

ON THE WORDS WE SAY

Among the Tlingit people of Southeast Alaska, there is a belief that our words have incredible power. Our words have the power to hurt and to heal and, once spoken, our words retain spiritual force. This belief has nothing that contradicts Orthodoxy. In fact, this belief is buttressed by the Lenten prayer of St Ephraim the Syrian where we ask to be delivered from “the spirit of sloth, despair, lust of power, and *idle talk*.”

What this means is that we must be very careful with what we say, when we say it, and how we say it. When we are angry, hurt or frustrated, a cathartic few words venting our frustration can wound someone else deeply and cause long-term spiritual pain and permanently damage our relationship.

How do we combat our careless words and focus on speaking healing words? We must cultivate what the Fathers call “Watchfulness.” We must become aware of ourselves, of our foibles, of our tendencies when we are under pressure. We must cultivate a spirit of peace even in times of stress, strife, and distress.

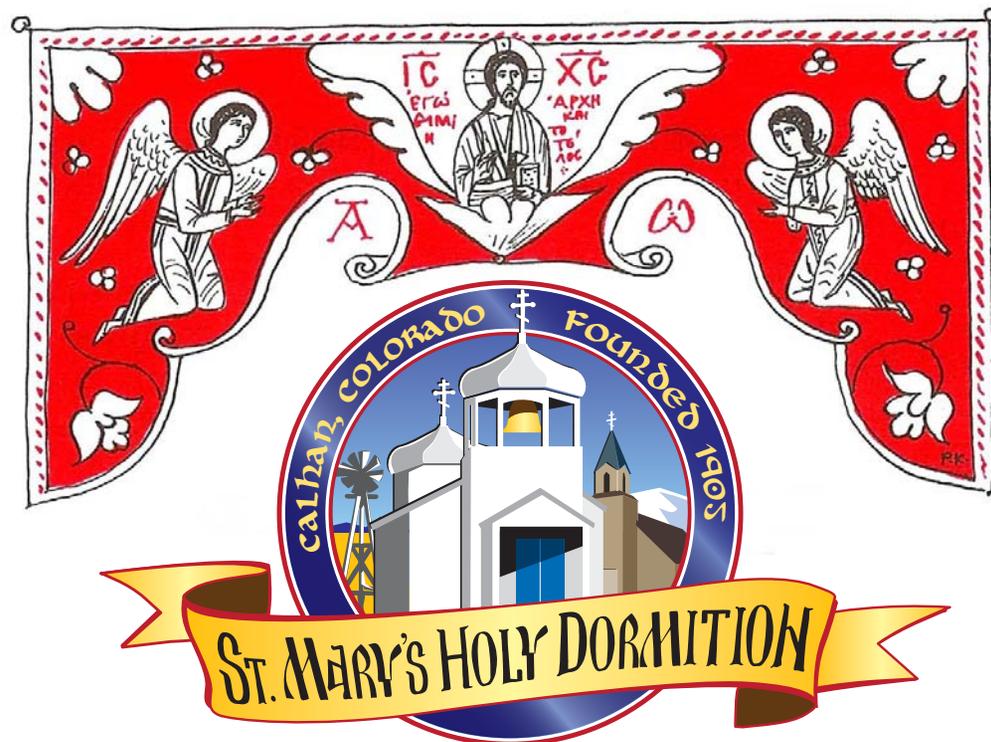
The place for us Orthodox Christians to do this is within the context of the Orthodox Church. We must find a Father confessor. For those of us living in the world, a Father Confessor does not have to be a clairvoyant monastic or some kind of spiritual guru to whom we completely subjugate our life. A Father Confessor is just that: a person that we confess to regularly. One of the fastest ways to find one is to look to your parish priest. He can help us step outside of ourselves and provide counsel that gets us out of our own way; he can pronounce absolution and reconcile us to the Church, lifting, through Christ, a great many burdens from our soul.

So, let us be mindful of our words, our thoughts which become our words, and our way of life. Use the spiritual tools that our Holy Orthodoxy has given us to acquire the spirit of peace so that the Holy Spirit can work within us.

Fr. Simeon B. Johnson
August 26, 2013
Revised, July 8, 2017

SUNDAY BULLETIN

9 July 2017



ORTHODOX CHURCH
CALHAN, COLORADO

OFFICE—719-347-2526

Rectory—719-347-3063

Rector's cell—719-761-8214

<http://www.holydormition.net/>

Priest—Rev. Simeon B. Johnson, Rector



RECTOR'S WELCOME

Christ is in our midst! He is, and ever shall be!

Welcome to St. Mary's Orthodox Church. We are a small, multi-ethnic parish in Calhan, Colorado. While the parish was founded by Slovak pioneers, we welcome everyone, no matter what your ancestry.

If this is your first time here, thank you for worshipping with us.

After services, we would like to invite everyone to the Parish hall across the street for coffee and fellowship.

Fr. Simeon B. Johnson—Rector

UPCOMING ACTIVITIES:

Sunday, July 9

9:30 AM—Divine Liturgy & **potluck** Fellowship

1:00 PM—Parish Council/Sisterhood

Saturday, July 15—*St Vladimir*

Holy Transfiguration Cathedral's "Old Globeville Days."

Vespers is canceled.

Sunday, July 16

9:30 AM—Divine Liturgy & Fellowship

Formal "grave blessing season" ended with the Feast of Ascension. If, however, you would like graves blessed at any other cemetery, please speak to Father and we'll schedule a time.

BIRTHDAYS/ANNIVERSARIES

July 8 – Carrie-Ann Guy

July 15 – Linda Hendrix

