The Holy Transfiguration of our Lord God and Savior Jesus Christ

Kontakion - Tone 7
On the Mountain You were Transfigured, O Christ God, And Your disciples beheld Your glory as far as they could see it; So that when they would behold You crucified, They would understand that Your suffering was voluntary, And would proclaim to the world, That You are truly the Radiance of the Father.
Dear Folks, We would love to hear from you. 1. Please send in (a) short items of interest, inspirational or otherwise; jokes, puzzles, other, traditional holiday custom or recipe, or what have you. (b) Original writing that could be an encouragement to the rest of us in our Orthodox Christian walk—gleaned from reflection, or experience during your life as a practicing Orthodox Christian. It could be a passage from the Bible or from a sermon, and tell why it is meaningful to you. 2. Typed or handwritten is fine. Don’t worry about spelling, grammar or punctuation—all material is proofed before printing. 3. If your submission has already been printed someplace, please include the source of your material, if possible. 4. The whole name of the person submitting material will be printed unless some other preference is indicated. A publication like this needs the heartbeat of the people—your wisdom, insight, humor, etc.—to make it come alive. The Editor
"...Assuredly, I say to you, inasmuch as you did it to one of the least of these My brothers, you did it to Me."

Matthew 25:40 NKJV

Lord Jesus, how hard it is in our busy lives to take time for each other—to show kindness. Help me find time and to know in that moment that I am reaching out to You. Amen.

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

Dear Editor,
I think The Fruit Basket is a great little "zine". It has really been a blessing, giving me encouragement when I am down and making my day brighter. Thanks. J.R.

Dear Editor, Thank you for another great edition of The Fruit Basket. Your selection of articles always seems to “touch” the needs of my days and so I read a segment and I put it down. Then I pray about it before going on.
Thank you for brightening my days; and may God Bless you for your efforts on our behalf. You’re in my prayers, Jean M.

Thank you so much, ladies, for your heartwarming, encouraging words. Feedback from you readers is what keeps me going.
—The Editor
Commemorated on August 6  
Discourse on the Holy Transfiguration of Our Lord God and Savior Jesus Christ of Saint Gregory Palamas, Archbishop of Thessalonica

For an explanation of the present Feast and understanding of its truth, it is necessary for us to turn to the very start of today's reading from the Gospel: "Now after six days Jesus took Peter, James and John his brother, and led them up onto a high mountain by themselves" (Mt.17:1).

Thus, the Light of the Transfiguration of the Lord is not something that comes to be and then vanishes, nor is it subject to the sensory faculties, although it was contemplated by corporeal eyes for a short while upon an inconsequential mountaintop. But the initiates of the Mystery, (the disciples) of the Lord at this time passed beyond mere flesh into spirit through a transformation of their senses, effectualized within them by the Spirit, and in such a way that they beheld what, and to what extent, the Divine Spirit had wrought blessedness in them to behold the Ineffable Light.

Those not grasping this point have conjectured that the chosen from among the Apostles beheld the Light of the Transfiguration of the Lord by a sensual and creaturely faculty, and through this they attempt to reduce to a creaturely level (i.e., as something "created") not only this Light, the Kingdom and the Glory of God, but also the Power of the Divine Spirit, through Whom it is meet for Divine Mysteries to be revealed. In all likelihood, such persons have not heeded the words of the Apostle Paul:

"Eye has not seen, nor ear heard, nor has it entered into the heart of man, what things God has prepared for those who love Him. But to us God has revealed them through His Spirit. For the Spirit searches all things, even the deep things of God" (1 Cor.2:9-10).

So, with the onset of the Eighth Day, the Lord, taking Peter, James and John, went up on the Mount to pray. He always prayed alone, withdrawing from everyone, even from the Apostles themselves, as for example when with five loaves and two fish He fed the five thousand men, besides women and children (Mt.14:19-23). Or, taking with Him those who excelled others, as at the approach of His Saving Passion, when He said to the other disciples: "Sit here while I go over there and pray" (Mt.26:36). Then He took with Him Peter, James and John. But in our instance right here and now, having taken only these same three, the
Lord led them up onto a high mountain by themselves and was transfigured before them, that is to say, before their very eyes.

"What does it mean to say: He was transfigured?" asks the Golden-Mouthed Theologian (Chrysostom). He answers this by saying: "It revealed something of His Divinity to them, as much and insofar as they were able to apprehend it, and it showed the indwelling of God within Him." The Evangelist Luke says: "And as He prayed, His countenance was altered" (Luke 9:29); and from the Evangelist Matthew we read: "And His face shone as the sun" (Mt.17:2). But the Evangelist said this, not in the context that this Light be thought of as subsistent for the senses (let us put aside the blindness of mind of those who can conceive of nothing higher than what is known through the senses). Rather, it is to show that Christ God, for those living and contemplating by the Spirit, is the same as the sun is for those living in the flesh and contemplating by the senses. Therefore, some other Light for the knowing the Divinity is not necessary for those who are enriched by Divine gifts.

That same Inscrutable Light shone and was mysteriously manifest to the Apostles and the foremost of the Prophets at that moment, when (the Lord) was praying. This shows that what brought forth this blessed sight was prayer, and that the radiance occurred and was manifest by uniting the mind with God, and that it is granted to all who, with constant exercise in efforts of virtue and prayer, strive with their mind towards God. True beauty, essentially, can be contemplated only with a purified mind. To gaze upon its luminance assumes a sort of participation in it, as though some bright ray etches itself upon the face.

Even the face of Moses was illumined by his association with God. Do you not know that Moses was transfigured when he went up the mountain, and there beheld the Glory of God? But he (Moses) did not effect this, but rather he underwent a transfiguration. However, our Lord Jesus Christ possessed that Light Himself. In this regard, actually, He did not need prayer for His flesh to radiate with the Divine Light; it was but to show from whence that Light descends upon the saints of God, and how to contemplate it. For it is written that even the saints "will shine forth like the sun" (Mt.13:43), which is to say, entirely permeated by Divine Light as

(continued on next page)
they gaze upon Christ, divinely and inexpressibly shining forth His Radiance, issuing from His Divine Nature. On Mount Tabor it was manifest also in His Flesh, by reason of the Hypostatic Union (i.e., the union of the two perfect natures, divine and human, within the divine Person [Hypostasis] of Christ, the Second Person of the Most Holy Trinity). The Fourth Ecumenical Council at Chalcedon defined this Hypostatic union of Christ's two natures, divine and human, as "without mingling, without change, without division, without separation."

We believe that at the Transfiguration He manifested not some other sort of light, but only that which was concealed beneath His fleshly exterior. This Light was the Light of the Divine Nature, and as such, it was Uncreated and Divine. So also, in the teachings of the Fathers, Jesus Christ was transfigured on the Mount, not taking upon Himself something new nor being changed into something new, nor something which formerly He did not possess. Rather, it was to show His disciples that which He already was, opening their eyes and bringing them from blindness to sight. For do you not see that eyes that can perceive natural things would be blind to this Light?

Thus, this Light is not a light of the senses, and those contemplating it do not simply see with sensual eyes, but rather they are changed by the power of the Divine Spirit. They were transformed, and only in this way did they see the transformation taking place amidst the very assumption of our perishability, with the deification through union with the Word of God in place of this.

So also she who miraculously conceived and gave birth recognized that the One born of her is God Incarnate. So it was also for Simeon, who only received this Infant into his arms, and the aged Anna, coming out [from the Jerusalem Temple] for the Meeting, since the Divine Power illumined, as through a glass windowpane, giving light for those having pure eyes of heart.

And why did the Lord, before the beginning of the Transfiguration, choose the foremost of the Apostles and lead them up onto the Mount with Him? Certainly, it was to show them something great and mysterious. What is particularly great or mysterious in showing a sensory light, which not only the foremost, but all the other Apostles already abundantly possessed? Why would they need a transforming of their eyes by
the power of the Holy Spirit for a contemplation of this Light, if it were merely sensory and created? How could the Glory and the Kingdom of the Father and the Holy Spirit project forth in some sort of sensory light? Indeed, in what sort of Glory and Kingdom would Christ the Lord come at the end of the ages, when there would not be necessary anything in the air, nor in expanse, nor anything similar, but when, in the words of the Apostle, "God will be all in all" (1 Cor. 15: 28)? That is to say, will He alter everything for all? If so, then it follows that light is included.

Hence it is clear that the Light of Tabor was a Divine Light. And the Evangelist John, inspired by Divine Revelation, says clearly that the future eternal and enduring city "has no need of the sun or moon to shine upon it. For the Glory of God lights it up, and the Lamb will be its lamp" (Rev 21: 23). Is it not clear, that he points out here that this [Lamb] is Jesus, Who is divinely transfigured now upon Tabor, and the flesh of Whom shines, is the lamp manifesting the Glory of divinity for those ascending the mountain with Him?

John the Theologian also says about the inhabitants of this city: "they will not need light from lamps, nor the light of the sun, for the Lord God will shed light upon them, and night shall be no more" (Rev 22: 5). But how, we might ask, is there this other light, in which "there is no change, nor shadow of alteration" (Jas 1: 17)? What light is there that is constant and unsetting, unless it be the Light of God? Moreover, could Moses and Elias (and particularly the former, who clearly was present only in spirit, and not in flesh [Elias having ascended bodily to Heaven on the fiery chariot]) be shining with any sort of sensory light, and be seen and known? Especially since it was written of them: "they appeared in glory, and spoke of his death, which he was about to fulfill at Jerusalem" (Luke 9: 30-31). And how otherwise could the Apostles recognize those whom they had never seen before, unless through the mysterious power of the Divine Light, opening their mental eyes?

But let us not tire our attention with the furthermost interpretations of the words of the Gospel. We shall believe thus, as those same ones have taught us, who themselves were enlightened by the Lord Himself, insofar as they alone know this well: the Mysteries of God, in the words of a prophet, are known to God alone and His perpetual proximity. Let us, considering the Mystery of the Transfiguration of the Lord in accord

(Continued on the next page)
with their teaching, strive to be illumined by this Light ourselves and encourage in ourselves love and striving towards the Unfading Glory and Beauty, purifying our spiritual eyes of worldly thoughts and refraining from perishable and quickly passing delights and beauty which darken the garb of the soul and lead to the fire of Gehenna and everlasting darkness. Let us be freed from these by the illumination and knowledge of the incorporeal and ever-existing Light of our Savior transfigured on Tabor, in His Glory, and of His Father from all eternity, and His Life-Creating Spirit, Whom are One Radiance, One Godhead, and Glory, and Kingdom, and Power now and ever and unto ages of ages. Amen.

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

The above Discourse by Saint Gregory Palamas, Archbishop of Thessalonica was too long to be printed in its entirety. Rather than attempting to condense or summarize the writing of St. Gregory to make it shorter, I removed a section following the first paragraph that dealt with the meaning of the exact number of days that elapsed before they went up to Mt. Tabor. To read the entire discourse go to http://www.oca.org/FSlives.asp. type in Transfiguration and click SEARCH. Or send me a stamped, self-addressed envelope and it will be mailed to you. The Editor.

The Dormition of our Most Holy Lady Theotokos, the Mother of God and Ever-Virgin Mary
Commemorated on August 15

After the Ascension of the Lord, the Theotokos remained in the care of the Apostle John the Theologian, and during his journeys She lived at the home of his parents, near the Mount of Olives. She was a source of consolation and edification both for the Apostles and for all the believers. Conversing with them, She told them about miraculous events: the Annunciation, the seedless and undefiled Conception of Christ born of Her, about His early childhood, and about His earthly life. Like the Apostles, She helped plant and strengthen the Christian Church by Her presence, Her discourse and Her prayers.
During the persecution initiated by King Herod against the young Church of Christ (Acts 12:1-3), the Most Holy Virgin and the Apostle John the Theologian withdrew to Ephesus in the year 43. The preaching of the Gospel there had fallen by lot to the Apostle John the Theologian.

The rite of the Burial of the Theotokos at Gethsemane begins customarily on the morning of August 14. A multitude of people with hierarchs and clergy at the head set off from the Jerusalem Patriarchate (nearby the Church of the Resurrection of Christ) in sorrowful procession. Along the narrow alleyways of the Holy City the funeral procession makes its way to Gethsemane. Toward the front of the procession an icon of the Dormition of the Most Holy Theotokos is carried. The procession, going along for about two hours, concludes with Lamentations at the Gethsemane church. In front the altar, beyond the burial chamber of the Mother of God, is a raised-up spot, upon which rests the burial shroud of the Most Holy Mother of God among fragrant flowers and myrtle, with precious coverings.

"O marvelous wonder! The Fount of Life is placed in the grave, and the grave doth become the ladder to Heaven..." Here at the grave of the All-Pure Virgin, these words strike deep with their original sense, and grief is dispelled by joy: "Hail, Full of Grace, the Lord is with Thee, granting the world, through Thee, great mercy!"

Today flowers are blessed in church, and people keep them in their homes. During times of family strife or illness, the flower petals are placed in the censer with the incense, and the whole house is censed. See the Prayer at the Sanctification of any Fragrant Herbage.

excerpts from http://www.oca.org/FSlives.asp
Amazing Striped Icebergs

Icebergs in the Antarctic area sometimes have stripes, formed by layers of snow that react to different conditions. Blue stripes are often created when a crevice in the ice sheet fills up with meltwater and freezes so quickly that no bubbles form. When an iceberg falls into the sea, a layer of salty seawater can freeze to the underside. If this is rich in algae, it can form a green stripe. Brown, black and yellow lines are caused by sediment, picked up when the ice sheet grinds downhill towards the sea.
Antarctica Frozen Wave Pixs
Nature is amazing!
The water froze the instant the wave broke through the ice. That's what it is like in Antarctica where it is the coldest weather in decades. Water freezes the instant it comes in contact with the air. The temperature of the water is already some degrees below freezing.
Just look at how the wave froze in mid-air!!!
<table>
<thead>
<tr>
<th>Word List for AUGUST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Asters bloom</td>
<td>Martyr Natalia</td>
</tr>
<tr>
<td>Beheading</td>
<td>Monarch Butterflies</td>
</tr>
<tr>
<td>Birds begin to flock</td>
<td>Procession of Life-Giving</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Cross</td>
</tr>
<tr>
<td>Blessing of fruit</td>
<td>Prophet Micah</td>
</tr>
<tr>
<td>Blessing of Waters</td>
<td>Prophet Samuel</td>
</tr>
<tr>
<td>Church Picnic</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Crickets Begin Chirping</td>
<td>St John the Baptist</td>
</tr>
<tr>
<td>Dormition Fast</td>
<td>St Tikhon</td>
</tr>
<tr>
<td>Dormition of Theotokos</td>
<td>Sweet Corn</td>
</tr>
<tr>
<td>Elderberries</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>First hint of Fall</td>
<td>Transfiguration of our Lord</td>
</tr>
<tr>
<td>Hieromartyr Philip</td>
<td>Ven Herman of Alaska</td>
</tr>
</tbody>
</table>

Thanks to Pam Winn (See Matthew 4:6) 03-18-2005

THINGS EASED UP ON GUARDIAN ANGELS AFTER AIR BAGS WERE INVENTED
MORE 100 YEARS AGO—1908

The American flag had 45 stars.
The population of Las Vegas, Nevada, was only 30!!!!
Crossword puzzles, canned beer, and ice tea hadn't been in-
vented yet.
There was no Mother's Day or Father's Day.
Two out of every 10 adults couldn't read or write.
Only 6 percent of all Americans had graduated from high school.
Marijuana, heroin, and morphine were all available over the
counter at the local corner drugstores. Back then pharmacists said,
“Heroin clears the complexion, gives buoyancy to the mind, regulates
the stomach and bowels, and is, in fact, a perfect guardian of health."

Eighteen percent of households had at least one full-time servant or
domestic help.

There were about 230 reported murders in the ENTIRE U.S.A.!
Five leading causes of death were:
1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The person who sent this to the Editor added the following com-
ment:
“Now I forwarded this from someone else without typing it myself, and
sent it to you and others all over Canada & U.S.A and possibly the
world, in a matter of seconds!”
Try to imagine what it may be like in another 100 years!

"Always do right - This will gratify some
people and astonish the rest."
—Mark Twain
Cryptogram Challenge for August

... T J E W V B H V I B
C T I I O R E D I B K O B E -
N B I A B N Q L S V Z Q W
Q L S N B Q Z Y O J H Z E B ,
Q L S K R Z L J Z H E K O B T Z
C T Y M B S C Q W N , T C T I I
O B Q Z K O B E J Z H E
O B Q A B L Q L S J H Z F T A B
K O B T Z N T L N Q L S
O B Q I K O B T Z I Q L S.
2 Y O Z H L T Y I B N

CHEAT CHART--START WITH THESE LETTERS.

Real Letters

aeiouynph

Code Letters

Q B T H R W N L V O

FUNNY SIGNS

In a Veterinarian's waiting room:
'Be back in 5 minutes. Sit! Stay!'

In a Podiatrist's office:
'Time wounds all heels.'

Outside a Muffler Shop:
'No appointment necessary.
We hear you coming.'
DO YOU REMEMBER ANY OF THESE?

45 rpm spindles

Metal ice cube trays with levers

5 cent stamps

Roller-skate keys

Studebakers

Aluminum Christmas Trees

Fire escape tubes
If you can remember most or all of these, then you have lived!!

submitted by A ugie
DISINHERITING A RELATIVE
TAKEN FROM ELDERLAW NEWS

You may feel that you have given one child more during your life, so he or she should get less in your will. Or you may want to cut out an heir altogether. Whatever the reason, disinheriting a close relative—especially a spouse or a child—can be complicated.

It may not be possible to completely disinherit a spouse. Even if you don't leave your spouse anything in your will, most states have laws that keep a spouse from losing everything. If you live in a "community property" state, your spouse already owns half the community property. Other states have laws that automatically entitle a spouse to portion of your estate.

Disinheriting a child is a different story. You will need to check with an attorney in your state to find out what is required. Louisiana is the only state that does not allow an adult child to be disinherited. While other states do not require that you leave anything to your adult children, there may be laws that protect minor children. For example, in Florida you are required to leave your house to either your spouse or a minor child, if they are living. In addition, there are often laws that protect children born after a will was written. To be safe, even if you are leaving a child nothing, you should specifically mention the child in the will. It may also help to state the reason the child is getting nothing or a reduced amount. If you don't mention a child at all, the state may conclude that you did not intentionally exclude the child.

Disinheriting a close relative can cause fights among family members. Squabbles over wills can drag on for years and prevent your heirs from receiving their inheritance, so if you are planning on disinheriting someone, it is important to take as many precautions as possible and consult with an elder law or estate planning attorney.

ElderLaw News is a monthly e-newsletter that brings you reports of legal developments and other trends of vital interest to seniors and their advocates. This newsletter is brought to you by Budish, Solomon, Steiner & Peck, Ltd.
BIBLE BRAIN WORKOUT

111. Where does the Bible speak of a theater?
112. Who was the first king buried in Samaria?
113. Which is the first battle recorded in Scripture?
114. When did 200 men find wives at a dance?
115. When were Christian preachers mistaken for pagan gods?
116. When was a high priest seen clothed in filthy garments?
117. Where are we told that the end of a thing is better than the beginning?
118. Where does the Bible mention cracknels?
119. Which prophet describes Eden as “the garden of God”?
120. Who nearly caused the massacre of a nation by refusing a salute?

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 a Lenten project! You can have half credit if you can describe the situation and name the place even though you have forgotten the person’s name.

RIDDLES—A Right Brain Workout

1. Why did the cannibal eat at the corner Diner?
2. What do an English slot machine and a Weight Watcher’s diet have in common?
3. What is to be more admired than a promising young man?
4. How do you find out how many spokes are in a bicycle wheel?
5. Why did the lady put lipstick on her forehead?
6. What do canoes and small children have in common?
7. Where do moths dance?
8. Why did the man drive his car off the cliff?
9. How many hairs does a rabbit have in its tail?
10. Why should you never tell a pig a secret?

From Wit and Witticism donated by Helen Chwalyk

Answers on page 22.
Questions That Haunt Me!!

Why do we drive on the Parkway and park in the Driveway?

Can you cry underwater?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to "put your two cents in," but it's only a "penny for your thoughts?" Where's that extra penny going?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.
Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

If Jimmy cracks corn and no one cares, why is there a stupid song about him?

Can a hearse carrying a corpse drive in the carpool lane?

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If Wile E. Coyote had enough money to buy all that ACME stuff, why didn't he just buy dinner?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

Do you ever wonder why you gave me your e-mail address in the first place?

Submitted by Mickey Z. from a FWD.
BIBLE BRAIN WORKOUT ANSWERS

111. Acts 19:29-31
112. 1 Kings 16:24, 28
113. Gen. 19:8
114. Judg. 21:20-23
115. Acts 14:11-13
117. Eccles. 7:8
118. 1 Kings 14:3
119. Ezek. 28:13 ; 31:9
120. Esth. 3:5-6

Answers to Riddles

1. He liked to eat where they serve truckers.
2. They’re both designed to help you lose pounds.
3. Of course, a paying one.
4. Ask a spokesperson.
5. She wanted to make up her mind.
6. They both work better when paddled from behind.
7. At a moth ball.
8. Because he wanted to test his air brakes.
9. None, they are all on the outside.
10. Because it’s a squealer.
An Interview With An 80-year-old Woman

The local news station was interviewing an 80-year-old lady because she had just gotten married—for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.

"He's a funeral director," she answered.

"Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she'd first married a banker when she was in her early 20s, then a circus ringmaster when in her 40s, later on a preacher when in her 60s, and now in her 80s, a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

submitted by A ugie Q
THE FRUIT BASKET
18893 Howe Road
Strongsville, OH  44136

Sunshine Greetings from
St. Theodosius Orthodox Cathedral

August Calendar
1 Begin Dormition Fast
1 Blessing of Waters
1 Procession of Life-Giving Cross
6 Transfiguration of our Lord.
15 Dormition of the Most-Holy Theotokos
29 Strict Fast--
   Beheading of John the Baptist