

LIVING WATER

The Monthly Newsletter of Christ the Saviour Orthodox Cathedral ❖ Mar 2024



Dear Brothers & Sisters in Christ,

The Great Fast is upon us. There is a temptation to see this season as a drudgery, something we have to “get through” in order to enjoy Pascha on the other side. But this is precisely the opposite of what Lent is meant for. It’s not about “giving up” the things we enjoy, it’s about simplifying in order to enjoy the highest things: communion with God and our fellows.

We would be wise to take our cue from the Desert Fathers—those monastic elders who fled to the wilderness of Egypt in the fourth century in order to pray and connect with God. They did not leave the cities because they believed they were inherently sinful; rather, they left because they desired to abstain from a lesser good in order to experience the ultimate Good.

This is what Lent can become for each of us. Instead of being a negative movement, based on deprivation, it can be a positive movement rooted in serving God. It is about what we occupy our time with, where we focus our attention. When we fix our mind on things that are spiritually beneficial, we will not be obsessed with all the things we are fasting from. If we want to experience the blessings which the Fast can convey to us, we must likewise enter

into the desert: not a physical place somewhere, but a state of being. Lent is an opportunity to disconnect from the world, and to put aside unnecessary tasks. When we do this, we create a desert within where silence resides in our minds and peace reigns in our hearts.

Our days are often hectic. Although some of the root causes of our stress are unavoidable,

there are also many things we can let go of in order to make room for God. We need to be intentional about this, consciously turning aside from all the shiny temptations and choosing more edifying endeavors instead. Reading the Holy Scriptures and the lives of the Saints can replace watching our screens.

Attendance at services and longer prayers at home can replace social events. And simple, homemade vegan dishes can replace fancy, expensive, calorie-heavy cuisine.

As the world seems to spin faster, and everything gets more complicated, it is up to us to take a break, to simplify, and to experience the presence of God. This is only possible in the stillness of the desert. So let us begin our journey there.

In Christ,

A handwritten signature in black ink, appearing to be a stylized name.





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**Offering the Living Water
to Southeast Florida.**

Visit our website for news, announcements
and changes to our schedule.

www.OrthodoxMiami.org

Announcements

- ✠ *Meatfare BBQ: March 10*
Join us after the Divine Liturgy as we say
farewell to meat with a parish BBQ.
- ✠ *Rite of Forgiveness: March 17*
Start the Great Fast out properly with
the annual Rite of Forgiveness after the
Divine Liturgy.
- ✠ *Clean Week: March 18 - 23*
Check the calendar for services during
the first week of Lent.
- ✠ *Lenten Social Media Fast*
Join Fr. Joseph as he turns off and tunes
out of FaceBook, Twitter, Instagram,
YouTube, etc. during the Great Fast.

Clergy

Fr. Joseph Lucas, PhD., MDiv.
*Rector of the Cathedral
Dean of South Florida*

Dn. Carlos Miranda, MDiv.

Minor Orders

Sbdn. Michael Richards
Rdr. Anthony Brian Allen
Rdr. Nilus Wawerczyk
Rdr. Anthony Saborio

Attached

Fr. George Volkovinsky

Retired Attached

Fr. Michael Zaparyniuk
Fr. Leonid Palceski

Parish Council

Rdr. Nilus Wawerczyk - Warden, Treasurer
Leah Duboy - Secretary
Henry Campos - Social Media Manager
Rdr Anthony Brian Allen - Council Member
Duane Patrick Clarke - Council Member
Gabriel Ruiz - Council Member
William Wusylko - Council Member

Choir

Elena Voronkova - Director

Orthodox Book Center

Rdr. Nilus Wawerczyk - Director

Financial Secretary

J. Thomas Hornsey

Office Secretary

Hope Petipren

Prayer List for Healing

Bianca Iulia Goean / Ayesha Doten
Elena Voronkova / Karen (Vera) Budowski
Norma Skuby / Vernon (Andrew) Lee
Edward White / Georgette Hartner
Catherine & Elena Morris
Georgina Nikolic / Mary Perkins
Angela Allen / Josiah Heredia
William Raynes / Theophan Petipren
Joy (Helen) Richards / Tatiana Drake



“A soldier asked Abba Mius if God accepted repentance. After the old man had taught him many things he asked, ‘Tell me, my dear, if your cloak is torn, do you throw it away?’ He replied, ‘No, I mend it and use it again.’ The old man said to him, ‘If you are so careful about your cloak, will not God be equally careful about his creature?’

- Sayings of the Desert Fathers

March Birthdays

6 Palina Voronkova
9 Zoe Lissette Doten
11 Rafael Lucas
11 Valentina Diaz Madrid
12 Josiah Heredia
15 Gianna (Martha) Gallo
18 Andrea Jammes
19 Richard Fernandez
25 James Lowrey
25 Hope Petipren
26 Anastasia Pineros
28 Olga Balutina

March Anniversaries

14 Luis & Yanexis Gallo

Wish List

*Manischewitz Concord Grape Wine
for Zapivka (after communion)*

Olive Oil for Lamps

*Winn Dixie / Publix Gift-Cards
for the Needy*

Books or Rolls of Stamps

*Home Depot Gift Cards
for Parish Gardening / Tools*