

The Fruit Basket

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

Volume III, Number 6

A friendly Orthodox Christian 'Zine

JUNE 2008

THE ASCENSION OF OUR LORD JESUS CHRIST

Commemorated June 5, 2008



Day 40:

The Ascension

Now when He had spoken these things, while they watched, He was taken up, and a cloud received Him out of their sight.

And while they looked steadfastly toward heaven as He went up, behold, two men stood by them in white apparel, who also said, "Men of Galilee, why do you stand gazing up into heaven? This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven."

*Acts 1:9-11 NKJV
Orthodox Study Bible*

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

**The FRUIT BASKET, 18893 Howe Road
Strongsville, OH 44136**

© 2008 The FRUIT BASKET

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

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. 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*

FAITH AND GOOD WORKS

There is no problem of “faith and good works” in the spirituality of the Church. The relationship between faith and good works becomes a “problem” only when justification is understood as an outward legal process between God and man. In that case people either fear that good deeds will come between the soul and Christ or, on the contrary, they regard deeds as merits in the eyes of God. In the Orthodox view deeds are not an end in themselves for the doer, but are more like a saving instrument in the transformation of man’s corrupted nature into a “new creation.” (2 Cor 5:17) Therefore Christ’s gospel commandments are not law but grace and mercy. They are like medicine given for our use, without which we cannot get well. Let us think of any virtue recommended to us in the Gospel: humility, for instance. How else could we grow in humility except by really humbling ourselves in practice? A prayer from Psalm 119 is often repeated in church services: “Blessed art Thou, O Lord; teach me Thy statutes!”

Because of man’s corrupted nature, he has no other way of showing gratitude and love towards Christ than by trying to fulfil in his life the commandments which Christ has given, which work towards his own salvation. “If you love me, you will keep my commandments.” (Jn 14:15) The fulfilment of these commandments of Christ which are contained in the Gospels, such as prayer, fasting, serving one’s neighbor, humility and refraining from condemning anyone else, can be seen as the leaves of the spiritual tree. The gifts of the Spirit, which are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control, correspond to the fruits of the tree.



(Gal 5:22) They are the signs of a purified heart. The wisdom and difficulty of the spiritual pilgrimage lie in the fact that the leaves must not be regarded as fruits nor yet can one imagine that one can bear fruit without leaves; one cannot acquire the gifts of the Spirit without effort. *Taken from The Faith We Hold by Archbishop Paul of Finland.* 🕊

HOLY PENTECOST

Commemorated on June 15

In the Church's annual liturgical cycle, Pentecost is "the last and great day." It is the celebration by the Church of the coming of the Holy Spirit as the end - the achievement and fulfillment - of the entire history of salvation. For the same reason, however, it is also the celebration of the beginning: it is the "birthday" of the Church as the presence among us of the Holy Spirit, of the new life in Christ, of grace, knowledge, adoption to God and holiness.

This double meaning and double joy is revealed to us, first of all, in the very name of the feast. Pentecost in Greek means fifty, and in the sacred biblical symbolism of numbers, the number fifty symbolizes both the fulness of time and that which is beyond time: the Kingdom of God itself. It symbolizes the fulness of time by its first component: 49, which is the fulness of seven (7 x 7): the number of time. And, it symbolizes that which is beyond time by its second component: 49 + 1, this one being the new day, the "day without evening" of God's eternal



Kingdom. With the descent of the Holy Spirit upon Christ's disciples, the time of salvation, the Divine work of redemption has been completed, the fulness revealed, all gifts bestowed: it belongs to us now to "appropriate" these gifts, to be that which we have become in Christ: participants and citizens of His Kingdom.

THE VIGIL OF PENTECOST

The all-night Vigil service begins with a solemn invitation:
"Let us celebrate Pentecost, the coming of the Holy Spirit, The appointed day of promise, and the fulfillment of hope, The mystery which is as great as it is precious."

In the coming of the Spirit, the very essence of the Church is revealed:
"The Holy Spirit provides all, Overflows with prophecy, fulfills the priesthood, Has taught wisdom to illiterates, has revealed fishermen as theolo-

(Continued on the next page)

Pentecost (Cont.)

gians, He brings together the whole council of the Church."

In the three readings of the Old Testament (Numbers 11:16-17, 24-29; Joel 2:23-32; Ezekiel 36:24-28) we hear the prophecies concerning the Holy Spirit. We are taught that the entire history of mankind was directed towards the day on which God "would pour out His Spirit upon all flesh." This day has come! All hope, all promises, all expectations have been fulfilled. At the end of the Aposticha hymns, for the first time since Easter, we sing the hymn: "O Heavenly King, the Comforter, the Spirit of Truth. . .," the one with which we inaugurate all our services, all prayers, which is, as it were, the life-breath of the Church, and whose coming to us, whose "descent" upon us in this festal Vigil, is indeed the very experience of the Holy Spirit "coming and abiding in us."

Having reached its climax, the Vigil continues as an explosion of joy and light for "verily the light of the Comforter has come and illumined the world." In the Gospel reading (John 20:19-23) the feast is interpreted to us as the feast of the Church, of her divine nature, power and authority. The Lord sends His disciples into the world, as He Himself was sent by His Father. Later, in the antiphons of the Liturgy, we proclaim the universality of the apostles' preaching, the cosmical significance of the feast, the sanctification of the whole world, the true manifestation of God's Kingdom.

THE VESPERS OF PENTECOST

The liturgical peculiarity of Pentecost is a very special Vespers of the day itself. Usually this service follows immediately the Divine Liturgy, is "added" to it as its own fulfillment. The service begins as a solemn "summing up" of the entire celebration, as its liturgical synthesis. We hold flowers in our hands symbolizing the joy of the eternal spring, inaugurated by the coming of the Holy Spirit. After the festal Entrance, this joy reaches its climax in the singing of the Great Prokeimenon:

"Who is so great a God as our God?"

Then, having reached this climax, we are invited to kneel. This is our first kneeling since Easter. It signifies that after these fifty days of Paschal joy and fulness, of experiencing the Kingdom of God, the Church now is about to begin her pilgrimage through time and history. It is evening again, and the night approaches, during which temptations and failures await us, when, more than anything else, we need Divine help, that presence and power of the Holy Spirit, who has already revealed to us the joyful End, who now will help us in our effort towards fulfillment and salvation.

(Continued on the next page)

All this is revealed in the three prayers which the celebrant reads now as we all kneel and listen to him. In the first prayer, we bring to God our repentance, our increased appeal for forgiveness of sins, the first condition for entering into the Kingdom of God.

In the second prayer, we ask the Holy Spirit to help us, to teach us to pray and to follow the true path in the dark and difficult night of our earthly existence. Finally, in the third prayer, we remember all those who have achieved their earthly journey, but who are united with us in the eternal God of Love.


The joy of Easter has been completed and we again have to wait for the dawn of the Eternal Day. Yet, knowing our weakness, humbling ourselves by kneeling, we also know the joy and the power of the Holy Spirit who has come. We know that God is with us, that in Him is our victory.

Thus is completed the feast of Pentecost and we enter "the ordinary time" of the year. Yet, every Sunday now will be called "after Pentecost" - and this means that it is from the power and light of these fifty days that we shall receive our own power, the Divine help in our daily struggle. At Pentecost we decorate our churches with flowers and green branches - for the Church "never grows old, but is always young." It is an evergreen, ever-living Tree of grace and life, of joy and comfort. For the Holy Spirit - "the Treasury of Blessings and Giver of Life - comes and abides in us, and cleanses us from all impurity," and fills our life with meaning, love, faith and hope.

—Father Alexander Schmemmann (1974)



Pentecost Tradition

Another popular name for Pentecost used by our people is "Zelenyi Svjata" (Green Holydays). This stems from the custom of adorning the churches and homes with green foliage (preferably linden branches) and grass in celebration of the feast. The green color of the foliage was accepted by our people as a symbol of divine life brought to us by the Holy Spirit. For this reason also, the clergy wear green vestments for the liturgical services on Pentecost and its post-festive period. 

from <http://www.byzantines.net/feasts/index.htm>

It is believed that the custom of adorning churches and homes with greenery arose from the feast of Shavout, a celebration of Judaism.

TRINITY WEEK—DAY OF THE HOLY SPIRIT

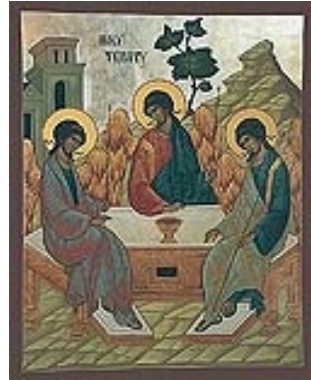
Commemorated on June 16, 2008

On the day after every Great Feast, the Orthodox Church honors the one through whom the Feast is made possible.

Today we honor the all-Holy, good, and life-creating Spirit, Who descended upon the Apostles at Pentecost in the form of fiery tongues in fulfillment of the Lord's promise to send the Comforter to His disciples (Jn 14:16). That same Holy Spirit remains within the Church throughout the ages, guiding it "into all truth" (Jn 16:13).

One of the hymns at Vespers on Saturday evening tells us that the Holy Spirit "provides all things. He gushes forth prophecy, He perfects the priesthood, ... He holds together the whole institution of the Church."

At Vespers on the day of Pentecost, we hear that the Holy Spirit is "the Fountain of goodness, through Whom the Father is known, and the Son is glorified." He is "the living Fountain of spiritual gifts" Who "purifies us from our sins." It is by the Holy Spirit that "the prophets, divine Apostles, and martyrs are crowned." He is the source of life and of sanctification.



In the services of this day, we sing the same hymns as on Pentecost, except the Canon of the Holy Spirit, which is sung at Compline. The Vigil is not prescribed for the eve of today's feast. We sing the Great Doxology at Matins, but not the Polyeleos. The Irmos of the Ninth Ode ("Hail, O Queen, glory of mothers and virgins...") is sung in place of the Song of the Theotokos ("My soul magnifies the Lord...").

At the Liturgy, the priest or deacon chants the Entrance Verse ("Be exalted in Thy strength, O Lord. We will sing and praise Thy power.") as on the day of Pentecost. "Holy God" replaces "As many as have been baptized...." The dismissal of Pentecost is also used.

This whole week is fast-free, and the Leave-taking of Pentecost occurs on Saturday. ✨

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

PENTECOST: HAPPY BIRTHDAY, CHURCH

SOME ORTHODOX PRAYERS

MORNING PRAYER

O Lord, grant me to greet the coming day in peace, help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, and, Yourself, pray in me. Amen

taken from the Orthodox Study Bible

EVENING PRAYER

O Eternal God, King of all creation, Who have kept me safe to attain to this hour, forgive me the sins which I have committed this day in thought, word, and deed. And cleanse, O Lord, my humble soul from every stain of flesh and spirit. Grant me, O Lord, to pass this night in peace, to rise from my bed, and to please Your holy Name all the days of my life, and to vanquish the enemies, both corporeal and incorporeal, that contend against me. Deliver me, O Lord, from the vain thoughts that stain me, and from evil desires. For thine is the Kingdom, and the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

taken from the Orthodox Study Bible

PRAYER AFTER EATING

We give thanks to You, O Christ our God, that You have satisfied us with your earthly blessings; do not deprive us also of Your heavenly Kingdom; but as You did come to your disciples and did grant them peace, so come to us and save us, O Savior.

taken from a leaflet of Orthodox prayers

TO DAD, with love...

Knights in shining armor; fathers in shiny trousers: There's little difference as they march away each workday. I don't know where father goes when he dies, but I've an idea that, after a good rest, wherever it is, he won't just sit on a cloud and wait for the girl he's loved and the children she bore. He'll be busy there too . . . repairing the stars, oiling the gates, improving the streets, smoothing the way.

Fathers grow older faster than people, because they, in other wars, have to stand at the train station and wave goodbye to the uniform that climbs onboard. And, while mothers cry where it shows, fathers stand and beam . . . outside . . . and die inside.

A father is a banker provided by nature. —*French Proverb*

It kills you to see them grow up. But I guess it would kill you quicker if they didn't. —*Barbara Kingsolver*

If your parents never had children, chances are you won't either.

—*Dick Cavett*



I have found the best way to give advice to your children is to find out what they want and then advise them to do it.

— *Harry S Truman*

I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example.

— *Mario Cuomo*

PHILOSOPHY OF HOUSECLEANING!

- ◆ I don't do windows because ...I love birds and don't want one to run into a clean window and get hurt.
- ◆ *I don't wax floors because ...I am terrified a guest will slip and get hurt then I'll feel terrible (plus they may sue me.)*
- ◆ I don't mind the dust bunnies because ...They are very good company, I've named most of them, and they agree with everything I say.
- ◆ *I don't disturb cobwebs because ...I want every creature to have a home of their own.*
- ◆ I don't Spring Clean because...I love all the seasons and don't want the others to get jealous
- ◆ *I don't pull weeds in the garden because ..I don't want to get in God's way, HE is an excellent designer!*
- ◆ I don't put things away because...My husband will never be able to find them again.
- ◆ *I don't do gourmet meals when I entertain because. I don't want my guests to stress out over what to make when they invite me over for dinner.*
- ◆ I don't iron because ... I choose to believe them when they say "Permanent Press".
- ◆ *I don't stress much on anything because ..."A Type" personalities die young and I want to stick around and become a wrinkled up crusty ol' woman!!!!*



REMEMBER



GOOD POINT

A man went to a barbershop to have his hair cut and his beard trimmed. As the barber began to work, they began to have a good conversation. They talked about so many things and various subjects. When they eventually touched on the subject of God, the barber said: *"I don't believe that God exists."*

"Why do you say that?" asked the customer.

"Well, you just have to go out in the street to realize that God doesn't exist. Tell me, if God exists, would there be so many sick people? Would there be abandoned children? If God existed, there would be neither suffering nor pain. I can't imagine a loving God who would allow all of these things."

The customer thought for a moment, but didn't respond because he didn't want to start an argument. The barber finished his job and the customer left the shop.

Just after he left the barbershop, he saw a man in the street with long, stringy, dirty hair and an untrimmed beard. He looked dirty and unkempt. The customer turned back and entered the barber shop again and he said to the barber:

"You know what? Barbers do not exist."

"How can you say that?" asked the surprised barber. 'I am here, and I am a barber. And I just worked on you!'

"No!" the customer exclaimed. "Barbers don't exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside."

"Ah, but barbers DO exist! That's what happens when people do not come to me."

"Exactly!" affirmed the customer. "That's the point! God, too, DOES exist. That's what happens when people do not go to Him and don't look to Him for help. That's why there's so much pain and suffering in the world." 🙏

submitted by Augie from an Fwd

A truly rich man is one whose children run into his arms when his hands are empty.

WORD SEARCH FOR JUNE

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

WORD LIST

All Saints	Holy Spirit	Showers
Apostle Jude	Holy Trinity	St Nicephorus
Ascension	Martyr Agrippina	St Paul
Barnabas	Martyr Aquilina	St Peter
Bartholomew	Pentecost	St Tikhon
Brides	Prophet Amos	Strawberries
Fathers Day	Prophet Elisha	Ven Hilarion
Flag Day	Roses	Weddings
Graduation Day		

WHAT IS SO RARE AS A DAY IN JUNE?

by James Russell Lowell

And what is so rare as a day in June?

Then, if ever, come perfect days;

Then Heaven tries earth if it be in tune,

And over it softly her warm ear lays;

.....

Now is the high-tide of the year,

And whatever of life hath ebbed away

Comes flooding back with a ripply cheer,

Into every bare inlet and creek and bay;

Now the heart is so full that a drop overfills it,

We are happy now because God wills it;

No matter how barren the past may have been,

'Tis enough for us now that the leaves are green;

We sit in the warm shade and feel right well

How the sap creeps up and the blossoms swell;

We may shut our eyes but we cannot help knowing

That skies are clear and grass is growing;

The breeze comes whispering in our ear,

That dandelions are blossoming near,

.....

Joy comes, grief goes, we know not how;

Everything is happy now,

Everything is upward striving;

'Tis as easy now for the heart to be true

As for grass to be green or skies to be blue,

Exerpts taken from the poem.

A Thought for Today

I still find each day too short for all the thoughts I want to think, all the walks I want to take, and all the books I want to read, and all the friends I want to see. —*John Burroughs*

Lord, help me to use the time You've given to me wisely.

Thank You for life and for all that is available to me. Amen.

from the Bless Your Heart Each New Day. calendar
donated by Kathy Z. of Parma

More Brain Stuff . . From Cambridge University .

The following looks like gibberish, but look over it quickly and you will be able to read what it says!

Olny srmat poelpe can raed tihs.

I cdnuolt blveiee taht I cluod aulacilty uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mittaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh? yaeh and I awlyas tghuhot spleling was ipmorantt! if you can raed tihs psas
it on !!

Psas Ti ON !

submitted by June K



He married Grace

with scratchy face

HE ONLY GOT

ONE DAY
OF GRACE

BURMA
SHAVE

submitted by
Anne K

CRYPTOGRAM CHALLENGE FOR JUNE

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—more good advice from the book of Philippians..

U V P P D B V X O V P E N F K D M W J
I R D E F J D D K Q M W K I R M W J E
O R M T R E R D O I R V I P D B V A F
V T R M X K D H J D K , H D A I R M E
O M X X N A M W J U B T R Z A V M E F
V W K J X D A P I D J D K .

CHEAT CHART--START WITH THESE LETTERS

REAL LETTERS

a e i o u y s n p g
V F M D B P E W Z J



*"Don't blame me. You're the one
who gave me all the yarn."*

Funnydog.net

PENTECOST: HAPPY BIRTHDAY, CHURCH

WHAT IF...

WHAT IF GOD

COULDN'T TAKE THE TIME TO BLESS US
TODAY BECAUSE WE COULDN'T TAKE
THE TIME TO THANK HIM
YESTERDAY?

WHAT IF GOD

DECIDED TO STOP LEADING US
TOMORROW BECAUSE WE
DIDN'T FOLLOW HIM TODAY?

WHAT IF WE NEVER SAW ANOTHER
FLOWER BLOOM BECAUSE WE
GRUMBLED WHEN GOD
SENT THE RAIN?

WHAT IF, GOD TOOK AWAY THE BIBLE
TOMORROW BECAUSE
WE WOULD NOT READ IT TODAY?

WHAT IF, GOD TOOK AWAY HIS
MESSAGE BECAUSE WE FAILED
TO LISTEN TO THE MESSENGER?

Submitted by Walter L from a fwd.

WHAT IF, GOD

DIDN'T SEND HIS ONLY BEGOTTEN SON
BECAUSE HE WANTED US TO BE
PREPARED TO PAY THE PRICE FOR SIN?

WHAT IF, THE DOOR OF THE CHURCH

WAS CLOSED BECAUSE WE DID NOT OPEN
THE DOOR OF OUR HEART?

WHAT IF, GOD STOPPED LOVING AND

CARING FOR US BECAUSE WE FAILED TO
LOVE AND CARE FOR OTHERS?

WHAT IF, GOD WOULD NOT HEAR US

TODAY BECAUSE WE WOULD NOT
LISTEN TO HIM?

WHAT IF, GOD MET OUR

NEEDS THE WAY
WE GIVE HIM OUR
LIVES???



HUMMINGBIRDS

This lady lives in a Hummingbird fly zone in Pine, Louisiana. As they migrated, about 20 of them were in her yard. She held in her hand a little red dish filled with sugar water and this is the result.

Submitted by Mickey Z

COOL STUFF!



You may not see it at first, but the white spaces read the word optical, the blue landscape reads the word illusion. Look again! Can you see why this painting is called an optical illusion?



This one is quite tricky!
The word TEACH
reflects as LEARN.

ALZHEIMERS' EYE TEST

Count every " F " in the following text:

FINISHED FILES ARE THE RE
SULT OF YEARS OF SCIENTI
FIC STUDY COMBINED WITH
THE EXPERIENCE OF YEARS...

HOW MANY ?

WRONG, THERE ARE 6 -- no joke. READ IT AGAIN !

Really, go Back and Try to find the 6 F's before you read further.

Incredible or what? Go back and look again!!

Anyone who counts all 6 "F's" on the first go is a genius. Three is normal, four is quite rare.

The reasoning behind the failure to see them is on page 22.

Submitted by June K. from a fwd.

PENTECOST: HAPPY BIRTHDAY, CHURCH

HEALTH QUESTION & ANSWER SESSION

Q: Is it true that cardiovascular exercise can prolong life?

A: Your heart is only good for so many beats, and that's it... Don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable).

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: Aren't fried foods bad for you?

A: You're not listening...Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups prevent me from getting soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO! Cocoa beans! Another vegetable. It's the best feel-good food around!!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape! !

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

submitted by Walter L. from a FWD

BIBLE BRAIN WORKOUT

91. What two men, confined in the same prison, dreamed on the same night different dreams, both of which came true?
92. When was a funeral interrupted by armed raiders?
93. Which king's dead body was to be cast out to the heat and the frost?
94. What words were engraved on "a plate of pure gold"?
95. When did a trophy captured in battle prove a plague to its captors?
96. Which prophet describes the ruin of "the crowning city"?
97. Where did St. Paul preach his first sermon?
98. When did a Negro help to save a prophet's life?
99. Where do we read in Scripture of bolting a door?
100. Who asked the question, "Shall mortal man be more just than God?"

Answers on page 22

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 an uplifting habit. 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. What kind of lights did Noah put onto the ark
2. Which is the better baseball team the Red Sox or the Nylons?
3. What is a bee called who keeps dropping things?
4. How is baseball like pancakes?
5. When is it bad luck for a black cat to follow you?

Really sharp if you get these:

6. What did the ocean say to the beach?
7. What kind of weather is there when it rains oodles of cats?
8. Why don't cannibals eat comedians?
9. How do you know if a cat burglar has been in your house?
10. Why did the chicken coup have only two doors?

From Wit and Witticism donated by Helen Chwalyk

Answers on page 22.

BE AN ENCOURAGER

Sometimes the simplest words of encouragement are “thank you.” Our situations vary but the opportunities to encourage others by saying “Thank you” can be found in any circumstance if we look for them, if we develop the “attitude of gratitude.”

Many tasks go unappreciated. Many a favor goes unrecognized. Many a noble deed remains unsung. All of which leads to discouragement.

Saying “thank you” tells a person...

- “I appreciate what you have done.”
- “You have made a positive difference.”
- “What you did (or said or gave) has value (merit or importance).”

THE THANKLESS TASK

Lots of chores in life are routine and mundane. We even call them thankless tasks. What an encouragement to have someone thank you for doing them!

The following are examples and might not apply to you.

- Thanks for cooking such a good dinner.
- Thanks for washing the car.
- Thanks for taking out the trash this morning.
- Thanks for cleaning up the mess I left behind.
- Thanks for helping me _____ (name any service an attendant might perform for you. Of course they are there to assist you, but being cheerful and appreciative encourages them to do a good job.)

TAKEN FOR GRANTED PERFORMANCE

We frequently overlook those who are closest and dearest to us. Have you thanked your family members lately for some of the things they’ve done for you through the years? Have you thanked your spouse for standing by you through thick and thin? Stop for a moment and count all the things for which you have to be thankful. Start voicing those words of thanks to those who should hear them.

Think back over your childhood. Who played an important part in helping you become who you are today? A teacher? A neighbor? A Sunday school leader? A coach? Say “thank you” today. They’ll be encouraged!

IN SAYING THANK YOU...

Put your sentiments in writing whenever appropriate. (It is nice to have it in writing so one can enjoy the message many times by reading it over and over.)


Be specific. Cite a specific moment, gift, attribute, deed. Refer to time and place. Tell what you enjoyed or valued.

Be timely. Don't wait until summer to write thank-you notes for gifts received in December!

Be Genuine. Don't overstate your case. Don't underplay your appreciation.

Saying "thank you" encourages a person to continue to do good by applauding what has already been done. It takes note of time, effort, and love. A heartfelt "thank you" touches the heart.

Condensed from 52 Simple Ways to Encourage Others by C.E. Rollins; published by Thomas Nelson Publishers, Nashville. 1992.

As Orthodox Christians we  can also thank God for sending those people into our lives.

FROM AUGIE'S SCRAPBOOK

Bits of humor and wisdom:

- Age is not important unless you're a cheese.
- You know you're getting old when the candles cost more than the cake.
- A hug is like a boomerang. You get it back right away.
- The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.
- Is prayer your steering wheel or your emergency brake?

Warm regards, Augie





Birthday Prayer

A little boy was kneeling beside his bed with his mother and grandmother and softly saying his prayers, "Dear God, please bless Mummy and Daddy and all the family and please give me a good night's sleep."

Suddenly he looked up and shouted, "And don't forget to give me a bicycle for my birthday!!!"

"There is no need to shout like that," said his mother. "God isn't deaf."

"No," said the little boy, "but Grandma is."

www.cleanjoke.com/

Answers to Riddles

1. Floodlights
2. The Nylons-they get more runs.
3. A Bumblebee
4. The outcome depends on the batter.
5. When you are a mouse.
6. Nothing. It just waved.
7. A downpurr
8. Because they taste funny.
9. If the cat is missing
10. If it had 4 doors it would be a sedan.

BIBLE BRAIN WORKOUT ANSWERS


- | | |
|------------------------|--------------------|
| 91. Gen. 40:5-22 | 96. Isa. 23:8 |
| 92. 2Kings 13:20-21 | 97. Acts 9:19-20 |
| 93. Jer. 36:30 | 98. Jer. 38:7-13 |
| 94. Ex 28:36 and 39:30 | 99. 2 Sam.13:17-18 |
| 95. I Sam. 5 | 100. Job 4:1-17 |

ALZHEIMER'S Eye Test: The reasoning behind the failure to see all of the F's is that the brain cannot process "OF".

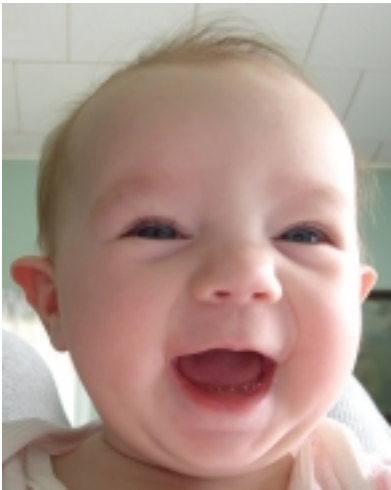
Wellllllllll! That sounds plausible anyhow.

SOMETHING'S MISSING

O, how do I know my youth is all spent?
Well, my "Get up and go" has got up and went.
Old age is golden, so I've heard it said,
But sometimes I wonder as I get into bed.
My ears in the drawer, my teeth in a cup,
My eyes on the table until I wake up.
As sleep dims my eyes I say to myself
Is there anything else I should lay on the shelf?
And I'm happy to say, as I close my door,
My friends are in the same way or even more.
But really I don't mind as I think with a grin,
Of all the grand places my "Get Up" has been.
Since I retired from life's competition
I busy myself with complete repetition.
I get up each morning, dust off my wits
Pick up the paper and read the "obits."
If my name is missing, I know I'm not dead,
So I eat a good breakfast and go back to bed.
The reason I know my youth is all spent,
My "Get up and go" has got up and went.

Submitted by A.L. 

WHAT'S SO FUNNY? I DON'T KNOW BUT ISNT
HE CUTE?



THE FRUIT BASKET

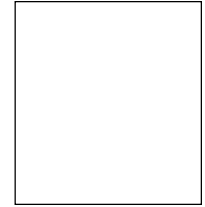
18893 Howe Road
Strongsville, OH 44136



Sunshine Greetings from
St. Theodosius Orthodox Cathedral



Linden tree



CALENDAR for JUNE 2008

- 5 Ascension of our Lord
- 15 Pentecost
- 15 Fathers' Day
- 23 Begin Ss. Peter and Paul fast
- 29 Feast Ss. Peter and Paul

