

From the Fathers (and others):

Abba Gregory the Theologian said, 'These three things God requires of all the baptized: right faith in the heart, truth on the tongue, temperance in the body.'

Sayings of the Desert Fathers

She also said that neither asceticism, nor vigils nor any kind of suffering are able to save, only true humility can do that. There was an anchorite who was able to banish the demons; and he asked them, 'What makes you go away?' 'Is it fasting?' They replied, 'We do not eat or drink.' 'Is it vigils?' They replied, 'We do not sleep.' 'Is it separation from the world?' 'We live in the deserts.' 'What power sends you away then?' They said, 'Nothing can overcome us, but only humility.' 'Do you see how humility is victorious over the demons?'

Amma Theodora

Sayings of the Desert Fathers

Abba Paphnutius, the disciple of Abba Macarius, said, 'I asked my Father to say a word to me and he replied, "Do no evil to anyone, and do not judge anyone. Observe this and you will be saved."'

Sayings of the Desert Fathers

One of the beloved of Christ who had the gift of mercy used to say, "The one who is filled with mercy ought to offer it in the same manner in which he has received it, for such is the mercy of God."

Sayings of the Desert Fathers

It was said of Abba John the Dwarf that he withdrew and lived in the desert at Scetis with an old man of Thebes. His Abba, taking a piece of dry wood, planted it and said to him, 'Water it every day with a bottle of water, until it bears fruit.' Now the water was so far away that he had to leave in the evening and return the following morning. At the end of three years the wood came to life and bore fruit. Then the old man took some of the fruit and carried it to the church saying to the brethren, 'Take and eat the fruit of obedience.'

Sayings of the Desert Fathers

Try to fill your soul with Christ so as not to have it empty. Your soul is like a cistern full of water. If you channel the water to the flowers, that is, to the virtues, you will experience true joy and all the thorns of evil will wither away. But if you channel the water to the weeds, these will grow and choke you and all the flowers will wither.

Elder Porphyrios

St. John Orthodox Church



*~ September 17, 2017 ~
Sunday after Exaltation*

COMMEMORATIONS

Sept.17: Martyrs Sophia and her daughters Faith, Love and Hope; Hieromartyr Herakleidos of Cyprus; Martyr Agathokleia; Venerable Anastasios and Euxiphios.

Sept.18: Eumenios the wonder-worker, bishop of Gortyna; Martyr Ariadne of Phrygia.

Sept. 19: Martyrs Trophimos, Dorymedon, Savvatos and Susanna; Hieromartyr Januarios of Benevento and his companions; Theodore, prince of Smolensk, and his sons David and Constantine, wonderworkers of Yaroslav; Theodore of Tarsus, archbishop of Canterbury.

Sept.20: Great-martyr Eustathios and his family; Venerable-martyr Hilarion of St. Anne Skete on Athos; Venerable John of Crete; Martyrs Michael, prince of Chernigov, and his councilor Theodore.

Sept.21: Apostle Quadratos of the Seventy; Prophet Jonah; uncovering of the relics of Demetrios, bishop of Rostov.

Sept.22: Hieromartyr Phocas of Sinope the wonder-worker; New-martyrs Isaac and Martin; Twenty-six Venerable-martyrs of Zographou monastery on Athos; Venerable Cosmas the Bulgarian of Zographou monastery on Athos.

Sept. 23: The Conception of the Forerunner; Martyr Raidos; New-martyrs Nicholas and John; Venerable Xanthippa and Polyxena of Spain.

Sept.24: Proto-martyr Thekla, equal-to-the-Apostles; the commemoration of the wonder-working icon of the Theotokos of the Myrtle Tree; New-martyr Ahmed; Venerable Nicander of Pskov; Venerable Silouan of Athos; the synaxis of all saints of Alaska.



DAILY SCRIPTURE READINGS

September 17 - 24

Sunday	Galatians	2:16-20	Mark	8:34-38; 9:1
Monday	Galatians	4:28-31; 5:1-10	Luke	3:19-22
Tuesday	Galatians	5:11-21	Luke	3:23-28, 4:1
Wednesday	Ephesians	6:10-17	Luke	21:12-19
Thursday	Ephesians	1:1-9	Luke	4:16-22
Friday	Ephesians	1:7-17	Luke	4:22-30
Saturday	Galatians	4:22-27	Luke	1:5-25
Sunday	2 Timothy	3:10-15	Luke	5:1-11



Pray for our catechumens: **Memphis** –Justin Bowles, Lucas Whatley, Tom Ashworth, Allie Helms, Jon Mark and Heather Hetrick, Ian Curry, John Curry, Jamie Escue, Marissa Kizer and Kendall Ichniowski.

Please remember in your prayers - Mary Clark, Ann Hicks (Dianna Hildebrand’s mother), Charles Ingram, Ted Greathouse (Shelley Snowden’s father), Allen Sudduth (Paul’s father), Janet Berry, Nicholas Hill, Mary Sue Johnson (Jason Guntharpe’s grandmother), Lawrence Elliott (pregnant), Janine Smith (pregnant), Ernestine Pruitt (Nicholas Hill’s mother), Brenda Thomas, Doris & Jim (Brenda Thomas’ family), Dot Lawson (Lawson Bowick’s grandmother), Lisa Catlett (Fr. Don & Kh. Martha’s daughter), Glenda Brooks, Anna Grace (Joyce Grossman’s granddaughter), Maria Bellaflores, Sharon (Larry Ichniowski’s mother), Chris Hodges, Michael Wallace (Bru’s brother), those suffering in the Middle East, most especially the Christians.



ST. JOHN COMMUNITY



Parish Work Day – Saturday, September 23, 10:00 a.m. – God willing, our first Sunday coffee hour in our new parish hall will be October 1, just **2 short weeks from today!** In order to make that happen, we will need the help of our able-bodied parishioners moving the new chairs, tables, boxes from the kitchen, refrigerator and freezer, pantry items, etc. into the new building. Remember: many hands make light work! Come take part in our big move!

Contact Information – If you have not received an email from Fr. Philip or the church in the past week, please contact the office to be sure we have your correct email address. We are beginning to use Constant Contact for our email communication and we want to be certain that all those who want to receive information from the church are doing so. There are several people that we do not have email addresses for!

30th Anniversary Celebration and Metropolitan Visit – Our celebration is just a couple of short months away, November 18-19. If you would like to help with the planning of this important event, please see Mrs. Reem Mansour or Mrs. Trish Ratliff.

AWSJ Secret Sisters – *today is the last day to sign up!* Our increasingly popular Secret Sisters is beginning again this fall. If you are college-age or above and want to join in the fun, please fill out the questionnaire downstairs and return it (filled out completely....the more info, the more fun) to Sh. Corinne Elliott. You may leave it in her mailbox in the church office if you'd like. We will have a reveal potluck open to everyone on November 9 at Corinne’s home. See Corinne or Pam with any questions.

Dinner Clubs - For several years, many people have been participating in our dinner clubs. Dinner clubs are groups of 6-8 St. John people who meet together for a meal once every 2-3 months for a year. **The focus is on fellowship, not food.** This is another great way to meet and get to know more people and develop a sense of community. *Today is the last day to sign up!* See Margaret McKelroy with any questions.

Master Plan Updates

Progress on the St Raphael Hall – We are only 2 weeks away from being in the new hall!! The work is progressing very quickly and all of the permitting is being completed. May God continue to protect us as we make this big transition!

Fund raising – Thank you for your help thus far!! We have begun drawing on the loan to complete the project. If you would like to help with our monthly commitment to the loan, please let Fr. Philip know.

Birthdays, Anniversaries, & Namedays

Sunday, 9/17:	Deon Crum, Eliza Elliott <i>St. Sophia: Sophie Mansour, Sophia Yarbro</i>
Monday, 9/18:	Max Mendenhall
Wednesday, 9/20:	Julie Sanderlin
Friday, 9/22:	Thomas Cameron
Saturday, 9/23:	Rod Ratliff Anniversary: Don & Julie Sanderlin

Sign Up!

Online sign ups are available on our website, stjohnmemphis.org, under parish – online sign ups.

- 30th Anniversary and Hierarchal Visit – November 18-19
- Mercy Meals
- Dinner Clubs
- Secret Sisters
- Wednesday Meal Pick Up (or cooking)
- Coffee Hour

Women of St. John AWSJ Calendar

Sept. 18	Women's Bible Study , 6:30 p.m. – Social Time, 7:00 p.m. discussion begins. We will meet at Reem Mansour's home.
Sept. 24	Bridal Shower for Sarah Koplín, following coffee hour
Oct. 2	AWSJ Book Club will be discussing <i>A City of Bells</i> by Elizabeth Goudge, 7:00 p.m., Kh. Pamela's home
Oct. 5	Women's Teaching , 10:00 a.m., Judy Terry's home

Library Lines

New in the Library:

- *Church, World, Mission: Reflections on Orthodoxy in the West* by Fr. Alexander Schmemmann (CAT GEN SCH) Fr. Schmemmann's 20th century view of the future of the Church in America.
- *Father George Calciu: Interviews, Homilies, and Talks* (BIO CAL STH) The life and spiritual direction of one of Romania's 20th century survivors of Communist prison camps.
- *Melody of Prayer: How to Personally Experience the Divine Liturgy* by Stanley Harakas (CAT SERV DIVLIT HAR)
- *Patristic Orthodox Sermons on the Psalms* (SCR COM DIM)
- *Serve the Lord with Gladness: Our Life in the Liturgy-Basic Reflections on the Eucharist and the Priesthood.* (CAT SERV DIVLIT MON)

Today we honor St. Sophia (9/17). She endured the greatest pain a mother can endure. Her three daughters, Faith, Hope and Love were tortured and beheaded in her sight. She buried them and stayed by their graves for three days and then gave her soul to God. Believers buried her beside her children. Their icon is on the center of the balcony wall. After you venerate them, take your children to the library so they can read her story in *Christina's Favorite Saints* (KID STS KHO), p. 22 and *Let the Little Children Come to Me* (HAG/ - - / SAI), p. 27.

Occasionally a story from the lives of the saints makes its way into our everyday vocabulary. This week's *whale of a tale* has tremendous theological significance for us all, and it appeals especially to children, sailors, gardeners, and zoologists! Friday we commemorate the Holy prophet Jonah (9/22). God called him to bring His message to the wicked city of Nineveh. He fled God's presence on a storm-tossed ship, and the sailors threw him overboard. (Hence another oft-heard term, a *Jonah*, meaning a person believed to bring bad luck to those around him.) He was swallowed by a great fish and remained in his belly for three days. God heard his cries and caused the whale to vomit him up on land. Jonah traveled on to Nineveh and prophesied destruction of the city because of the people's wickedness. Unexpectedly to Jonah, they repented. He had looked forward to their punishment and when it didn't happen, he sulked in the desert under a vine of gourds which God created solely for his shelter. God then created a worm to eat the plant. Jonah grieved for the vine, and God chided Jonah for his folly in grieving for a plant and in wishing for punishment of "human beings, who do not know their right hand or their left hand-and also much cattle..." Read about Jonah and how this event is a picture of Pascha in *The Book of Jonah* (KID STS CHO) and *Jonah's Journey to the Deep* (KID STS JON).

How appropriate it is that we honor men who humbly work the earth to bring forth food, herbs and flowers for sustenance for our bodies and beauty for our souls. Also Friday, we, especially the plant-lovers among us, remember St. Phocas the Gardener of Sinope (9/22). He aided the poor with his produce. When he accidentally happened upon men sent to arrest him for being a Christian, he gave them hospitality, made arrangements for his possessions to be given to the needy, and dug his own grave. When his captors saw this, they tried to spare him, but he refused and was beheaded.