

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

The Fruit Basket

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

Volume VI, Number 6 *A friendly Orthodox Christian 'Zine* JUNE 2011

The Ascension of Our Lord Jesus Christ

June 2, 2011



This icon is by the hand of an iconographer who wishes to be anonymous. It is the patronal icon of Holy Ascension Antiochian Orthodox Mission of the Great Valley, Chester County, PA.

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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We get letters...

Thank you for remembering Paul and me in *The Fruit Basket*. We miss being in church and also the singing. You are doing a very good job with *The Fruit Basket*. Enjoy it very much.

Dorothy and Paul Laskovich

Thank you very much for writing, Dorothy. It is always a pleasure to hear from you.

The Gift of the Holy Spirit

On Pentecost, we celebrate the gift of the Holy Spirit (Acts 2:1-21). Through Christ, we are given the living water of the Holy Spirit, poured out on believers on Pentecost, so that we might "thirst" no more (Jn 7:37-39) and that we might use the spiritual gifts we are given to his glory (1 Cor 12:3b-13). We look at the wonders of creation and cannot help but praise God for his wisdom, originality and the beauty of the world around us (Ps 104:24-34, 35b).

The Gift of the Holy Spirit continued

The One Spirit Adapts to Personal Diversity.

CYRIL OF JERUSALEM: One and the same rain comes down on all the world, yet it becomes white in the lily, red in the rose, purple in the violets and the hyacinths, different and many-colored in manifold species. Thus it is one in the palm tree and another in the vine, and all in all things, though it is uniform and does not vary in itself. For the rain does not change, coming down now as one thing and now as another, but it adapts itself to the thing receiving it and becomes what is suitable to each. Similarly the Holy Spirit, being One and of one nature and indivisible, imparts to each one his grace “according as he will.” The dry tree when watered brings forth shoots. So too does the soul in sin, once made worthy through repentance of the grace of the Holy Spirit, flower into justice. *Catechesis 14.12.*

REFLECTIONS FROM THE CHURCH FATHERS

***The Spirit Flow in All of Us.* IRENAEUS:** The Spirit is in us all and he is the living water which the Lord supplies to those who rightly believe in him and love him. *Against Heresies 5.18.2.*

***The Gift of the Holy Spirit.* CYRIL OF ALEXANDRIA:** The Spirit came to be in the prophets so that they could prophecy, and now the Spirit dwells in believers through Christ, having first dwelled in Christ when he was made man. For as God, Christ has the Spirit unceasingly, since the Spirit is essentially of Christ’s nature: the Spirit is his own. Christ is anointed and is said to receive the Spirit as a man, not so that he could participate in the divine good things, but rather for our sake and for the sake of human nature as we have been taught. When the Evangelist says to us, “the Spirit had not been given, because Jesus was not yet glorified,” let us understand him to mean the full and complete indwelling of the Holy Spirit in humankind. *Commentary on the Gospel of St. John 5.2.*

CLOSING PRAYER Grant, we ask you, almighty God, that the splendor of your brightness may shine on us and the light of your Light confirm with the illumination of the Holy Spirit the hearts of those who have been born again through your grace: for the sake of Jesus Christ our Lord. [Amen.] *The Gregorian Sacramentary* ☩

Taken from Ancient Christian Devotional, pp.135-139

Happy Birthday, Church!

THE ASCENSION OF OUR LORD JESUS CHRIST

Commemorated on June 2

”AND ASCENDED INTO HEAVEN....” V. Rev. George Florovsky, D.D.

“I ascend unto My Father and your Father, and to My God, and Your God” (John 20:17).

In these words the Risen Christ described to Mary Magdalene the mystery of His Resurrection. She had to carry this mysterious message to His disciples, “as they mourned and wept” (Mark 16:10). The disciples listened to these glad tidings with fear and amazement, with doubt and mistrust. On the contrary, it appears that only one of the Eleven did not doubt - St John. He alone grasped the mystery of the empty tomb at once: “and he saw, and believed” (John 20:8). Even Peter left the sepulcher in

amazement, “wondering at that which was come to pass” (Luke 24:12). The disciples did not expect the Resurrec-

In the Ascension resides the meaning and the fullness of Christ’s Resurrection.

tion. The women did not, either. ...Their wonder continues, and even on the day of His glorious Ascension the Apostles question the Lord, “Lord, wilt Thou at this time restore again the kingdom to Israel?” (Acts 1:6). They still did not comprehend the meaning of His Resurrection, they did not understand what it meant that He was “ascending” to the Father. Their eyes were opened but later, when “the promise of the Father” had been fulfilled.

In the Ascension resides the meaning and the fullness of Christ’s Resurrection.

The Lord did not rise in order to return again to the fleshly order of life, so as to live again and commune with the disciples and the multitudes by means of preaching and miracles. Now he does not even stay with them, but only “appears” to them during the forty days, from time to time, and always in a miraculous and mysterious manner. “He was not always with them now, as He was before the Resurrection,” comments St John Chrysostom. “He came and again disappeared, thus leading them on to higher conceptions. He no longer permitted them to continue in their former relationship toward Him, but took effectual measures to secure these two objects: That the fact of His Resurrection should be

believed, and that He Himself should be ever after apprehended to be greater than man.” There was something new and unusual in His person (cf. John 21:1-14). As St John Chrysostom says, “It was not an open presence, but a certain testimony of the fact that He was present.” That is why the disciples were confused and frightened. Christ arose not in the same way as those who were restored to life before Him. Theirs was a resurrection for a time, and they returned to life in the same body, which was subject to death and corruption - returned to the previous mode of life. But Christ arose for ever, unto eternity. He arose in a body of glory, immortal and incorruptible. He arose, never to die, for “He clothed the mortal in the splendor of incorruption.” His glorified Body was already exempt from the fleshly order of existence. “It is sown in corruption, it is raised in incorruption. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a natural body, it is raised a spiritual body” (I Cor. 15:42-44). This mysterious transformation of human bodies, of which St Paul was speaking in the case of our Lord, had been accomplished in three days. Christ’s work on earth was accomplished. He had suffered, was dead and buried, and now rose to a higher mode of existence. **By His Resurrection He abolished and destroyed death**, abolished the law of corruption, “and raised with Himself the whole race of Adam.” Christ has risen, and now “no dead are left in the grave” (cf. The Easter Sermon of St John Chrysostom). And now He ascends to the Father, yet He does not “go away,” but abides with the faithful for ever (cf. The Kontakion of Ascension). For He raises the very earth with Him to heaven, and even higher than any heaven. God’s power, in the phrase of St John Chrysostom, “manifests itself not only in the Resurrection, but in something much stronger.” For “He was received up into heaven, and sat on the right hand of God” (Mark 16:19).

And with Christ, man’s nature ascends also.

”We who seemed unworthy of the earth, are now raised to heaven,” says St John Chrysostom. “We who were unworthy of earthly dominion have been raised to the Kingdom on high, have ascended higher than

THE ASCENSION *(continued)*

heaven, have come to occupy the King's throne, and the same nature from which the angels guarded Paradise, stopped not until it ascended to the throne of the Lord." By His Ascension the Lord not only opened to man the entrance to heaven, not only appeared before the face of God on our behalf and for our sake, but likewise "transferred man" to the high places. "He honored them He loved by putting them close to the Father.." God quickened and raised us together with Christ, as St Paul says, "and made us sit together in heavenly places in Christ Jesus" (Ephes. 2:6). Heaven received the inhabitants of the earth. "The First fruits of them that slept" sits now on high, and in Him all creation is summed up and bound together. "The earth rejoices in mystery, and the heavens are filled with joy."

Thus the Office for the Feast of the Ascension depicts the mystery in a poetical language. As on the day

of Christ's Nativity the earth was astonished on beholding God in the flesh, so now the Heavens do tremble and cry

The Ascension is the token of Pentecost, the sign of its coming

out. "The Lord of Hosts, Who reigns over all, Who is Himself the head 'Of all, Who is preeminent in all things, Who has reinstated creation in its former order - He is the King of Glory.'" And the heavenly doors are opened: "Open, Oh heavenly gates, and receive God in the flesh." It is an open allusion to Psalms 24:7-10, now prophetically interpreted. "Lift up your heads, Oh ye gates, and be lifted up, ye everlasting doors, and the King of Glory shall come in. Who is this King of glory? The Lord strong and mighty..." St Chrysostom says, "Now the angels have received that for which they have long waited, the archangels see that for which they have long thirsted. They have seen our nature shining on the King's throne, glistening with glory and eternal beauty.... Therefore they descend in order to see the unusual and marvelous vision: Man appearing in heaven."

The Ascension is the token of Pentecost, the sign of its coming, "The Lord has ascended to heaven and will send the Comforter to the world'

For the Holy Spirit was not yet in the world, until Jesus was glorified. And the Lord Himself told the disciples, "If I go not away, the Comforter will not come unto you" (John 16:7). The gifts of the Spirit are "gifts of reconciliation," a seal of an accomplished salvation and of the ultimate

“On high is His body, here below with us is His Spirit. And so we have His token on high, that is His body, which He received from us, and here below we have His Spirit with us. Heaven received the Holy Body, and the earth accepted the Holy Spirit. Christ came and sent the Spirit. He ascended, and with Him our body ascended also” (St John Chrysostom). The revelation of the Holy Trinity was completed.



Pentecost

Now the Spirit Comforter is poured forth on all flesh. “Hence comes foreknowledge of the future, understanding of mysteries, apprehension of what is hidden, distribution of good gifts, the heavenly citizenship, a place in the chorus of angels, joy without end, abiding in God, the being made like to God, and, highest of all, the being made God!” (St Basil, On the Holy Spirit, IX). Beginning with the Apostles, and through communion with them - by an unbroken succession - Grace is spread to all believers. Through renewal and glorification in the Ascended Christ, man’s nature became receptive of the spirit. “And unto the world He gives quickening forces through His human body,” says Bishop Theophanes. “He holds it completely in Himself and penetrates it with His strength, out of Himself; and He likewise draws the angels to Himself through the spirit of man, giving them space for action and thus making them blessed.” All this is done through the Church, which is “the Body of Christ;” that is, His “fullness” (Ephesians 1:23). “The Church is the fulfillment of Christ,” continues Bishop Theophanes, “perhaps in the same way as the tree is the fulfillment of the seed. That which is contained in the seed in a contracted form receives its development in the tree.”

The very existence of the Church is the fruit of the Ascension. It is in the

Happy Birthday, Church!

The Ascension *(continued)*

Church that man's nature is truly ascended to the Divine heights. "And gave Him to be Head over all things" (Ephesians 1:22). St John Chrysostom comments: "Amazing! Look again, whither He has raised the Church. As though He were lifting it up by some engine, He has raised it up to a vast height, and set it on yonder throne; for where the Head is, there is the body also. There is no interval of separation between the Head and the body; for were there a separation, then would the one no longer be a body, nor would the other any longer be a Head." The whole race of men is to follow Christ, even in His ultimate exaltation, "to follow in His train." Within the Church, through an acquisition of the Spirit in the fellowship of Sacraments, the Ascension continues still, and will continue until the measure is full. "Only then shall the Head be filled up, when the body is rendered perfect, when we are knit together and united," concludes St John Chrysostom.

The Ascension is a sign and token of the Second Coming.

The Ascension is a sign and token of the Second Coming. "This same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen Him go into heaven" (Acts 1:11).


The mystery of God's Providence will be accomplished in the Return of the Risen Lord. In the fulfillment of time, Christ's kingly power will be revealed and spread over the whole of faithful mankind. Christ bequeathes the Kingdom to the whole of the faithful. "And I appoint unto you a Kingdom as My Father has appointed unto me. That ye may eat and drink at My table in My Kingdom, and sit on thrones judging the twelve tribes of Israel" (Luke 22:29-30). Those who followed Him faithfully will sit with Him on their thrones on the day of His coming. "To him that overcomes will I grant to sit with Me in My throne, even as I also overcame, and am set down with My Father in His throne" (Rev. 3:21). Salvation will be consummated in the Glory. "Conceive to yourself the throne, the royal throne, conceive the immensity of the privilege. This, at least if we chose, might more avail to startle us, yea, even than hell itself" (St John Chrysostom).

We should tremble more at the thought of that abundant Glory which is appointed unto the redeemed, than at the thought of the eternal darkness. “Think near Whom Thy Head is seated....” Or rather, Who is the Head. In very truth, “wondrous and terrible is Thy divine ascension from the mountain, O Giver of Life.” A terrible and wondrous height is the King’s throne. In face of this height all flesh stands silent, in awe and trembling. “He has Himself descended to the lowest depths of humiliation, and raised up man to the height of exaltation.”

What then should we do?

“If thou art the body of Christ, bear the Cross, for He bore it.” (St John Chrysostom).

“With the power of Thy Cross, O Christ, establish my thoughts, so that I may sing and glorify Thy saving Ascension.”

Originally published in St Vladimir’s Seminary Quarterly, Vol. 2 # 3, 1954. Used with permission. 



PENTECOST

Happy Birthday, Church!

WHAT IF THE WORLD WOULD END AT 6:00 PM?

Recently a self-styled prophet predicted that the world would come to an end on May 21, 2011. The following Sunday, using that as a take-off for his homily, our pastor asked the congregation what we as Christians should be doing if it really were the end. There was dead silence as that dread possibility rolled around in our minds. Then somebody responded, “be in church”; others ventured “Read the scriptures,” “Pray,” and finally somebody said, “Repent,” the word he was waiting to hear. Unfortunately, a copy of the sermon that followed is not available; however, *The Philokalia* which is available shows that much attention was given by the Church Fathers to the subject of Repentance. Some of their writings are included below.

More from The Philokalia

Repentance

Being bountiful and full of love, God awaits with great patience the repentance of every sinner, and he celebrates the return of the sinner with celestial rejoicing, as he himself says,

“There is joy in heaven over one sinner who repents” (Luke 15:7, 10).

But when someone sees this generosity and patience, and how God awaits repentance and so does not punish sins one by one, he may neglect the commandment and make such generosity an excuse for indifference, adding sin to sin, offense to offense, laziness to laziness. In this way he will reach the furthest limits of sin, and fall into such transgression that he is not able to recover himself.

—ST. MAKARIOS of EGYPT,

III THE RAISING OF THE INTELLECT. SEC. 71

Annotation by Allayne Smith:

Makarios emphasizes that because God is love, God always awaits with great patience the repentance of every sinner.... “At the same time, he warns of the danger of taking God’s forgiveness for granted, not because God will change his mind about forgiving, but because we might grow so distant from God that we might no longer feel the need to repent.

Repentance

“Let no one deceive you with vain words” (Ephesians 5:6), and let us not deceive ourselves: before we have experienced inward grief and

tears there is no true repentance or change of mind in us, nor is there any fear of God in our hearts, nor have we passed sentence on ourselves, nor has our soul become conscious of the coming judgment and eternal torments. Had we accused ourselves and realized these things in ourselves, we would have immediately shed tears for without tears our hardened hearts cannot be mollified, our souls cannot acquire spiritual humility, and we cannot be humble. If we do not attain such a state, we cannot be united with the Holy Spirit. And if we have not been united with the Holy Spirit through purification, we cannot have either vision or knowledge of God, or be initiated into the hidden virtues of humility.

—ST. SYMEON THE NEW THEOLOGIAN

IV, *PRACTICAL AND THEOLOGICAL TEXTS*, SEC. 69

Annotation by Allyne Smith:

Symeon the New Theologian (949—1022) was a mystic and ascetic who also served as abbot of St. Mamas Monastery from ca. 980 to 1005. His work stressed the direct experience of the Holy Spirit. The experience of the Spirit as light is emphasized in his many works, which were influential in Orthodox monasteries of the fourteenth and fifteenth centuries.

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

Annotation by Allyne Smith:

While the prayers of the Orthodox Christian do not exhibit a morbid preoccupation with sin, they are characterized by repentance. This is not to be understood primarily as emotional regret for sin but rather as the person’s “change of mind.” ☩

Philokalia, The Eastern Christian Spiritual Texts. Annotations by Allyne Smith. Translation by G. E. H. Palmer, Philip Sherrard, and Bishop Kallistos Ware. SkyLight Paths Publishing, Woodstock, VT. 2006. ISBN 13:978-1-59473-103-7; ISBN 10: 1-59473-103-9

Happy Birthday, Church!

WORD SEARCH FOR JUNE

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

It's All Relative

“Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That’s relativity.”



submitted by Steve C.

WORD SEARCH LIST FOR JUNE

Ascension day	Pick peas	StJoanna
Baby birds	Prophet Amos	StJohn Kornstadt
Fathers day	Prophet Elisha	St Paul
Graduations	Roses	Summer vacation
June	Schools out	Thunderstorms
Love	St Jerome	Ven Sergius
Martyr Febronia	St Methodius	Weddings
Pentecost	St Peter	Wild strawberries

BIBLE BRAIN WORKOUT FOR JUNE

451. When did a man restore 1,100 shekels of silver which he had stolen from his mother?
452. Which book in the Bible omits to mention the name of God?
453. Once in the Old Testament the tabernacle is called the temple of the Lord—where?
454. Where do we read of dumb dogs that cannot bark?
455. Which deliverer of Israel was left-handed?
456. Which prophet denounces the shameless, who cannot blush?
457. When did a king tear the mantle of a prophet?
458. Which verse in the Bible mentions coral, pearls, and rubies?
459. What was onycha?
460. Where does the Old Testament admonish us to make short prayers?

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!*

The highest wisdom is kindness.
—Talmud

Happy Birthday, Church!

QUICK COLLEGE INTRANCE EXAM!
Time allowed: 1 minute

1. Continue this sentence in a logical way. 25 points

M T W T

2. Correct this equation with a single stroke. 25 points

$$5 + 5 + 5 = 550$$

3. Write anything in the space below. 25 points

4. Draw a rectangle with 3 lines. 25 points

Answers on p. 19

Submitted by Kathy B.

There's Nothing Like a Puppy to Make You Smile!



CRYPTOGRAM CHALLENGE FOR JUNE

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

T B Z R P N D T C C X J S W P J

O T N N R B P D W C T N P Z T F N ,

N T F N U J Z , P D T P R L R C C

O J E K J E P J G S F N O R K R P J B

T C C G C W N D ;

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 f o n h r s l</u>
CODE LETTERS	T G J B D K N C

Tougher Challenge....

MAI E K G F O G Y G M Q Q S L Q Q G I O L E K E K G

K V Q F R H L Y L E M A I X G D M A E V R H G M C

O L E K V E K G Y E V A D P G R .

E=t M=a

See page 19 for additional clues if you really need them.

Happy Birthday, Church!

HOW TO PREVENT DRUG ERRORS

When picking up prescriptions, take these steps:

Make sure the drug is for you. When you get your prescription, open the bag to see if your name is on the container. The pharmacist should also check at least one other identifying piece of information, such as your birth date, address, or phone number.

Compare the label with what you were expecting. If the drug name, dosage, or purpose differ, ask why.

Compare refills to older prescriptions. Make sure that the color, markings, shape, and size of the pills are the same as the originals. If not, check with the pharmacist to make sure you're getting the same medication (or a generic equivalent).

Read the drug's information sheet. Do that before you leave the pharmacy, if possible, so you don't have to return or call with questions. Make sure that the drug actually treats your health problem. If it doesn't, double-check with your doctor.

Read Over-the-Counter product labels.

Six Steps to Choosing an Over-the-Counter drug

1. Look at active ingredients, not brand names.
2. Don't take more than one drug with the same active ingredient.
3. Avoid multisymptom remedies.
4. Check for warnings and side effects.
5. Stick to recommended doses
6. Check expiration dates.

Prepare and regularly update a list of all your medications, including their brand and generic names, purpose, dosage, special instructions, and physical description. Include the names of the physicians who prescribed them and where purchased. Also list OTC drugs and supplements you take regularly, and note food or drug allergies and the symptoms they cause. Carry the list in your purse or wallet in case you need to refer to it at a doctor's office, pharmacy, or hospital.

Even some supplements can thin the blood which could present a problem in the case of emergency surgery.

Taken from *Consumer Reports On Health*, Vol. 22 No.6 June 2010



School Daze

Actual notes from parents (including spelling)

Please excuse Lisa for being absent. She was sick and I had her shot.

Dear School: Please excuse John being absent on Jan. 28, 29, 30, 31, 32, and also 33.

John has been absent because he had two teeth taken out of his face.

Megan could not come to school today because she has been bothered by very close veins.

Chris will not be in school cuz he has an acre in his side.

Irving was absent yesterday because he missed his bust.

Please excuse Jennifer for missing school yesterday. We forgot to get the Sunday paper off the porch, and when we found it Monday, we thought it was Sunday.

Sally won't be in school a week from Friday. We have to attend her funeral.

Submitted by two gentlemen who prefer to remain anonymous.

Approved by the computer's Spell Checker

THE YELLING AT

(A short Monologue)

Know!

Nun four ewe!

Yew seam mien too awl hear.

Ewe tolled won two mini lyes for your kneads...

Sew!

Wok a weigh oar isle beet yew allot

on you're scull oar but.

Dew yew sea?

Awl rite.

Buy, buy!

Created by an anonymous gentleman with an off-beat sense of humor and too much time on his hands!

Happy Birthday, Church!

TIMELY TIPS

If the pressures of daily life are getting you down, follow these “proven stress reducers.” The tips come from the “Hope Health Letter,” by the Hope International Heart Research Institute.

1. Get together with an upbeat friend who has a good sense of humor—and laugh.
2. Learn to ignore what you can’t control; learn to control what you can.
3. Don’t keep your problems inside. Write them down or talk about them with a good listener.
4. Say no to extra projects, social activities and invitations you know you don’t have the time or energy for. Saying no takes practice, self-respect, and a belief that everyone, everyday needs quiet time to relax and to be alone.
5. Cut out or reduce the amount of caffeine and alcohol in your diet.
6. Sing a favorite song.
7. Hug your loved ones.
8. Remind yourself that you are not the general manager of the universe.
9. Put a pillow over your mouth and scream.
10. Watch aquarium fish.
11. Do something nice for somebody else.
12. Cry. Scientists have found stress chemicals in emotional tears. Crying is a way of ridding your body of these chemicals.
13. Watch an old movie.

Pray every day and read a few verses of the Psalms or other scripture.

Taken from Augie’s Scrapbook.

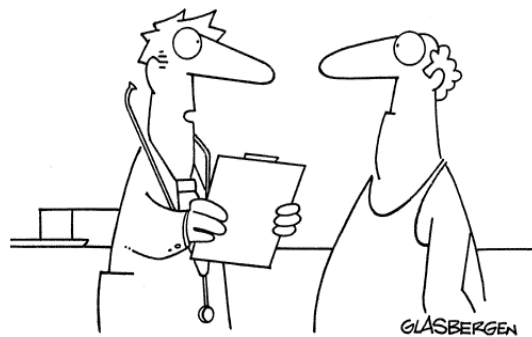
BIBLE BRAIN WORKOUT answers for JUNE

- | | |
|-------------------|----------------------|
| 451. Judg. 17:1-4 | 456. Jer. 6:15, 8:12 |
| 452. Esther | 457. 1 Sam. 15:27 |
| 453. 1 Sam. 3:3 | 458. Job 28:8 |
| 454. Isa. 56:10 | 459. Ex. 30:34 |
| 455. Judg. 3:15 | 460. Eccles. 5:2 |

The very first "senior moment"



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*Submitted by
Augie*

"The handle on your recliner does not qualify as an exercise machine."

Answer to College Entrance Exam

1. M T W T F S S (Weekdays)
2. 5 ~~+~~ 5 + 5 = 550 (Change a plus sign to the numeral 4)
3. Anything
4.

--	--	--	--

You hang in there, Sunshine. I didn't pass either!

H=p

Happy Birthday, Church!

THE FRUIT BASKET

18893 Howe Road
Strongsville, OH 44136

**Sunshine Greetings from
St. Theodosius Orthodox Cathedral**



CALENDAR for JUNE 2011

- 2 Ascension of our Lord Jesus Christ**
- 12 Pentecost**
- 13 Holy Spirit**
- 12-18 No fast**
- 19 Holy Apostle Jude**
- 20-29 Ss Peter & Paul Fast**
- 29 Holy Apostles Peter and Paul**
- 30 Synaxis of the twelve Apostles**