

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

The Fruit Basket

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

Volume II, Number 7

A friendly Orthodox Christian 'Zine

September 2007

Psalm 8 A Psalm of David The Glory of the Lord in Creation

O LORD, our LORD,
How excellent is Your name in all the earth,
Who have set Your glory above the heavens!

Out of the mouth of babes and nursing infants
You have ordained strength,
Because of Your enemies,
That You may silence the enemy and the avenger.

When I consider Your heavens,
the work of Your fingers,
The moon and the stars, which You have or-
dained,
What is man that You are mindful of him,
And the son of man that You visit him:
For You have made him a little lower than the
angels,
And You have crowned him with glory and honor.

You have made him to have dominion
over the works of Your hands;
You have put all things under his feet,
All sheep and oxen—
Even the beasts of the field,
The birds of the air, And the fish of the sea
That pass through the paths of the seas.

O LORD, our LORD,
How excellent is Your name in all the earth!

From The Orthodox Study Bible, NKJV



THE FRUIT BASKET

Edited and published monthly or so
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 email to

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or by snail mail to

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Meditation

It is ever true that he who does
nothing for others does nothing for
himself. —Goethe

Lord, make me aware of some-
one today who could use my
encouragement or helping
hand. Help me to take the
time to be Your messenger.
Amen.

taken from Bless Your Heart each new day.

My Prayer

"Father, I want to thank You for giving me
the desires of my heart. Today, I am
going to delight myself in You, commit
everything to You, and rest in the knowl-
edge that You have everything under
control—and I will wait for Your perfect
timing." — M.K.

Dear Folks,

We would love to hear from you. **1. Please send in** (a) short items of interest, inspirational or otherwise; jokes, puzzles, other.

(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.

Parish news is great or share a traditional **holiday custom** or favorite **recipe**, or what have you!

2. Send by email or regular mail—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 some-
place, please include the **source of your material** if possible..

4. The whole name of the person submitting material will be printed unless you state some other preference.

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. Together we can make this truly a "*Fruit Basket*" of goodies to send to others. I am looking forward to hearing from you and serving you.
The Editor

Bible Brain Workout

1. Which is the longest verse in the Bible?
2. Which is the first suicide recorded in Scripture?
3. When did two men hide in a well?
4. Which prophet was let down by ropes into a dungeon?
5. When did 40 men take an oath to go on a hunger strike until they had committed a murder?
6. Which three men in the Bible are said to have worn hats?
7. Who was sold for 20 pieces of silver?
8. What child's name commemorated the lost glory of Israel?
9. When did a servant gain freedom by losing a tooth?
10. Where is it recorded that iron became lighter than water?

Can you guess the answers to these intriguing questions? Answers on page 9.

Thanks!
M.K.

Prayers Through the Day

The prayers found below are just a sampling of the beautiful prayers found in a little book, *Praying With the Orthodox Tradition*, compiled by Stephano Parenti, and translated by Paula Clifford. Immediately following are passages taken from the Foreword by Bishop Kallistos Ware.

“Basing himself on one of the most ancient of Greek liturgical manuscripts, the Barberini Codex 336, dating from the late eighth century, he [Stephano Parenti] has chosen from it the prayers said by the celebrant during the twenty-four hour cycle of the daily services. We have here prayers for sunset, night prayers before retiring to bed, prayers for midnight and dawn, prayers for early and mid morning, for midday and the afternoon. So we are shown how Christ, the maker and Lord of time, can be brought into all the different moments of our day.

“The Barberini Codex provides a far fuller series of prayers than can be found in the modern printed service books. Thus, for Orthodox no less than Western Christians, this present collection contains much that will be refreshingly new.

“The prayers also connect the different moments of the day with events in the history of salvation. The third hour (9:00 a) is linked with the outpouring of the Holy Spirit on the day of Pentecost (Acts 2:15); noon with the nailing of the Saviour to the Cross (Luke 23.44) and with Peter’s prayer on the housetop at midday (Acts 10.9); the ninth hour (3:00 p) with Christ’s death on the Cross (Mark 15.34) and with the miraculous healing of the lame man by Peter and John in the temple (Acts 3.1). Time is in this way taken up into God’s saving action and experienced, not as loss or meaningless repetition, but as sacred and redeeming time, *Kairos*, the moment of truth and opportunity.”

There are many more prayers in this little book which is available in our bookstore at St. Theodosius. It is published by St. Vladimir’s Seminary Press, Crestwood, New York, 10707 www.svspress.com
ISBN-13 978-0-88141-156-0

Vespers--at Sunset


O Lord God,
who in your most holy power
sustain the universe,
be patient with us:
do not be angry at our wicked deeds
but take away our guilt;
remember your compassion and mercy
and in your goodness come to our aid.
In your grace
grant that for what remains of this day
we may be untouched by the scheming of the evil one,
and that we may live our lives in safety,
free from every snare,
through the grace of your Holy Spirit.
Through the grace and mercy of
of your only-begotten Son,
to whom with you and your most holy,
gracious and life-giving Spirit
be blessing now and for ever,
to the ages of ages. Amen. ✠

Night Prayer Before Retiring to Bed

O Lord our God,
who live in unapproachable light,
in your great mercy
you have been our constant guide throughout this day
and have called us together
to give you glory at eventide:
hear the prayers of
your unworthy servants
and keeping us safe from the darkness of sin
give light to our souls,
that being ever in awe of you
and going forward into your light
we may glorify you in all things,
who in your unfailing love for all mankind
are the one true God.
For yours is the greatness,
the majesty, the power and the glory,
Father, Son and Holy Spirit,
now and for ever,
to the ages of ages. Amen ✠

Prayer at Midnight

or the lonely wee hours of early morning


O Lord our God, in your great goodness and in the richness of your mercy you have protected us this night from the test of evil; you who are the creator of all things, bring us safely to the time when we offer you our prayers at daybreak, and together with your gift of true light pour out in our hearts the treasure of knowing you that enables us to do your will. For you O God, are good and loving to all mankind and we give you glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. 

Prayer at Dawn

Since the darkest hour
our souls have kept their watch before you,
O Lord our God, for your commandments are
light to the earth. Teach us, O God,
your righteousness, your precepts and your
wisdom. Enlighten our minds that we
may not slumber in the sin that leads to death.
Put far from our hearts all darkness,
but give us the sun of your righteousness,
and may the seal of your holy Spirit
keep us from all harm.
Direct our feet in the way of peace,
let us greet the dawn and the new day with
gladness, and offer you our morning prayers.
For yours is the greatness, the majesty, the
power and the glory,
Father, Son and Holy Spirit,
now and for ever, to the ages of ages. Amen.



Prayer for Early Morning, 7:00 a.m.

Lord, Lord,
at your command the day follows its course;
to you all the powers of heaven address their
hymns of praise and every soul glorifies you,
paying you tribute in worship, and so we too
make our prayer: grant that we may pass this
day in peace, that we may be steadfast and live
as is pleasing to you with a pure heart, that
rejoicing in all your gifts we may become worthy
ever to celebrate your goodness in hymns of
blessing, without suffering rebuke.
For to you belong all glory, honour and praise,
Father, Son and Holy Spirit, now and for ever,
to the ages of ages. Amen. 

Prayer at 9:00 a.m.

*That we may receive the Holy Spirit
in His Fullness*

O God, you have graciously brought us to this hour,
the time when you poured out your Holy Spirit
in tongues of fire upon your apostles,
filling them with the gift of your grace;
so, most wonderful Lord, may we too receive this blessing;
and as we seek to praise you, merciful God,
in psalms and hymns and spiritual songs,
may we share in your eternal kingdom.
For your Name is worthy of all honour and majesty
and you are to be glorified in hymns of blessing,
Father, Son and Holy Spirit, now and for ever,
to the ages of ages. Amen




Prayer at Noon

O Lord, our God and King, this was the hour
you stretched out your undefiled hands
on the cross which we adore,
cancelling the record of our sins, and nailing it to the cross:
remit now every debt of sin and set us free from the condem-
nation which our evil thoughts, words or deeds deserve,
so that with pure hearts we may at all times offer you
the worship that is your due.
For to you belong all glory, honour and praise,
Father, Son and Holy Spirit, now and for ever,
to the ages of ages. Amen.



Prayer at 3:00 p.m.

That we may be strong at the time of trial.

Sovereign Lord, God of all power and glory, You
heard your holy apostles Peter and John when they
went to pray at the ninth hour, and so enabled them
to perform a miracle of healing in front of all the
people: give us a sign of your goodness that we
may count as nothing the weapons of the enemy
and may regard his temptations as having no more
strength than a child.
For yours is the greatness, the power and the glory,
Father, Son and Holy Spirit, now and forever, to
the ages of ages. Amen. 

Amazing Monarch Butterflies

In late summer and early fall there is a big movement called the Monarch Watch which involves thousands of students and others who tag Monarch butterflies and track them during their fall migration to Mexico.

Adult Monarchs possess two pair of brilliant orange-reddish wings, featuring black veins and white spots along the edges. Their wingspan is about four inches, and they weigh less than half an ounce.



Each adult butterfly lives only about four to five weeks. But one of the many wonders of the Monarchs is the annual creation of a unique “Methuselah generation.” As autumn approaches in their summer habitat a very special generation of butterflies is born. Unlike their parents, grandparents, great-grandparents, and great-great-grandparents — all of whom had short lives measured only in weeks — these migratory butterflies survive seven or eight months. In human terms, given our average life span of 75 years, this would be like having children who lived to be 525 years old!

This generation performs the incredible feat of flying from Canada and the United States to the center of Mexico. Every fall, thousands of the black-and-orange butterflies fly west to their wintering grounds in Mexico, covering the trees there with their bright shimmering wings. Come spring, the butterflies fly back to their summer homes in the north. Once they reach the United States, a kind of relay race begins: their short-lived offspring, with only four or five weeks to live, continue making the trek northward over several generations until they reach their summer homes.

For centuries, people puzzled over exactly where the millions of Monarchs that spend their winters in Mexico came from. Then in 1937, F. A. Urquhart began putting wing tags on the butterflies to track them. In the 1950s, he expanded the project, and for more than 20 years more than 3,000 volunteers across the country contacted him when they saw a marked Monarch. The results were astonishing. One tagged butterfly was tracked along a 1,870-mile route. Originally tagged on September 18,

1957 in Highland Creek, Ontario, it was spotted again in San Luis Potosi, Mexico, four months later. Of course, the butterfly’s actual flight distance was even longer because they must dodge mountains, fight against winds, and flee predators.

Today, thousands of people continue to tag monarchs in an effort to study their migration. In 1997, for instance, the research organization Monarch Watch helped volunteers place small sticky wing tags on more than 75,000

butterflies. At least 35 marked monarchs were spotted at their wintering grounds in Mexico. One had flown at least 1,844 miles southwest from where it was tagged in Campbell, MN.

Life history of a regal butterfly

Like many other insects, Monarchs go through four life stages: egg, larva (caterpillar), pupa (chrysalis), and adult (butterfly). The eggs hatch in about five days, forming larvae. Monarch larvae feed exclusively on milkweeds. When they outgrow their skin they molt (shed their skin), and continue growing. After four molting cycles, they form a chrysalis, called a pupa. The chrysalis hangs under a leaf for a couple of weeks, while the butterfly forms inside it. Finally, the developing butterfly splits the chrysalis, and pumps fluid into its wings to harden them.

In its summer territory, which includes most of North America, Monarchs live from two to six weeks. Then, apparently signalled by the shortening days, new, non-reproductive butterflies that will live for months hatch. Talk about division of labor: the reproductive butterflies don’t head south, and the migratory ones don’t reproduce (until the following year). 🦋

Anyone, from young students to Senior citizens can participate in the Monarch Watch. You can also help the Monarchs by protecting their eggs and larvae if you have milkweeds growing nearby in gullies or open fields. Last year, I helped 11 Monarchs to adulthood and this year am helping 15 along. If interested, please contact me or go on line for more information.

The Editor

The Universal Exaltation of the Precious and Life-Giving Cross

Commemorated on September 14

The Elevation of the Venerable and Life-Creating Cross of the Lord: The pagan Roman emperors tried to completely eradicate from human memory the holy places where our Lord Jesus Christ suffered and was resurrected for mankind. The Emperor Hadrian (117-138) gave orders to cover over the ground of Golgotha and the Sepulchre of the Lord, and to build a temple of the pagan goddess Venus and a statue of Jupiter.

Pagans gathered at this place and offered sacrifice to idols there. Eventually after 300 years, by Divine Providence, the great Christian sacred remains, the Sepulchre of the Lord and the Life-Creating Cross were again discovered and opened for veneration. This took place under the Emperor Constantine the Great (306-337) after his victory in the year 312 over Maxentius, ruler of the Western part of the Roman empire, and over Licinius, ruler of its Eastern part. In the year 323 Constantine became the sole ruler of the vast Roman Empire.

In 313 he had issued the Edict of Milan, by which the Christian religion was legalized and the persecutions against Christians in the Western half of the empire were stopped. The ruler Licinius, although he had signed the Edict of Milan to oblige Constantine, still fanatically continued the persecutions against Christians. Only after his conclusive defeat did the 313 Edict of toleration extend also to the Eastern part of the empire. The Holy Equal of the Apostles Emperor Constantine, having gained victory over his enemies in three wars with God's assistance, had seen in the heavens the Sign of the Cross, and written beneath: "By this you shall conquer."

Ardently desiring to find the Cross on which our Lord Jesus Christ was crucified, St Constantine sent his

mother, the pious Empress Helen (May 21), to Jerusalem, providing her with a letter to St Macarius, Patriarch of Jerusalem.

Although the holy empress Helen was already in her declining years, she set about completing the task with enthusiasm. The empress gave orders to destroy the pagan temple and the statues in Jerusalem. Searching for the Life-Creating Cross, she made inquiry of Christians and Jews, but for a long time her search remained unsuccessful.



Finally, they directed her to a certain elderly Hebrew by the name of Jude who stated that the Cross was buried where the temple of Venus stood. They demolished the pagan temple and, after praying, they began to excavate the ground. Soon the Tomb of the Lord was uncovered. Not far from it were three crosses, a board with the inscription ordered by Pilate, and four nails which had pierced the Lord's Body (March 6).

In order to discern on which of the three crosses the Savior was crucified, Patriarch Macarius alternately touched the crosses to a corpse. When the Cross of the Lord touched the dead one, he came to life. Having beheld the raising of the dead man, everyone was convinced that the Life-Creating Cross was found.

Christians came in a huge throng to venerate the Holy Cross, beseeching St Macarius to elevate the Cross, so that even those far off might reverently contemplate it. Then the Patriarch and other spiritual leaders raised up the Holy Cross, and the people, saying "Lord have mercy," reverently prostrated before the Venerable Wood. This solemn event occurred in the year 326.

During the discovery of the Life-Creating Cross another miracle took place: a grievously sick woman, beneath the shadow of the Holy Cross, was healed instantly. The elder Jude and other Jews there believed in Christ and accepted Holy Baptism. Jude received the name Cyriacus and afterwards was consecrated Bishop of Jerusalem.

During the reign of Julian the Apostate (361-363) he accepted a martyr's death for Christ (see October 28). The holy empress Helen journeyed to the holy places connected with the earthly life of the Savior, building more than 80 churches, at Bethlehem the birthplace of Christ, and on the Mount of Olives where the Lord ascended to Heaven, and at Gethsemane where the Savior prayed before His sufferings and where the Mother of God was buried after her death.


St Helen took part of the Life-Creating Wood and nails with her to Constantinople. The holy emperor Constantine gave orders to build at Jerusalem a majestic and spacious church in honor of the Resurrection of Christ, also including under its roof the Life-Giving Tomb of the Lord and Golgotha. The temple was constructed in about ten years. St Helen did not survive until the dedication of the temple, she died in the year 327. The church was consecrated on September 13, 335. On the following day, September 14, the festal celebration of the Exaltation of the Venerable and Life-Creating Cross was established.

Another event connected to the Cross of the Lord is remembered also on this day: its return to Jerusalem from Persia after a fourteen year captivity. During the reign of the Byzantine emperor Phocas (602-610) the Persian emperor Khozroes II in a war against the Greeks defeated the Greek army, plundered Jerusalem and captured both the Life-Creating Cross of the Lord and the Holy Patriarch Zachariah (609-633).

The Cross remained in Persia for fourteen years and only under the emperor Heraclius (610-641), who with the help of God defeated Khozroes and concluded peace with his successor and son Syroes, was the Cross of the Lord returned to the Christians.

With great solemnity the Life-creating Cross was transferred to Jerusalem. Emperor Heraclius in imperial crown and royal purple carried the Cross of Christ into the

temple of the Resurrection. With the emperor went Patriarch Zacharios. At the gates by which they ascended Golgotha, the emperor suddenly stopped and was not able to proceed farther. The holy Patriarch explained to the emperor that an angel of the Lord was blocking his way. The emperor was told to remove his royal trappings and to walk barefoot, since He Who bore the Cross for the salvation of the world from sin had made His way to Golgotha in all humility. Then Heraclius donned plain garb, and without further hindrance, carried the Cross of Christ into the church.

In a sermon on the Exaltation of the Cross, St Andrew of Crete (July 4) says: "The Cross is exalted, and everything true gathers together, the Cross is exalted, and the city makes solemn, and the people celebrate the feast". 

Taken from www.oca.org/

The Universal Exaltation of the Precious and Life-Giving Cross

Let us remember Golgotha...

The Crucified God

Hymns sung on Holy Friday

Do not lament me, O Mother,

Seeing me in the tomb,

The Son conceived in the womb without seed

For I shall arise and be glorified with eternal

glory as God. I shall exalt all who magnify thee in faith and in love.

Today, He who hung the earth upon the waters is hung on the tree. The King of the Angels is decked with a crown of thorns.

He who wraps the heavens in clouds is wrapped in the purple of mockery. He who freed Adam in the Jordan is slapped on the face.

The Bridegroom of the Church is affixed to the cross with nails.

The Son of the virgin is pierced by a spear.

We worship Thy passion, O Christ.

We worship Thy passion, O Christ.

We worship Thy passion, O Christ.



We thank Templegate Publishers for permission to print "The Crucified God" taken from *Daily Readings in Orthodox Spirituality* edited by Peter Bouteneff. www.templegate.com



Thanks, Augie Q.

DO YOU REMEMBER...

- Candy cigarettes
- Wax Coke-shaped bottles with colored sugar water inside
- Soda pop machines that dispensed glass bottles
- Coffee shops with table side jukeboxes
- Blackjack, Clove and Teaberry chewing gum
- Home milk delivery in glass bottles with cardboard stoppers
- Newsreels before the movie
- P.F. Fliers
- Telephone numbers with a word prefix...(Raymond 4-601).
- Party lines
- Peashooters
- Howdy Doody
- 45 RPM records
- Green Stamps
- Hi-Fi's
- Metal ice cubes trays with levers
- Autograph books

Look up

The substitute teacher was struggling to open a lock on the Sunday school supply cabinet. She'd been told the combination but couldn't remember it. Finally she went to the pastor's study and asked for help.

When the minister began to twist the dial, he paused after the first couple of numbers and stared blankly. Finally he looked heavenward and his lips moved silently, then he looked back at the lock, turned to the final numbers, and clicked open the hasp.

The teacher was amazed.

"I'm in awe of your faith, Pastor."

"It's really nothing," he responded.

"The numbers are on a piece of tape on the ceiling."

Who is Unhappy...

A Sunday school teacher was teaching the Prodigal Son lesson. Her aim was to emphasize the resentful attitude of the older brother.

After describing how happy the household was over the return of the wayward son, the teacher pointed out that one member of the family did not share their joy.

"Can anyone tell me who that was?"

Nine-year-old Donna had been listening sympathetically to the story. She waved her hand, "I know!" She said beaming, "It was the fatted calf!"

THE SENIORS BREAKFAST SPECIAL

Even non-seniors will appreciate this!!!! It pays to think outside the box!

We went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$1.99.

"Sounds good," my wife said. "But I don't want the eggs."

"Then I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay for not taking the eggs?" My wife asked incredulously.

"YES!!" Stated the waitress.

"I'll take the special then." My wife said.

"How do you want your eggs?" The waitress asked.

"Raw and in the shell," my wife replied.

She took the two eggs home.

DON'T MESS WITH SENIORS!!!

We've been around the block more than once.

Sunday School Gems

Teacher: "What must you do to receive the forgiveness of sins?"

Teddy: "Sin."

Teacher: "Now, who decreed that all the world should be taxed?"

Carla: "The Democrats."

Teacher: "What are the sins of omission?"

Teddy: "They're the ones we ought to have committed but haven't."

Teddy: "Is it true that shepherds have dirty socks?"

Carla: "What do you mean?"

Teddy: "I heard the shepherds washed their socks by night."

Hmmmmmmmm

For years Katy's husband tried unsuccessfully to persuade her to get a hearing aid. "How much do they cost?" She asked one day after he had pitched the idea to her again. "They're usually about \$3,000." He said. "Okay, well, if you say something worth \$3,000." She replied, "I'll get one."



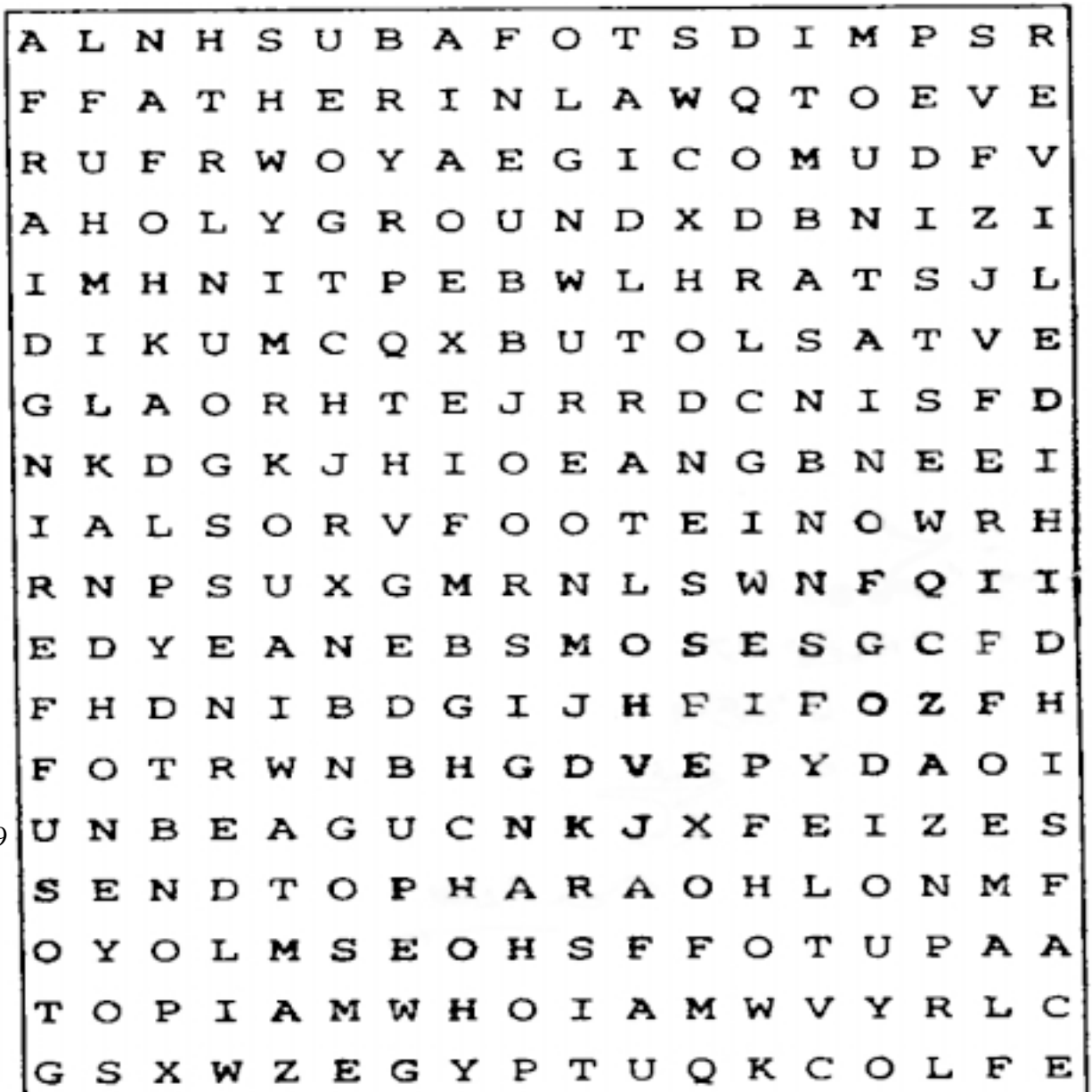
WORD SEARCH

BURNING BUSH

The Church has always regarded the Unburnt Bush on Horeb as a type of the Most Holy Theotokos giving birth to Christ the Savior, yet remaining Virgin. This imagery is to be found in the Church's hymnography and also in its iconography. For more info on this and to view the related icon, see the church calendar information for September 2007.

Find out what happened to Moses when he came to Horeb, the mountain of God in Exodus 3:1-15.

AFFLICTION OF PEOPLE	EGYPT	HOLY GROUND	MOUNTAIN OF GOD	FATHER-IN-LAW
PUT OFF SHOES	HOREB	AFRAID	FLAME OF FIRE	I AM WHO I AM
SEND TO PHARAOH	ANGEL	FLOCK	BRING FORTH	MILK AND HONEY
GOOD AND BROAD LAND	JETHRO	SIGN	HOLY GROUND	WEST SIDE
WILDERNESS	SUFFERING	BURNING	HID HIS FACE	
MIDST OF A BUSH	DELIVER	MOSES		



Answers . to Quiz

1. Esther 8:9
2. 1 Sam. 31:4
3. 2 Sam. 17:18-19
4. Jerimiah 38:6
5. Acts 23:12-14
6. Daniel 3:21
7. Genesis 37:28
8. 1 Sam. 4:21-22
9. Exodus 21:27
10. 2 Kings 6:6

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Sunshine Greetings from
St. Theodosius Orthodox Cathedral

Addressee

CALENDAR for September 2007

Sept. 1 Church New Year
Sept. 8 Nativity of the Theotokos
Sept. 9 Glorification of St. Theodosius
Sept. 14 Exaltation of the Precious Cross

PSALM 67

Salvation for the Gentiles

God be merciful to us and bless us,
And cause His face to shine upon us,
That Your way may be known on earth,
Your salvation among all nations.
Let the peoples praise You, O God;
Let all the peoples praise You.
Oh, let the nations be glad and sing for joy!
For You shall judge the people righteously,
And govern the nations on earth.,
Let the peoples praise You, O God;
Let all the peoples praise you.
Then the earth shall yield her increase;
God, our own God, shall bless us.
God shall bless us,
And all the ends of the earth shall fear Him.

Orthodox Study Bible NKJV