



Wisdom hath builded her house, she hath hewn out her seven

pillars: She hath killed her beasts; she hath mingled her

wine; she hath also furnished her table.

She hath sent forth her maidens:



she crieth upon the highest places of the city,

Whoso is simple, let him turn in hither: as for



him that wanteth understanding, she saith to him,



Come, eat of my bread, and drink of the wine which I have mingled.

Forsake the foolish, and live; and go in the way of understanding.

Sophia



A DEVOTIONAL NEWSLETTER OF ST. SOPHIA PARISH

St. Sophia Orthodox Church
195 Joseph St.
Victoria, BC
V8S 3H6
Canada

St. Sophia Orthodox Church

a Parish of the Russian Orthodox Church Outside of Russia

*195 Joseph Street,
Victoria, British Columbia
Canada V8S 3H6*

email: info@saintsophia.ca

website: www.saintsophia.ca

Services are in English

Saturday

Vigil – 6 p.m. – Всенощное бдение

Sunday

Hours – 10 a.m. – Часы

Divine Liturgy – 10:30 a.m. – Божественная Литургия

Vespers – 5 p.m. – Вечерня

*Archpriest John Adams
Priest Philosoph Ublman
Protodeacon Gordian Bruce*

October 2017

Services

Saturday September 30- Vigil 6pm

Sunday October 1- Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Saturday October 7- Vigil 6pm

Sunday October 8- Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Friday October 13- Vigil 6pm - Protection of the Most Holy Theotokos

Saturday October 14- Liturgy 10:30am - Protection of the Most Holy Theotokos; and Vigil 6pm

Sunday October 15- Liturgy 10:30am

Sunday Evening Vespers- 5pm

Saturday October 21- Vigil 6pm

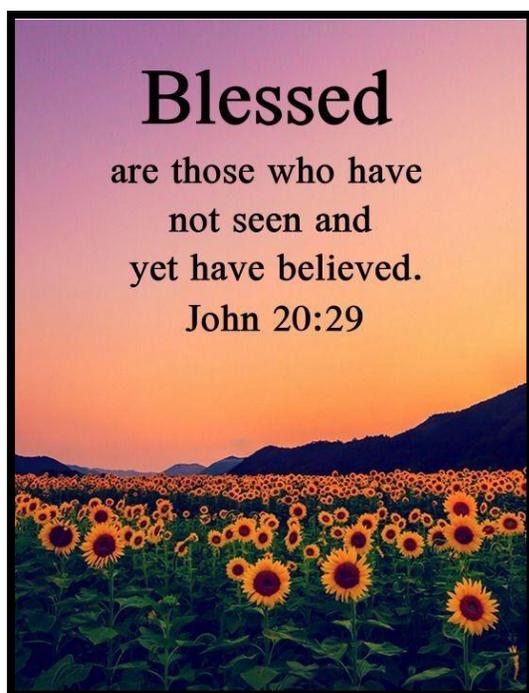
Sunday October 22- Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*

Saturday October 28- Vigil 6pm

Sunday October 29- Liturgy 10:30am

- *Sunday Evening Vespers- 5pm*



October Parish Saint's Days

Congratulations to Reader Lucas, Justina, Sergei, and Roman!

May God grant you all many, *many*, years!

Church Cleaners

- Thank you *September Church Cleaners*; Iouri and Evguenia!
- Thank you Father John, and matushka Alexandra, for doing the *September Church Flowers*
- Thank you *Church Gardeners/Waterers*, Melania and Zoe

Thank you! A warm and heartfelt *thank you* to the Allison family for graciously hosting the parish feast day picnic venue, and heating their outdoor swimming pool for the parish youth! A wonderful time was had by all.

26th Annual Nativity Concert, Arts and Crafts Fair, Bake, Preserves Sale, Raffle Church Mosaic Tour



Yes, it's that time again!

Time to start thinking *and* doing!

The Pre-Nativity Concert is 7 – 8 pm and the 1 hour grand opening of following the event from 8 – 9 pm, Friday November 24th.

It begins again the next morning and will end in the early afternoon.

Annushka T. will be coordinating this event and volunteer signup sheets will be posted mid-October.

There are many important spots which need filling.

Whether helping set up / taking down of the chairs upstairs to downstairs; baking (with each item pre-wrapped with listed ingredients); preserves of

jam, jellies, relishes, and chutneys; crotchet, knitted, sewn arts, all kinds of crafts, cards; kitchen help with the tea/coffee/hot cider; clean up *both* Friday night and Saturday afternoon. ***Thanks in advance for your help!***

Feast of the Protection of the Mother of God October 1/14

The Church has always glorified the Most Holy Mother of God as the Protectress and Defender of the Christian people, entreating, by her intercession, God's loving-kindness towards us sinners. The Mother of God's aid has been clearly shown times without number, both to individuals and to peoples, both in peace and in war, both in monastic deserts and in crowded cities.

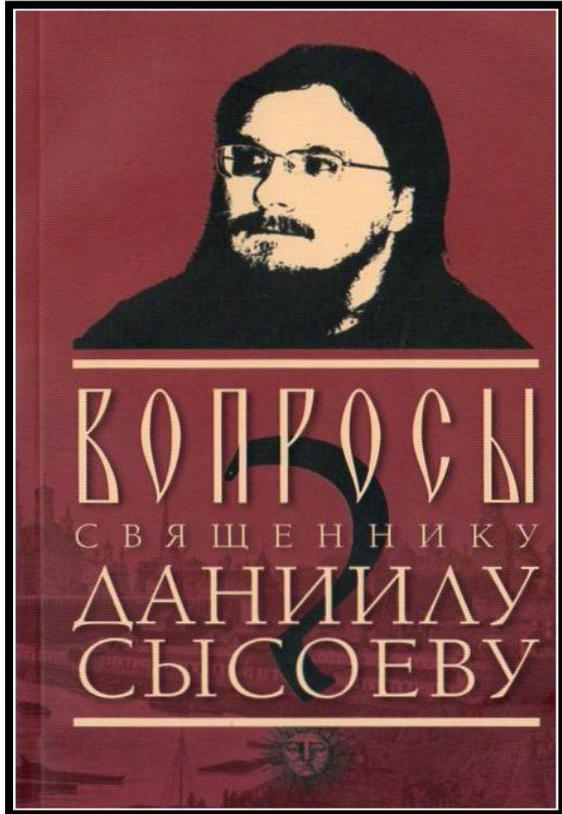
The event that the Church commemorates and celebrates on October 1/14 proves this constant protection of the Christian people by the Mother of God.

In 911 AD, at the time of the Emperor Leo the Wise (or the Philosopher), there was an all-night vigil at the Blachernae church of the Mother of God in Constantinople. The church was crowded. St. Andrew the Fool for Christ was standing at the back of the church with his disciple Epiphanius.

At four o'clock in the morning, the most holy Mother of God appeared above the people with a veil spread over her outstretched hands, as though to protect them with this covering. She was clad in gold-encrusted purple and shone with an unspeakable radiance, surrounded by apostles, saints, martyrs and virgins. Seeing this vision, St. Andrew gestured towards it and asked Epiphanius: 'Do you see how the Queen and Lady of all, is praying for the whole world?' Epiphanius replied: 'Yes, Father; I see it and stand in dread.'

As a result, this commemoration was instituted to remind us both of this event and of the Mother of God's constant protection whenever we prayerfully seek that protection, that shelter, in distress. - *Prologue from Ochrid by Bishop Nikolai Velimirovich*

Parish Russian Library Books

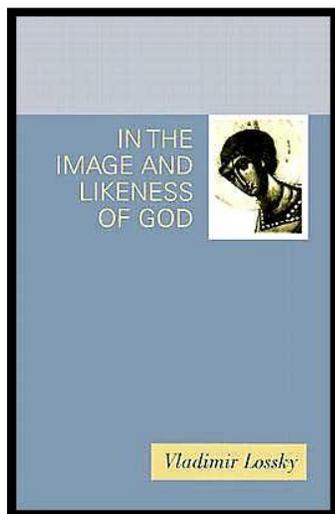


«Вопросы священнику Даниилу Сысоеву», Благотворительный фонд «Миссионерский центр имени иерея Даниила Сысоева», М., 2012, 184 стр.

Священник Даниил Сысоев до своей мученической кончины прилагал много усилий к просвещению широких масс населения о Слове Божием и разъяснял основы православной веры. В этой книге собраны его ответы на самые популярные вопросы его прихожан.

Fr. Daniil Sysoev worked hard all his life enlightening people about the Orthodox Faith and the Word of God. In this book the answers to the most popular questions by his audiences are collected.

Parish English Library Books



In the Image and Likeness of God
by Vladimir Lossky

Concerned with the fundamental questions of theology, Lossky addresses the following: can we really know God? How are we to understand the relation of creation to the Creator? Where is it that we are to find the heart of the Christian message? In the process of answering questions such as these, the author shows the doctrinal issues affect the whole of Church life.

New

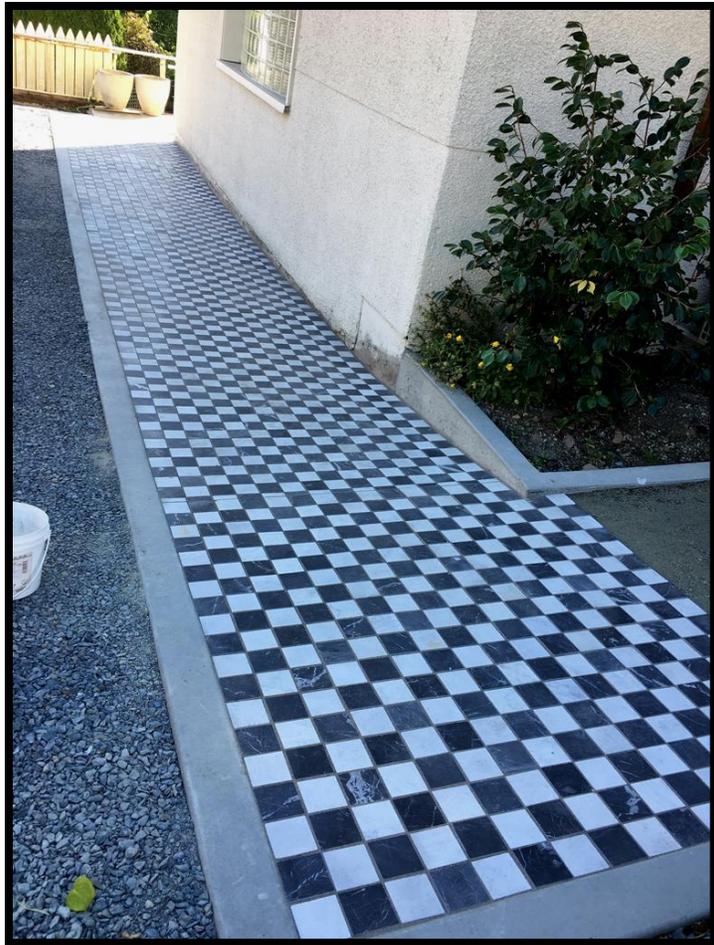
Mosaic Outdoor Path



With God's help involving the perfect work-weather, and in the fullness of time, we have designed and completed the connecting church perimeter pathway.

This was designed under Archpriest John and accomplished by parishioners: Protodeacon Gordian, Reader Nicholas, Reader Peter, John M., and the professional assistance of Mark.









Overheard in Passing ☺

On the day after the Thanksgiving Holiday, a coworker asks...

“So did you have a Happy Thanksgiving, or do I ask you again in 13 days?”

Christ is the Icon of the Invisible God, the firstborn of all creation. (*Colossians 1:15*)

It is only fitting that the first icon explored here is of Jesus Christ – Who is Himself the image of the invisible God. Because God took on human flesh and became visible, we can depict Him. Indeed, to portray Christ is to strongly affirm that God really did become a man...

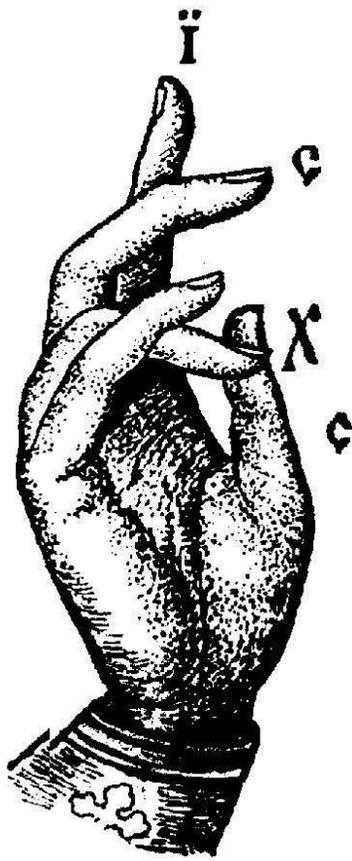
...Jesus Christ “the Almighty” is a powerful title attesting to Jesus’ divinity and so it is unsurprising that Christ’s face is often found to be stern on Icons.

Around Christ’s head is a halo, an almost universal symbol of holiness. But Christ’s halo is not the same as the halos shown around other saints, nor even in the angels of this icon.

Inside of Christ’s halo is the Cross – the Cross of Salvation – although only three arms are visible: the three arms make up a Holy Trinity. Upon the three arms are the Greek letters ω 'O N (omega, omicron, nu) which literally means “the being” or more precisely “He who is”. This is a reference to Christ’s divinity, as the Old Testament reveals “He who is” to be the name God revealed to Moses (Ex. 3:14 – in the Septuagint text this is ἐγώ εἰμι ὁ ὢν: “I am He Who is”). The Revelation of St. John uses the phrase: “*Who is (ὁ ὢν), Who was, and Who is coming*” throughout to refer to Jesus Christ. These revelations of Jesus Christ’s nature and the Holy Trinity are preserved in Christ’s Halo.

About Christ’s Head are the letters “IC” and “XC”, a widely used four letter abbreviation of the Greek for Jesus (IHCOYC) Christ (XPICTOC).

Jesus is here shown wearing a red robe covered in a green cloak (or sometimes blue). The red symbolizes divinity, whilst the green/blue symbolizes humanity. Thus, Jesus Christ is by nature divine, yet is fully



clothed in humanity. The green cloak is distinct from the red, as Christ's humanity and divinity are distinct and not "inter-mingled". Yet the green cloak is also girded firmly around His waist, showing the Son of God to have taken on human nature forevermore; Christ's humanity has not be casually cast off after 33 short years on earth.

To any Orthodox Catholic Christian, Jesus' right hand is unmistakably shown as being raised to give a blessing. The arrangement of the hand, repeated by clergy when blessing others, is also rich in meaning.

The fingers spell out the four-letter Christogram "IC XC", as it is by the name of Jesus that we are saved and receive

blessings. *"At the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth;" (Phil 2:10).*

Not only that, but the three fingers of Christ – as well as spelling out "I" and "X" – confess the Tri-unity of God: Father, Son and Holy Spirit. The touching finger and thumb of Jesus not only spell out "C", but attest to the Incarnation: to the joining of divine and human natures found in the body of Jesus Christ...

... Finally, on some icons are shown two angels to the right and left of Christ. Angels are heralds of God, which is why they are shown holding scrolls of Scripture: the angel on the left representing the Old Testament

Law, the angel on the right carrying a cross representing the New Testament.

And in the centre is Jesus Christ, the fulfillment and embodiment of both the Law and Grace. It is to Him that the angels look, and to Whom we look.

<https://iconreader.wordpress.com/2010/07/05/jesus-christ-the-icon-of-the-father/>

Part 1: A Pastor's View on Children's Confession

Confession is the most important component of the spiritual life of every Christian, both adults and children. At what age should children begin to go to Confession? How to explain to them the essence of this Mystery? How to prepare for Confession? What can help to overcome the hesitation or even fear in our young people? - Archpriest Artemy Vladimirov

—Fr. Artemy, what is Confession? What occurs in the soul during confession?

—I think that [Confession](#) is best of all explained with the word “mystery.” A mystery is something concealed from the external gaze. Something happens in the invisible world—something that transcends our human strength and comprehension.

Confession is an encounter with Him Who took upon Himself the sins of all mankind. And He extends His hands to everyone who, as unworthy, with Confession comes to his Parent.

In the mystery of Confession the priest most certainly does not occupy the main place. I would call him a nurse, an assistant of the Heavenly Luminary, the Surgeon, and Doctor of body and soul, Christ the Saviour, Who works all healings in response to our admission of ourselves as imperfect, sinful, guilt-ridden, having broken the covenant of love, having repeatedly erred.

In response to a candid confession and sincere desire to change something in your life, to change from the worse to the better, the Lord immediately gives you through the priest His Divine energy. He renews in your heart the

activity of grace, which as a spark, glistens, even under the bushel of sins. In this way, we should always approach Confession as if it's the first time—and at the same time as if it's the last, understanding that our Saviour Himself by the Holy Spirit accomplishes this neurosurgery, healing both soul and body as recompense for our faith in His omnipotence and grace and as recompense for our faith in His Church.

— At what age can we lead a child to Confession?

— Many are guided by the Resolution of the Ruling Synod. In the nineteenth century it was recommended to bring a child to Confession from the age of seven. However, times are changing, and people are changing. Today children are more grown-up than in the times of our fathers the Tsars, maybe because sins have multiplied upon the earth. Innocent five and six year olds are already, in reality, coming into contact with the realm of sin. It is difficult for parents to safeguard the gaze and hearing of a child from the elements of this world. Therefore, all is determined by the desire of the child himself.

...The child who goes to an attentive priest... will have beneficial consequences for the lad or lass, because here a child encounters the workings of Divine grace.

— And how should we properly attune and prepare a child for Confession?

— Unfortunately, here modern parents experience many particular difficulties. They suffer from spiritual mumbling. They have neither sufficient words nor acumen to prepare their youngster for Confession and Communion. Meanwhile, the primary focus here should be not on the reading of the prayer rule—it's good, but here, as in a homeopathic pharmacy, there should be a small rule.

The main thing is to verbally guide a child into the world of sacred conceptions. “Mikey, do you remember Who will be waiting for us tomorrow in our beloved church? With a beard and kind eyes ... And most importantly—He remembers that you confessed to Him last week. What do you think—does the priest absolve your sins, or Him Who stands behind you—our Saviour, crucified and risen?”

Here by such guiding questions: “What did we want to say to our spiritual father? Mikey, just don’t forget that it’s necessary to confess clearly and distinctly. And name from the first what ails, for which we were especially ashamed. The day before last you ate a five-liter jar of raspberry jam all by yourself ...” One way or another, with a smile and warmth, gently and reverently mama or the godparent must communicate with the child... as to a newly-blossomed flower.

— **The next question is not just about children, because adults are sometimes embarrassed that someone might hear them during Confession.**

— **How can we overcome such fear and embarrassment?**

— Confession is truly not intended for others’ ears. And I agree with those priests who arrange it in such a way that deceptive embarrassment and shyness do not bedevil your soul. Batiushka might summon the confessee to himself to meet him somewhere on the solea near the iconostasis or in the corner, where there is created an intimate, private atmosphere...

But all the same, today we have delicate, half-witted people, and therefore another, perhaps, will think beforehand what he wants to say to father, and will inscribe it in general strokes on a sheet, and the priest will have to take the confession deeper by means of his questions.

May God grant that our batiushkas be not as deaf as am I, loudly repeating to the entire church: “My son, you say that in your years as a schoolboy you stole a cucumber from the field at the communal farm?” Not everyone can suffer such country simplicity... - *Archpriest Artemy Vladimirov*

<http://orthochristian.com/92642.html> *Part 2 continued in November Sophia*

Pearls of Wisdom

No matter how insignificant it may seem to you, do everything well, as in the presence of God. Remember that the Lord sees everything." - *St. Nikon of Optina*

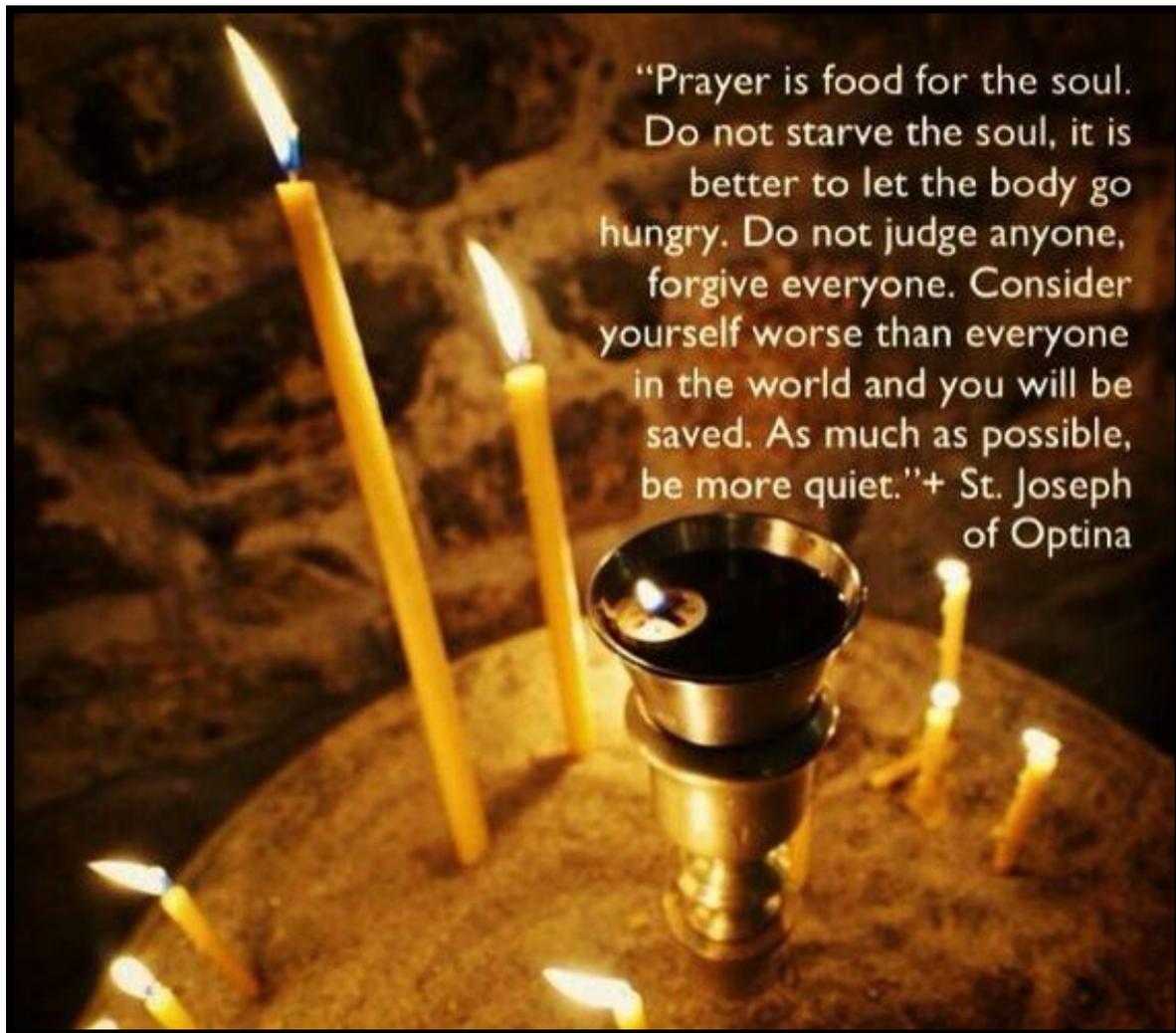
We only know God to the extent that we love our enemies. - *St. Silouan*

The feasts on the calendar are not appointments with memorials, the recollection of events long past. They are invitations to present tense

moments in the liturgical life of the world. In those moments there is an intersection of the present and the eternal. They are theophanies into which we may enter. - *Fr. Stephen Freeman*

Oh, if you only knew what joy, what sweetness awaits a righteous soul in Heaven! You would decide in this mortal life to bear any sorrows, persecutions and slander with gratitude. If this very cell of ours was filled with worms, and these worms were to eat our flesh for our entire life on earth, we should agree to it with total desire, in order not to lose, by any chance, that heavenly joy which God has prepared for those who love Him.
– *St Seraphim of Sarov*

Practical Tips



Links

St. Sophia Orthodox Church, Victoria BC

<http://saintsophia.ca/>

St. Sophia THE ARK, Children's Quarterly

<http://www.saintsophia.ca/the-ark/>

St. Sophia Parish's FREE Lenten Cookbook Recipes "Come and Dine"

<http://comeanddinerecipe.blogspot.ca/>

Official site of the Russian Orthodox Church Outside of Russia

<http://www.russianorthodoxchurch.ws/synod/indexeng.htm>

Official site of the Montreal and Canadian Diocese

<http://mcdiocese.com/en/>

Holy Trinity Orthodox Church, Vancouver BC

<http://russianorthodoxchurch.ca/en/>

St. Nicholas Orthodox Church, Vancouver BC

http://www.stnicolaschurch.ca/home_eng.html

Pravoslavie.Ru

<http://www.pravoslavie.ru/english/>

Morning Offering by Abbot Tryphon

<http://blogs.ancientfaith.com/morningoffering/>

Holy Trinity Monastery Jordanville, New York

<http://www.jordanville.org/>

Holy Trinity Orthodox Church, Vancouver BC

<http://russianorthodoxchurch.ca/en/>

St. Nicholas Orthodox Church, Vancouver BC

http://www.stnicolaschurch.ca/home_eng.html

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Holy Trinity Monastery Jordanville, New York

<http://www.jordanville.org/>

Western America Diocese Official Site

<http://www.wadiocese.org/en/>

*“We knew not whether we
were in heaven or earth...”*

*We only know that God dwells
there among men, and their
service is fairer than
the ceremonies of
other nations.”*

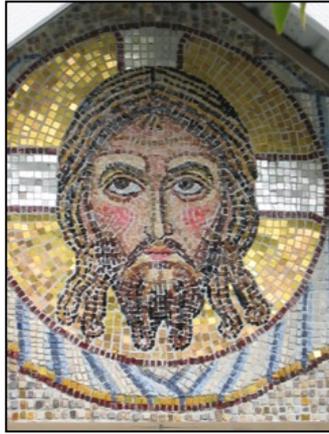
The Orthodox Church

With these words, envoys sent from Russia by Prince Vladimir in the year 987 recorded their impression of Constantinople’s awesome Orthodox Cathedral, Hagia Sophia. They had been sent to search for the true religion. Within a year of their report, Prince Vladimir and the Russian people were baptized in Christ by Orthodox missionaries. Today, as in Prince Vladimir’s time, the Orthodox Church – fully aware that man is a union of body and soul – uses all the beauty of creation to move her faithful children to prayer and worship: icons, beautiful singing, sweet-smelling incense, and majestic services.

The Greek word ‘Orthodoxia’ means ‘correct praise’ or ‘correct teaching’ and in the Orthodox worship the praise and teaching are closely interwoven.

Jesus Christ founded His Church through the Apostles. By the grace received from God at Pentecost, the Apostles established the Church throughout the world. In Greece, Russia, and elsewhere, the True Apostolic Church continues to flourish, preserving the Faith of Christ pure and unchanged.





*“Christ the Power of God,
and the Wisdom of God”*

- First Corinthians

Troparion in the Second Tone

*We bow down before Thine all pure image, O Good One,
asking forgiveness of our transgressions, O Christ God; for
Thou wast well pleased to ascend the Cross in the flesh of
Thine own will, that Thou mightest save what Thou hadst
created from slavery to the enemy. Wherefore, we cry out to
Thee in thanksgiving: Thou hast filled all things with joy,
O our Saviour, Who hast come to save the world.*

Kontakion in the Second Tone

*O uncircumscribable Word of the Father, knowing the
victorious image, uninscribed and divinely wrought, of Thine
ineffable and divine dispensation towards man, of Thy true
incarnation, we honour it with veneration.*