◆ Fake it. Even if your laughter is not totally genuine, you can still get some of the benefits, and often fake laughter opens into real laughter. There is a practice called “yogic laughter” started by a physician in India, Dr. Madan Kataria. He started a number of “laughing clubs” throughout India and now they can be found all over the world. One leader starts out by having the group say laughing sounds such as “Ho, ho, ha, ha, ha.” They might add other sounds or include making silly faces at each other. Soon everybody is laughing.

To get more info about local resources contact the following:

www.worldlaughtertour.com or call (800) 669-5233 or

www.laughteryoga.org

Condensed from Arthritis—Self Management March/April 2008



Animal Planet TV channel has “The Planet’s Funniest Animals” that is usually good for a laugh. The library is a good source of DVD’s, CD’s and cassettes, and attendants can suggest humorous materials. Those in assisted living facilities could ask your Activities Director for help. A Laughing Club sounds like a riot!.

Every meeting should start with 5 minutes of “Ha, Ha, ho, ho, ho!”

Hey, it’s worth a try—it doesn’t cost anything to laugh and it doesn’t have any undesirable side effects! But don’t throw away your pills just yet!

the Editor

Humor Strategies for self

- ◆ Make a list of all the curse words you use. Give each one a number. Next time someone or something bothers you pick 3 numbers and shout them out.
- ◆ All week, list on a roll of bathroom tissue all the names and things that have angered you. At the end of the week, look at the list, consider and acknowledge your role in the aggravations. Forgive those who need forgiving, determine to change your behavior if needed. Then tear off the list and flush it away. Gone from your thought and life.
- ◆ Yell “Grand Coulee” when you hurt yourself or get angry. Why “Grand Coulee”? It’s the world’s largest dam.
- ◆ Read comic strips or cartoons daily.
- ◆ Fit a funny movie or video into your life at least once a week—so you can “internally jog” with laughter.
- ◆ Take things literally and do exactly as you’re told, i.e., “Drop everything!” It will surprise the person who said it as well!
- ◆ Word Play—literally interpreting what people say at face value. “A wonderful thing happened today. A man knocked at my door and when I asked who he was, he replied, ‘Bill collector’...So I gave him all my bills!”

If there are people in your life who make you laugh, you are indeed blessed. See them as often as possible.

- ◆ Laughter is a tranquilizer with no side effects.
- ◆ “A little craziness once in a while prevents permanent brain damage.”
—Allen Klein
- ◆ “Hearty laughter is a good way to jog without having to go outside.” —Norman Cousins
(He found that 10 minutes of hearty laughter enabled him to have two hours of pain-free sleep when suffering from a form of arthritis.)



- ◆ “A merry heart doeth good like a medicine.”
—Proverbs 17:22

BIBLE BRAIN WORKOUT

71. Where did an apostle kneel down and pray on the seashore?
72. Which prophet saw four carpenters in a vision?
73. Whose lives were saved by means of a red line?
74. Which two men cut off the head of a king's son as he lay in his bed?
75. Whose friends sat with him for seven days and nights without speaking?
76. Who met his death by the very means he himself had provided for destroying his enemy?
77. Which Jewish king was blinded by his captor?
78. When did fire consume stones, dust, and water?
79. Where do we read of men who had their ears pierced for love?
80. Name two brothers who were both octogenarians before they began their real mission in life?

Answers on page 23

How did you score? A+ Bible Scholar 6 or more Correct ; A Superior 5 +correct; B+ Pretty good 4+ correct: C Fair 3+ correct; Less than 3, an opportunity to make reading the Bible daily a Lenten project! You can have half credit if you can describe the situation and name the place even though you have forgotten the person's name. 🙏

RIDDLES—A Right Brain Workout

Average Challenge:

1. Why was Cinderella a poor basketball player?
2. Why are banks called money trees?
3. Why was the coffee so muddy?
4. When are sheep like ink?
5. What's the difference between in-laws and outlaws?

Really sharp if you get these:

6. What is white and green and Irish and only comes out in the summer?
7. How do you get down from an elephant?
8. What did one mountain say to the other after the earthquake?
9. What kind of publication should a gardener read?
10. When is a sailor no longer as sailor?

From *Wit and Witticism* donated by Helen Chwalyk

Answers on page 23.

May your preparation for Pascha be richly blessed.



Knock at the door

A new pastor was visiting the homes of his parishioners.

At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, he took out a card and wrote "Revelation 3:20" on the back of it and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, Genesis 3:10."

Reaching for his Bible to check out the citation, he broke up in gales of laughter.

Revelation 3:20 begins "Behold, I stand at the door and knock."

Genesis 3:10 reads, "I heard your voice in the garden and I was afraid, for I was naked."

Used by permission.

Thanks to Squeaky at www.cleanjoke.com

There is tremendous happiness in making others happy, despite our own situations.

Submitted by Walter L.

Never report what may hurt another, unless it be a greater hurt to some other to conceal it.

—William Penn

Do not let any unwholesome talk come out of your mouths, only what is helpful for building others up...

—Ephesians 4:29 NIV

from Bless Your Heart Each New Day calendar.

donated by Kathy Z. of Parma

Aren't these amazing!!



Marzipan Babies

Thought you'd be fascinated with these. They are made with marzipan (a sweet paste made of ground almonds and sugar, often with egg whites, molded into ornamental shapes.....really unbelievable! Every detail is amazing, and they look VERY real.



Submitted by Mickey Z from an email FWD

May your preparation for Pascha be richly blessed.

A PRAYER FOR YOU

author unknown

May there always be work for your hands to do.
May your purse always hold a coin or two.
May the sun always shine on your window pane,
May a rainbow be certain to follow with each rain;
May the hand of a friend always be near you
May God fill your heart with gladness to cheer you.

Submitted by Ann G. of N. Royalton

Answers to Riddles

1. Because she had a pumpkin for a coach.
2. Because they have so many branches.
3. It was ground yesterday.
4. When they are in a pen.
5. Outlaws are wanted!
6. Paddy O'Furniture
7. You don't get down from an elephant: you get down from a goose.
8. It's not my fault.
9. The Weeder's Digest
10. When he's aboard.

BIBLE BRAIN WORKOUT ANSWERS

- | | |
|---------------------------------|-------------------|
| 71. Acts 21:5 | 76. Esth. 7:10 |
| 72. Zech. 1:20 | 77. Jer. 52:11 |
| 73. Josh 2:18-21
and 6:22-25 | 78. I Kings 18:38 |
| 74. 2 Sam. 4:7-8 | 79. Ex. 21:5-6 |
| 75. Job 2:13 | 80. Ex. 7:7 |



Found in Church Bulletins:

- ◆ Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
 - ◆ Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
 - ◆ Please place your donation in the envelope along with the deceased person you want remembered.
 - ◆ The church will host an evening of fine dining, super entertainment and gracious hostility.
 - ◆ Potluck supper Sunday at 5:00 PM - prayer and medication to follow.
 - ◆ The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
submitted by Augie
-

On their way to church service, a Sunday school teacher asked her pupils, "An why is it necessary to be quiet in church?"

One bright little girl replied, "Because people are sleeping."

From the Sunday Bulletin:

MORNING SERVICE:

HYMN 43: *"Great God, What Do I Hear?"*

PREACHER: The Rev. Mark Mahoney.

HYMN 47: *"Hark! An Awful Voice Is Sounding."*

One evening Pastor Steve asked how many had read Mark 17, and every hand went up. The pastor said, "Mark has only 16 chapters. Let me begin my sermon on the sin of lying."

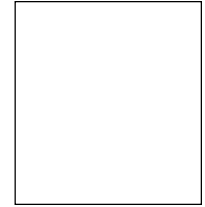
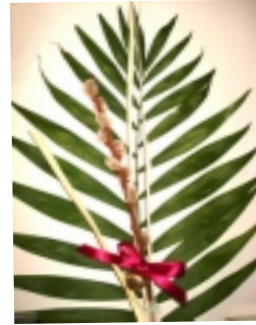
taken from Church Chuckles donated by Anonymous

THE FRUIT BASKET

18893 Howe Road
Strongsville, OH 44136



Sunshine Greetings from
St. Theodosius Orthodox Cathedral



CALENDAR for APRIL 2008

- 5 Soul Saturday
- 6 St John Climacus Sunday
- 13 Mary of Egypt Sunday
- 19 Lazarus Saturday
- 20 Palm Sunday
- 24 Great & Holy Thursday
- 25 Great & Holy Friday
- 26 Great & Holy Saturday
- 27 Holy Pascha (Easter)
- 28 Bright Week Begins

