

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

The Fruit Basket

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

Volume II, Number 9

A friendly Orthodox Christian 'Zine

NOVEMBER 2007

Psalm 98

Give thanks and praise the Lord for His Salvation and Judgment

Oh, sing to the Lord a new song!
For He has done marvelous things;
His right hand and His holy arm have gained Him the victory.
The Lord has made known His salvation;
His righteousness He has revealed in the sight of the nations.
He has remembered His mercy
and His faithfulness to the house of Israel;
All the ends of the earth have seen the salvation of our God.

Shout joyfully to the Lord, all the earth;
Break forth in song, rejoice, and sing praises.
Sing to the Lord with the harp,
with the harp and the sound of a psalm,
with trumpets and the sound of a horn;
Shout joyfully before the Lord, the King.

Let the sea roar, and all its fullness,
The world and those who dwell in it;
Let the rivers clap their hands;
Let the hills be joyful together before the Lord,
For He is coming to judge the earth.
With righteousness He shall judge the world,
And the peoples with equity.

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

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Meditation

Troparion - Tone 1

O Lord, save Your people, And
bless You inheritance. Grant
victories to the Orthodox Chris-
tians Over their adversaries.
And by virtue of Your Cross,
Preserve Your habitation.

taken from www.oca.org

The Life of God sings in His
creation and in the depths of
our souls.

submitted by Ann L.

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 someplace, 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 III

1. Which verse in Scripture mentions cucumbers, melons, leeks, and garlic?
2. Name the lad who, when he grew up became an archer.
3. Which four men became fairer in countenance through a vegetarian diet?
4. Where do we read of a disobedient prophet who was killed by a lion?
5. What little prince died just as his mother was entering the palace where he lay sick?
6. Where do we find the earliest example of a riddle?
7. What young man suffered for falling asleep in a long sermon?
8. When did a Hebrew captain receive an omn of victory through an enemy's dream?
9. Who went to seek for his father's asses and found a kingdom?
10. Where do we read of a palace paved with red, blue, white and black marble?

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

Prayers Through the Day

The prayers found below are 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. This second set is offered because of the enthusiastic response to the first set in September.

At Sunset

In the evening and the morning and at noon we praise and bless you, we pray to you in thanksgiving and supplication, Father of all, may our prayer be set before you like incense and may our hearts not yield to the words of the wicked; deliver us from all who seek to take possession of our souls. For our eyes are fixed on you, O Lord, our refuge is in you and you are our hope; do not abandon us, O Lord our God!

For to you belong all glory, honour and worship, Father, son and Holy Spirit, now and for ever, to the ages of ages. Amen.

Night Prayer Before Retiring to Bed

O Lord our God, we come to you now with open hearts to call upon your holy Name and to give you thanks for keeping us safe during this day and for bringing us to the light of evening. We pray that this evening and the approaching night and all the days of our earthly life may be free from sin: clothe us with the armour of your Holy Spirit to fight against the forces of evil and the passions of the flesh; keep far from us all sin and make us worthy of your eternal kingdom. For to you belong all glory, honour and praise, Father, Son and Holy Spirit, now and for ever to the ages of ages. Amen.

Midnight Prayer

Lord, as we gather here in the middle of the night we offer you thanksgiving as far as our strength permits, and so we pray: keep safe the treasure of learning that you set in our hearts, place on our lips the words of your wisdom and deliver us from all that lurks in the dark.

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. ✨

Dawn and Early Morning

Lord, Lord, both day and night belong to you, you formed the light and the sun and marked the bounds of the earth. And so we pray: let your great mercy shine on our wretchedness like the dawning light; free us from darkness and from the shadow of death, and from all the attacks and snares of the evil one. For we proclaim the glory and holiness of your Name, worthy of all honour and majesty, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen.

Nine A.M. the Third Hour

O Lord our God, at third hour you poured out the grace of your Holy Spirit upon your holy and glorious apostles: so purify our minds, and let them be without stain or blemish, that approaching your fearful Name with cleansed hearts we may enjoy the good things promised to us.

Through the mercy of your Christ with whom and the most holy and life-giving Spirit you are to be worshipped now and for ever to the ages of ages. Amen.

Noon

O Lord our God, in Peter, the foremost of the apostles, you have given us an example of prayer at midday: turn to us, your helpless and unworthy servants, preserve us from misfortune and from the plague that destroys at midday, deliver us, O God, from all evil for the rest of this day. For yours is the greatness, the power and the glory, Father, son and Holy Spirit, now and for ever, to the ages of ages. Amen.

Three p.m.

O Lord our God, you reduced our human lifetime to a little while, because of our weak and defenceless nature: but in return, if we overcome the assaults of the enemy, you have promised us eternal joy. Strengthen us, Father, as we stand in fear of you, give us power in your words and guide us in your righteousness.

For you are God, the God of mercy and salvation, and we glorify you, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. ✨



GETTING OLD OR SET FREE ?

hanks, The other day, a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Had to think about it.

Mickey and Walt. Old age I decided is a gift. I am now, probably for the first time in my life, the person I have always wanted to be. Often, I am surprised by that old person that lives in my mirror, but I don't agonize over this for long.

I would never trade my amazing friends, my wonderful life, or my loving family for less gray hair, or a flatter belly. As I have aged, I have become more kind to myself, and less critical of myself. I have become my own friend. I don't chide myself for eating that extra cookie, or not doing my dishes or sweeping the floor, or for buying silly things that I really don't need. I am entitled to a treat, to be messy, to be extravagant. I have seen too many friends leave this world too soon; Before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM, and then sleep until noon?

I will sing by myself to those great "oldies", and if I, at the same time, wish to weep over a lost love....I will..

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what gives us strength, understanding, and compassion. A heart never broken is pristine and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I have earned the right to be wrong.

So to answer the question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. For I shall live and love like never before. 🦋



The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note, "Take all you want. God is watching the apples."

A friend and I were standing in line at a fast-food restaurant, waiting to place our order. There was a big sign posted. "No bills larger than \$20 will be accepted."

The woman in front of us, pointing to the sign, remarked, "Believe me, if I HAD a bill larger than \$20, I wouldn't be eating here."



How a dragon gets his dinner.



Thanks,
June K. **UNIQUE AND USEFUL TIPS**

Reheat Pizza: Heat up leftover pizza in a nonstick skillet on top of the stove, Set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. It really works.

Easy Deviled Eggs: Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up. *(I love this one! The Editor)*


Expanding Frosting: When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar/calories per serving.

Reheating refrigerated bread To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Broken Glass: Use a dry cotton ball to pick up little broken glass pieces of glass-the fibers catch ones you can't see!

No More Mosquitoes Place a dryer sheet in your pocket. It will keep the mosquitoes away.

Flexible vacuum: To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

Reducing Static Cling Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and — BINGO — static is gone. 

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



Live well, Love much, Laugh often!

DUSTING

Remember...a layer of dust protects the wood beneath it. !! (OR) Dust is God's protective covering for fine furniture!

I can't tell you how many countless hours I have spent CLEANING!

I used to spend at least 8 hours every weekend making sure things were just perfect — 'in case someone came over.' Then I realized one day that no-one came over; They were all out living life and having fun!

Now, when people visit, I find no need to explain the 'condition' of my home. They are more interested in hearing about the things I've been doing while I was away living life and having fun.

If you haven't figured this out yet, please heed this advice Life is short. Enjoy it!



DUST IF YOU MUST but wouldn't it be better to paint a picture or write a letter, or do some Bible study, spend time with a friend bake a cake or plant a seed, go play golf, ponder the difference between want and need?



DUST IF YOU MUST, but there's not much time, with rivers to swim and mountains to climb, music to hear,

songs to sing and books to read, friends to cherish and life to lead.

DUST IF YOU MUST, but the world's out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain. This day will not come around again. DUST IF YOU MUST, but bear in mind, old age will come and it's not kind.

And when you go — and go you must — you, yourself will make more dust!

Share this with all the wonderful people in your life! 

Submitted by Augie Q

The Synaxis of the Chief of the Heavenly Hosts, *Commemorated on November 8*

Archangel Michael and the Other Heavenly Bodiless Powers: Archangels Gabriel, Raphael, Uriel, Selaphiel, Jehudiel, Barachiel, and Jeremiel was established at the beginning of the fourth century at the Council of Laodicea, which met several years before the First Ecumenical Council. The 35th Canon of the Council of Laodicea condemned and denounced as heretical the worship of angels as gods and rulers of the world, but affirmed their proper veneration.

A Feastday was established in November, the ninth month after March (with which the year began in ancient times) since there are Nine Ranks of Angels. The eighth day of the month was chosen for the Synaxis of all the Bodiless Powers of Heaven since the Day of the Dread Last Judgment is called the Eighth Day by the holy Fathers.

The Angelic Ranks are divided into three Hierarchies: highest, middle, and lowest.

The Highest Hierarchy includes: the Seraphim, Cherubim and Thrones.

The six-winged SERAPHIM (Flaming, Fiery) (Is 6:12) stand closest of all to the Most Holy Trinity. They blaze with love for God and kindle such love in others.

The many-eyed CHERUBIM (outpouring of wisdom, enlightenment) (Gen 3:24) stand before the Lord after the Seraphim. They are radiant with the light of knowledge of God, and knowledge of the mysteries of God. Through them wisdom is poured forth, and people's minds are enlightened so they may know God and behold His glory.

The THRONES (Col 1:16) stand after the Cherubim, mysteriously and incomprehensibly bearing God through the grace given them for their service. They are ministers of God's justice, giving to tribunals, kings, etc. the capacity for righteous judgment.

The Middle Angelic Hierarchy consists of three Ranks: Dominions, Powers, and Authorities:

DOMINIONS (Col 1:16) hold dominion over the angels subject to them. They instruct the earthly authorities, established by God, to rule wisely, and to govern their lands well. The Dominions teach us to subdue sinful impulses, to subject the flesh to the spirit, to master our will, and to conquer temptation.

POWERS (1 Pet 3:22) fulfill the will of God without hesitation. They work great miracles and give the grace of wonderworking and clairvoyance to saints pleasing to God. The Powers assist people in fulfilling obediences. They also encourage them to be patient, and give them spiritual strength and fortitude.

AUTHORITIES (1 Pet 3:22, Col 1:16) have authority over the devil. They protect people from demonic temptations, and prevent demons from harming people as they would wish. They also uphold ascetics and guard them, helping people in the struggle with evil thoughts.

The Lowest Hierarchy includes the three Ranks: Principalities, Archangels, and Angels:

PRINCIPALITIES (Col 1:16) have command over the lower angels, instructing them in the fulfilling of God's commands. They watch over the world and protect lands, nations and peoples. Principalities instruct people to render proper honor to those in authority, as befits their station. They teach those in authority to use their position, not for personal glory and gain, but to honor God, and to spread word of Him, for the

benefit of those under them.

ARCHANGELS (1 Thess 4:16) are messengers of great and wondrous tidings. They reveal prophecies and the mysteries of the faith. They enlighten people to know and understand the will of God, they spread faith in God among the people, illuminating their minds with the light of the Holy Gospel.

ANGELS (1 Pet 3:22) are in the lowest rank of the heavenly hierarchy, and closest to people. They reveal the lesser mysteries of God and His intentions, guiding people to virtuous and holy life. They support those who remain steadfast, and they raise up the fallen. They never abandon us and they are always prepared to help us, if we desire it.



All the Ranks of the Heavenly Powers are called angels, although each has its own name and position by virtue of their service. The Lord reveals His will to the highest ranks of the angels, and they in turn inform the others.

Over all the Nine Ranks, the Lord appointed the Holy Archangel Michael (his name in Hebrew means "who is like unto God"), the faithful servitor of God, as Chief Commander. He cast down from Heaven the arrogantly proud Lucifer and the other fallen spirits when they rebelled against God. Michael summoned the ranks of angels and cried out, "Let us attend! Let us stand aright before our Creator and do not consider doing what is displeasing unto God!"

According to Church Tradition, and in the church services to **the Archangel Michael, he participated in many other Old Testament events.**

During the Exodus of the Israelites from Egypt he went before them in the form of a pillar of cloud by day and a pillar of fire by night. He appeared to Joshua Son of Navi and revealed the will of the Lord at the taking of Jericho (Josh 5:13-16). The power of the great Chief Commander of God was manifest in the annihilation of the 185 thousand soldiers of the Assyrian emperor Sennacherib (4/2 Kings 19:35); also in the smiting of the impious leader Heliiodorus (2 Macc. 3: 24-26); and in the protection of the Three Holy Youths: Ananias, Azarias and Misail, thrown into the fiery furnace for their refusal to worship an idol (Dan 3:22-25). Through the will of God, the Chief Commander Michael transported the Prophet Habbakuk (December 2) from Judea to Babylon, to give food to Daniel in the lions' den (Dan. 14:33-37). The Archangel Michael disputed with the devil over the body of the holy Prophet Moses (Jude 1:9).

From ancient times the Archangel Michael was famed for his miracles in Rus. In the Volokolamsk Paterikon is a narrative of St Paphnutius of Borov with an account of Tatar tax-gatherers concerning the miraculous saving of Novgorod: "Therefore Great Novgorod was never taken by the Hagarenes... when... for our sins the godless Hagarene emperor Batu devoured and set the Russian land aflame and came to Novgorod, and God and the Most Holy Theotokos shielded it with an appearance of Michael the Archangel, who forbade him to enter into it.

In Rus there was not a city, where there was not a church or chapel dedicated to the Archangel Michael.

We invoke St Michael for protection from invasion by enemies and from civil war, and for the defeat of adversaries on the field of battle. He conquers all spiritual enemies.

Holy Scripture and Tradition give us the names of the Archangels:

Gabriel: strength (power) of God, herald and servitor of Divine omnipotence (Dan 8:16, Luke 1:26). He announces the mysteries of God.

Raphael: the healing of God, the curer of human infirmities (Tobit 3:16, 12:15)

Uriel: the fire or light of God, enlightener (3 Ezdras 5:20). We pray for him to enlighten those with darkened minds.

Selaphiel: the prayer of God, impelling to prayer (3 Ezdras 5:16). He prays to God for mankind.

Jehudiel: the glorifying of God, encouraging exertion for the glory of the Lord and interceding for the reward of efforts.

Barachiel: distributor of the blessings of God for good deeds, entreats the mercy of God for people.

Jeremiel: the raising up to God (3 Ezdras 4:36)

ON ICONS THE ARCHANGELS ARE DEPICTED ACCORDING TO THE CHARACTER OF THEIR SERVICE:

Michael tramples the devil underfoot, and in his left hand holds a green date-tree branch, and in his right hand a spear with a white banner (or sometimes a fiery sword), on which is outlined a scarlet cross.

Gabriel with a branch from Paradise, presented by him to the Most Holy Virgin, or with a shining lantern in his right hand and with a mirror made of jasper in his left.

Raphael holds a vessel with healing medications in his left hand, and with his right hand leads Tobias, carrying a fish for healing (Tobit 5-8).


Uriel in his raised right hand holds a naked sword at the level of his chest, and in his lowered left hand "a fiery flame."

Selaphiel in a prayerful posture, gazing downwards, hands folded on the chest.

Jehudiel holds a golden crown in his right hand, in his left, a whip of three red (or black) thongs.

Barachiel is shown with a white rose on his breast.

Jeremiel holds balance-scales in his hand.

Each person has a guardian angel, and every nation also receives its own guardian angel from God (Dan. 10:13). When a church is consecrated, it also receives a guardian angel (Palladius, Dial. Ch. 10). 

Taken from www.oca.org/



Thanks, Henry

THE PARADOX OF OUR TIME

Taken from the writing of George Carlin
(Continued from October)

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've cleaned up the air, but polluted the soul.
We've conquered the atom, but not our prejudice.
We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce. Fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one-night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill.

It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember to give a warm hug to the one next to you, because that is the only treasure you can give with your heart—and it doesn't cost a cent.

Remember to hold hands and cherish the moment—for someday, that person will not be there again. Give time to love, give time to speak. And give time to share the precious thoughts in your mind.

And always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Submitted by Henry Grabowski

THANKSGIVING SHOPPING

A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family.

She asked a stock boy, "Do these turkeys get any bigger?"

The stock boy replied, "No ma'am, they're dead."

FOOD ONE-LINERS

The snack bar next door to an atom smasher was called "The Fission Chips."

A new chef from India was fired a week after starting the job. He keep favoring curry.

A couple of kids tried using pickles for a Ping-Pong game. They had the volley of the Dills.

The four food groups: Fast, Frozen, Instant, and Chocolate.

A friend got some vinegar in his ear, now he suffers from pickled hearing.

Overweight is something that just sort of snacks up on you.

I thought you were trying to get into shape?
I am. Round is a shape!.

MISS IDAHO 2007



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Britannica.

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No longer needed.

Got married last
weekend.

Wife knows everything.



WORD SEARCH FOR NOVEMBER CHURCH CALENDAR

ARCHANGEL MICHAEL
 RAPHAEL
 URIEL
 SELAPHIEL
 JEHUDIEL
 BARACHIEL
 JEREMIEL
 ENTRY INTO THE TEMPLE
 MOST HOLY THEOTOKOS
 SYNAXIS OF THE ANGELS
 HOLY APOSTLE MATTHEW

HOLY APOSTLE ANDREW
 ST JOHN CHRYSOSTOM
 THANKSGIVING DAY
 GREAT MARTYR CATHERINE
 ST GREGORY
 ONESIPHORUS
 VEN JOANNICIUS
 ST PAUL THE CONFESSOR
 ST JOHN THE MERCIFUL
 HIEROMARTYR CLEMENT

ALYPIUS THE STYLITE
 ST INNOCENT OF IRKUTSK
 GREAT MARTYR JACOB
 MONK MARTYR STEPHEN
 SEVEN WOMEN MARTYRS
 PHILEMON
 ARCHIPPUS
 MARTYR APPHIA
 PRINCE ALEXANDER NEVSKY
 BEGINNING NATIVITY FAST

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L B F R L X E N I R E H T A C R Y T R A M T A E R G F Q L
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R T C K V L K R H I E R O M A R T Y R C L E M E N T W Z J
  
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Answers to Bible Brain workout

1. Num. 11:5
2. Gen. 21:20
3. Dan. 1:11-15
4. 1Kings 13:24-2
5. 1Kings 14:1-1
6. Judg. 14:12-1
7. Acts 20:7-10
8. Judg. 7:9-15
9. 1Sam. 9:3, 17-20
10. Esth. 1:6

THE FRUIT BASKET

18893 Howe Road
Strongsville, OH 44136



Sunshine Greetings from
St. Theodosius Orthodox Cathedral

CALENDAR for November 2007

Addressee

Nov. 8 Synaxis Archangel Michael and others.

Nov. 13 St John Chrysostom

Nov. 14 Holy Apostle Philip

Nov. 15 Advent fast begins

Nov. 19 Apostle and Evangelist Matthew

Nov. 21 Entry of Most Holy

Theotokos into the Temple

Nov. 22 Thanksgiving Day

PSALM 100

A psalm for Thanksgiving

Make a joyful shout unto the Lord, all you lands.
Serve the Lord with gladness;

Come before his presence with singing.
Know that the Lord he is God;

It is He who has made us, and not we ourselves;

We are His people, and the sheep of His pasture.
Enter into His gates with thanksgiving,

And into His courts with praise;

Be thankful to Him, and bless His name.
For the Lord is good;

His mercy is everlasting;

And His truth endures to all generations.

(Psalm 100:1-5).

Orthodox Study Bible NKJV