

LIVING WATER



THE MONTHLY NEWSLETTER OF CHRIST THE SAVIOUR ORTHODOX CATHEDRAL

-FEBRUARY 2026-

Brace yourselves, for the Great Fast is almost upon us (much earlier than most years). With its arrival we begin the annual work of refreshing our inner spirit through a more rigorous practice of fasting and intentional repentance. As we move through the various themes of Lent, we journey deeper into our souls to face the demons lurking within. And as we grow closer to Pascha, our hearts prepare for the greatest joy we can experience this side of the judgment: to glory in the Risen Lord.

This season has been described as a time of “bright sadness.” This is another way of saying “joyful sorrow” (charmolyḗpē). As St Isaac the Syrian writes in his Ascetical Homilies, “There is a sorrow that brings joy, and a compunction that gladdens the heart.” The Orthodox way is found in the tension between these two extremes, where heartfelt sorrow over our sins is held in tension against the immense joy of forgiveness. This is the paradox of the lifegiving Cross, of a death that destroys death, of humility that leads to exaltation. “Whoever seeks to save his life will lose it, and whoever loses his life will preserve it” (Lk 17:33).

The movement through Lent is meant

to wake us up to reality. We are forced to face our darkness and acknowledge how much we fall short of God’s glory. Yet this admission is not meant to destroy us, but to heal us. A bone that has broken and healed improperly must be broken again and set aright. It is only when we accept shame for our sins, turn to God in repentance, and commit to change that his forgiveness can then wash

over us. In the midst of our sorrow, joy emerges—a gift of the Holy Spirit—and remains alongside sorrow, a bittersweet taste of heaven on earth.

As we ready ourselves for the Fast, may we keep in mind its real purpose. It is not forty-days to “a better version of myself,” it is the doorway to real transformation through participation in the Cross and Resurrection. By embracing joyful sorrow we are redeemed in Christ, and thereby become “partakers of the divine nature” (2 Pet 1:4).



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Christ the Saviour

ORTHODOX CATHEDRAL · EST 1962

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

www.OrthodoxMiami.org
Instagram: [christ.thesaviour.miamilakes](https://www.instagram.com/christ.thesaviour.miamilakes)
www.facebook.com/OrthodoxMiami
YouTube: [@orthodoxmiami7309](https://www.youtube.com/@orthodoxmiami7309)

- Announcements -

2/2 Presentation of The Lord

2/14 Work Day

2/15 Meatfare

2/22 Parish Council Meeting

2/22 Cheesefare

2/23-2/27 Clean Week

- Clergy -

V. Rev. Joseph Lucas, PhD., MDiv.
Rector of the Cathedral

Fr. Dn. Carlos Miranda, MDiv.

- Minor Orders -

Sbdn. Michael Richards
Rdr. Nilus Wawerczyk
Rdr. Anthony Saborio
Rdr. Stephen Butcher
Rdr. Thomas Hornsey
Rdr. Gabriel Ruiz

- Retired Attached -

V. Rev. Leonid Palceski

- Parish Council -

Rdr. Nilus Wawerczyk - Warden, Trsr.
David Bruce - Member
Sophronia Asher Lafond - Secretary
Rdr. Gabriel Ruiz - Member
Rdr. Anthony Saborio - Member
Daniel Campos - Member
Giselle Ghurani - Member
Stephen Butcher - Member
Luis (Seraphim) Nieves - Member

- Lay Leadership -

Elena Voronkova - Choir
Rdr. Nilus Wawerczyk - Book Center
Rdr. Thomas Hornsey - Catechism
Mary Wawerczyk - Sisterhood
Sophronia Asher Lafond - Administration
Sandy Root - Financial Secretary

- Prayer List for Healing -

Fr Anastasios/Bianca Goean /
Ayesha Doten
Elena Voronkova / Karen Budowski
Norma Skuby / Vernon Lee /
Vincent Penalzoza / Georgette Hartner
Catherine Morris / Elena Morris
Georgina Nikolic / Mary Perkins
Raquel Ferraguz / Josiah Heredia
William Raynes / Theophan Petipren
Mary Wawerczyk / Valerie Doten
Mercedes Cortes / Leah Duboy

“Where shall I begin to lament the
deeds of my wretched life? What
first-fruit shall I offer, O Christ, for
my present lamentation? But in Thy
compassion grant me release from
my falls.

Come, wretched soul, with your flesh,
confess to the Creator of all. In future
refrain from you former brutishness,
and offer to God tears in repentance.”

-Troparia

The Great Canon

The Work of Saint Andrew of Crete

- February Birthdays -

(1) Joy Lee
(4) Eric (Nilus) Wawerczyk
(9) Zachariah Doten
(10)Alexis Alvarez
(11) Luis Nieves
(12) Isaiah Bryant
(14) Kenneth Lowrey
(14) Daniel Ortiz
(18) Leidy (Alina) Arana
(21) Bogdana Hornsey
(23) Mary Perkins
(23) Roxana (Anna) Castellanos
(25) Jeremy Paulovkin
(26) Elena Penalzoza

-February Anniversaries -

(17) Ricardo (Athanasius)
& Carly Sarmiento
(20) Kenneth & Violet Lowrey
(20) Spiro & Luba Baltas
(23) James & Kathleen Shiskin

- Wish List -

Manischewitz Concord Grape Wine
for Zapivka (after communion)

Winn Dixie / Publix Gift-Cards
for the Needy

Books or Rolls of Stamps

- Giving -

