

"The Fruit of the Spirit..." Galatians 5:22

# The Fruit Basket

Love • Joy • Peace • Goodness • Kindness • Faith • Patience • Temperance • Gentleness

Volume III, Number I

A friendly Orthodox Christian 'Zine

JANUARY 2008

## THEOPHANY

### Commemorated on January 6

Theophany is the Feast which reveals the Most Holy Trinity to the world through the Baptism of the Lord (Mt.3:13-17; Mark 1:9-11; Luke 3:21-22). God the Father spoke from Heaven about the Son, the Son was baptized by the St John the Forerunner, and the Holy Spirit descended upon the Son in the form of a dove. From ancient times this Feast was called the Day of Illumination and the Feast of Lights, since God is Light and has appeared to illumine "those who sat in darkness," and "in the region of the shadow of death" (Mt.4:16), and to save the fallen race of mankind by grace.

In the ancient Church it was the custom to baptize catechumens at the Vespers of Theophany, so that Baptism also is revealed as the spiritual illumination of mankind.

The origin of the Feast of Theophany goes back to Apostolic times, and it is mentioned in The Apostolic Constitutions (Book V:13). From the second century we have the testimony of St Clement of Alexandria concerning the celebration of the Baptism of the Lord, and the night vigil before this Feast. There is a third century dialogue about the services for Theophany between the holy martyr Hippolytus and St Gregory the Wonderworker. In the following centuries, from the fourth to ninth century, all the great Fathers of the Church: Gregory the Theologian, John Chrysostom, Ambrose of Milan, John of Damascus, commented on the Feast of Theophany.



The monks Joseph the Studite, Theophanes and Byzantios composed much liturgical music for this Feast, which is sung at Orthodox services even today. St John of Damascus said that the Lord was baptized, not because He Himself had need for cleansing, but "to bury human sin by water," to fulfill the Law, to reveal the mystery of the Holy Trinity, and finally, to sanctify "the nature of water" and to offer us the form and example of Baptism.

On the Feast of the Baptism of Christ, the Holy Church proclaims our faith in the most sublime mystery, incomprehensible to human intellect, of one God in three Persons. It teaches us to confess and glorify the Holy Trinity, one in Essence and Indivisible. It exposes and overthrows the errors of ancient teachings which attempted to explain the Creator of the world by reason, and in human terms. The Church shows the necessity of Baptism for believers in Christ, and it inspires us with a sense of deep gratitude for the illumination and purification of our sinful nature. The Church teaches that our salvation and cleansing from sin is possible only by the power of the grace of the Holy Spirit, therefore it is necessary to preserve worthily these gifts of the grace of holy Baptism, keeping clean this priceless garb, for "As many as have been baptized into Christ, have put on Christ" (Gal 3:27).

On the day of Theophany, all foods are permitted, even if the Feast falls on a Wednesday or Friday. 🔔

<http://www.oca.org/FSlives.asp>

## THE FRUIT BASKET

Edited and published monthly or so  
by An Orthodox Christian

The goal of this publication is to provide a friendly, light, Orthodox Christian 'Zine (a mini-magazine) that contains a blend of "something to exercise our minds, something to make us laugh, and something to make us meditate on spiritual matters." It is also a venue for sharing our insights and interests.

Articles or comments from our readers are welcome. We reserve the right to edit for suitability, clarity and space. Printing of items does not imply endorsement by the church or the priest or even the editor of this publication.

Send comments or articles by phone to  
Margaret 440-238-7867 after 6 pm.---Email to

**fruit36basket@yahoo.com**

or by snail mail to

**The FRUIT BASKET, 18893 Howe Road  
Strongsville, OH 44136**

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### God Cares About You

*Author unknown*

**We must never stop hoping...**

**never stop believing  
that God is beside us,  
helping and guiding us.**

**Trying times are but testing times,  
moments when we must have faith,**

**when we must believe  
in the things**

**we cannot see.**

submitted by A.L.



**We get mail...and orchids!**

"Thanks for the *Fruit Basket*. I look forward to receiving it and read it from cover to cover." Irene S., Parma

*Thanks, Irene. Feedback is what keeps me going! The Editor*

## Dear Folks,

We would love to hear from you. **1.** Please **send in** (a) short items of interest, inspirational or otherwise; jokes, puzzles, other.

(b) **Original writing** that could be an encouragement to the rest of us in our Orthodox Christian walk—gleaned from reflection, or experience during your life as a practicing Orthodox Christian. It could be a passage from the Bible or from a sermon, and tell why it is meaningful to you.

**Parish news** is great or share a traditional **holiday custom** or favorite **recipe**, or what have you!

**2.** **Send by** email or regular mail—typed or handwritten is fine. Don't worry about spelling, grammar or punctuation—all material is proofed before printing.

**3.** If your submission has already been printed someplace, please include the **source of your material** if possible.

**4.** The whole name of the person submitting material will be printed unless you state some other preference.

We can, of course, find many items to print from the many sources available, but a publication like this needs the heartbeat of the people—your wisdom, insight, humor, etc.—to make it come alive. Together we can make this truly a "*Fruit Basket*" of goodies to send to others. I am looking forward to hearing from you and serving you.

*The Editor*

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## THE BIBLE BRAIN WORKOUT

41. When did an earthquake open the doors of a prison?

42. When were ten people killed by a tornado while they feasted together?

43. What was not to be told in Gath?

44. Who won his wife by slaying 200 men?

45. Which two kings were driven out by hornets?

46. Who imported peacocks into Palestine?

47. Whose prayer added fifteen years to his life?

48. Which apostle was bitten by a snake?

49. Where does Scripture refer to a sea serpent?

50. Which three kings suffered from insomnia?

(answers on p. 9)

**Isn't it strange how a 20 dollar bill seems like such a large amount when you donate it to church, but such a small amount when you go shopping?**

## SELECTED DIRECTIVES ON THE SPIRITUAL LIFE

*Compiled by Father George Timko*

The greatest and most perfect thing a human being may desire to attain is to draw near to God and to love in union with Him. The spiritual life and its perfection consists in nothing else but coming close to God and being joined with Him as one. As David advises his son Solomon: ‘you must know the God of your father, and serve Him with a whole heart and willing mind. For the Lord searches all hearts and understands every thought. If you seek Him, He will be found by you; but if you forsake Him, He will be lost from you forever.’ —**Unseen Warfare**—

Hell is the darkness of ignorance, which envelops the consciousness of creatures when they have lost the knowledge and contemplation of God. Do you wish to know God? First learn to know yourself. But remember that self-opinion prevents self-knowledge. If you wish to know who you are, do not look merely at what you have been, but at what you were originally created to be. —**Evagrius**—

He alone truly knows himself, who knows himself as nothing. —**Chrysostom**—

Believing that the self is something, and something great and important, is self-deception. It is a spiritual disease of our self-hood and our self-love, which is the source and root of all evil passions and wrongdoing. It closes the very door of our mind and spirit, through which alone Divine grace can enter, and gives this grace no way to come and dwell in man. Self-esteem is so deeply rooted in us and so firmly enmeshed in us, making us think that we are something and something very important, that it always hides in our heart as a subtle and imperceptible movement even when we are sure that we do not trust in ourselves and that we trust in God alone. God cannot enter the soul unless it is emptied of the self. Total submission of the self to the will of God is acquired by no special rules and practices so that you can't say do this or do that. But it grows imperceptibly under the continual denial of the self, non-reliance on the self and complete trust in God.

—**Unseen Warfare**—

Spiritual knowledge unites man to God through experience. Spiritual knowledge illuminates men through its inner energy. Spiritual knowledge comes through prayer, deep stillness and complete detachment.

—**Diadochos of Photiki**—

Do you seek the Lord? Then seek Him within yourself. The Lord is near to all who call upon Him. Simply fold the wings of the mind and descend into the place of the heart. For everyone who meets the Lord meets Him there.

—**Theophan the Recluse**—



Your heart is made by God for the sole purpose of loving Him alone and of serving as a dwelling place for Him. So He calls you to give Him your heart saying: ‘My child, give me your heart.’ [Prov. 23:26]. But since God is ‘the peace that passes all understanding’ it is quite indispensable for the heart, which wishes to receive Him, to be peaceful and free of all turmoil. For as David says, God’s dwelling place is only in peace. So strive above all things to establish and make firm a peaceful state in your heart. Inner peace and quiet is necessary for every person who desires steady progress in the spiritual life. Gaining inner peace means building a house for the God of Peace.

—**Unseen Warfare**—

**CRYPTOGRAM FOR THE ADVENTURSOME—NEW CHALLENGE FOR THE NEW YEAR!**

Here is a message to you written in code. Your task is to figure out the code in order to read this timely January message. The hints below are given for those who are unfamiliar with Cryptograms.

Z N X R Z U P Z E C F T Y N P N B B F ,  
 P D N I A P F N E W B O T U B D O T Y U E D R F D N O .  
 D W Z A T O T M A P D M O Y Z A G N U J D A

Below is a little chart with the real letters, a e i o u y s w . The code letters are written below. Thus, code letter N in the message stands for the real letter A and will always stand for the same letter in this Cryptogram.

Go through the encoded message and print the letter A above every N you find. Then do the same with the other letters listed below. That should give you a pretty good start.

Real letters	A	E	I	O	U	Y	S	W
Code letters	N	D	Z	T	Y	F	U	R

To figure out the other letters, look at the short words. “Z NX” has to be “I A\_\_” Two-letter words beginning with A are ad, ah, am, an, as, at, aw, ax. The choice that makes the most sense following “I” would be “am.” I am.....So the X must stand for the letter “M.” Print it above the X in the Cryptogram. Next, go to the FDNO in the second line. You have already printed the letters YEA\_

You can probably easily guess what the last letter is. Ok, print it above the O and all of the other O’s in the message. Hope that helps. Continue in the same manner with the other words. Looking at the letter patterns as well as the sense of the known parts can help to solve the puzzle. .

Here is another one for you now that you have the hang of it.(Longer ones are easier. This message should be familiar to you.)

E X R N J O K W F W K E , X Q M N W D K X R N U X H ,  
 M O D D M X J A K X K M A B X N Y H K M A Y W U M K  
 X G B W D H X S ! G X N L E W K K M X D A B M X  
 B X N D M W Z Z A H K M A D K O N D B A N A K O R U M K  
 L E O D K O N K X O H X N A E X R , D M K D R J  
 X G N W U M K A X R D J A D D , O J H K X I J X B  
 E X R K M A X N W A J K G N X S X J M W U M . X  
 Y X N H , U Y X N E K X E X R !

Real letters	A	E	I	O	U	Y	S	W
Code letters	O	A	W	X	R	E	D	B

## 27 TIPS FOR AN EXCEPTIONAL, SUPERB & POWERFUL LIFE!

Thanks,  
Augie

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day.
3. Pray more, read more, play more than you did in 2007.
4. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
5. Try to make at least three people smile each day.
6. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
7. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
8. Realize that life is a school and you are never too old to learn. Problems are simply part of the curriculum that appear and fade away like algebra class.
9. Eat breakfast like a king, lunch like a prince and dinner like a pauper.
10. Smile and laugh more. It will keep the energy vampires away.
11. Life is too short to waste time hating anyone.
12. You don't have to win every argument. Agree to disagree.
13. Make peace with your past so it won't screw up the present.
14. Don't compare your life to others'. You have no idea what their journey is all about.
15. Burn the candles, use the nice sheets, and wear the fancy lingerie (not you guys.) Don't save it for a special occasion. Today is special.
16. No one is in charge of your happiness except you.
17. Frame every so-called disaster with these words: "In five years, will this matter?"
18. Forgive everyone for everything.
19. What other people think of you is none of your business.
20. However good or bad a situation is, it will change.
21. Get rid of anything that isn't useful, beautiful or joyful.
22. Envy is a waste of time. You already have all you need.
23. No matter how you feel, get up, dress up and show up.
24. Call your family often.
25. Each night before you go to bed complete the following statements: "I am thankful for \_\_\_\_\_. " Today with the help of the Lord, I accomplished \_\_\_\_\_.
26. Remember that you are too blessed to be stressed.
27. Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.



**May your troubles be less,  
May your blessings be more. And may nothing but happiness come through your door!**



Pass it on!

## THE CIRCUMCISION OF OUR LORD AND SAVIOR JESUS CHRIST

### Commemorated on January 1

On the eighth day after His Nativity, our Lord Jesus Christ was circumcised in accordance with the Old Testament Law. All male infants underwent circumcision as a sign of God's Covenant with the holy Forefather Abraham and his descendants (Gen. 17:10-14, Lev. 12:3).

After this ritual the Divine Infant was given the name Jesus, as the Archangel Gabriel declared on the day of the Annunciation to the Most Holy Theotokos (Luke 1:31-33, 2:21). The Fathers of the Church explain that the Lord, the Creator of the Law, underwent circumcision in order to give people an example of how faithfully the divine ordinances ought to be fulfilled. The Lord was circumcised so that later no one would doubt that He had truly assumed human flesh, and that His Incarnation was not merely an illusion, as certain heretics (Docetists) taught.



In the New Testament, the ritual of circumcision gave way to the Mystery of Baptism, which it prefigured (Col. 2:11-12). Accounts of the Feast of the Circumcision of the Lord continue in the Eastern Church right up through the fourth century. The Canon of the Feast was written by St Stephen of the St Sava Monastery (October 28 and July 13).

In addition to circumcision, which the Lord accepted as a sign of God's Covenant with mankind, He also received the Name Jesus (Savior) on the eighth day after His Nativity as an indication of His service, the work of the salvation of the world (Mt. 1:21; Mark 9:38-39, 16:17; Luke 10:17; Acts 3:6, 16; Phil 2:9-10). These two events, the Lord's Circumcision and Naming, remind Christians that they have entered into a New Covenant with God and "are circumcised with a circumcision made without hands, in putting off the body of the sins of the flesh by the circumcision of Christ" (Col. 2:11). The very name "Christian" is a sign of mankind's entrance into a New Covenant with God. 🛎

### Troparion - Tone 1

Enthroned on high with the Eternal Father  
and Your divine Spirit,  
O Jesus, You willed to be born on earth  
of the unwedded handmaid, your Mother.  
Therefore You were circumcised as an  
eight-day old Child.  
Glory to Your most gracious counsel;  
glory to Your dispensation;  
glory to Your condescension, O only Lover  
of mankind. 🛎

### Kontakion - Tone 3

The Lord of all accepts to be circumcised,  
thus, as He is good, excises the sins of  
mortal men.  
Today He grants the world salvation,  
while light-bearing Basil, high priest of  
our Creator,  
rejoices in heaven as a divine initiate of  
Christ. 🛎

*taken from [www.oca.org/FSlives.asp](http://www.oca.org/FSlives.asp)*

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### Prayer for the New Year

Lord, You who live outside of time, and reside in the imperishable moment, we ask Your blessing this New Year's Day upon Your gift to us of time.

Bless, Lord, this new year, each of its 366 days and nights. Bless us with new moons and full moons. Bless us with happy seasons and a long life. Grant to us, Lord, the new year's gift of a year of love.

Amen. 🛎 *from [www.byzcath.org/forums/ubbthreads.php?ubb=showflat&Number=270917](http://www.byzcath.org/forums/ubbthreads.php?ubb=showflat&Number=270917)*

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Thanks much Helen Chwalyk

## HELP IN WARDING OFF THE FLU

**Doctors say careful hygiene, a balanced diet and plenty of rest and fluids can go a long way toward keeping people healthy during the influenza season.**

“Taking care of yourself from a health standpoint is probably the best thing you can do,” said Dr. R. Michael Gallagher, a family physician and dean of the University of Medicine and Dentistry of New Jersey’s School of Osteopathic Medicine. “People who are run down, overworked, not getting proper rest or proper nutrition, increase their risk of illness,” he said.

“Besides getting enough sleep—at least seven hours a night for adults and more for youngsters—managing stress is important,” Gallagher said, “because too much can weaken one’s immune system.”

**Frequent hand-washing, using soap and hot water and rubbing vigorously for about half a minute, also is crucial.**

“What you want to do is try to interrupt transmission of disease with the kinds of things our mothers taught us,” said Dr. Mitchell Cohen of the Federal Centers for Disease Control and Prevention. **“Avoid touching your eyes, nose or mouth, because germs on your hand could infect you,” he said. “And, if you do get the flu, stay home so you don’t infect others.”**

“People, especially the elderly and those in poor health, also should avoid crowds and people who are coughing or sneezing,” said R. Michele Bachhuber, an internal medicine specialist at Marshfield Clinic in Marshfield, Wis. “Regular exercise helps boost our immune system, so that’s important, too,” she said.

Then there is the role of diet. Frank said it’s crucial to eat a healthful and substantial breakfast, about one-fourth of the day’s calories. Variety in the diet is important, but people should emphasize plant foods, including whole grains and at least five servings of fruits and vegetables a day, said Elisa Zied, another American Dietetic Association spokeswoman and a registered dietitian in New York. She said people can help keep their immune system strong by eating foods rich in vitamins A, C and E: milk, eggs and fish oil; citrus fruits, melons and red peppers; and nuts, spinach, peanut butter and corn oil. 🍷

—by Linda A. Johnson, Associated Press Writer

## WE LOVE BOOKS

When I step into a library, I cannot understand why I ever step out of it. —**Marie de Sevigne**  
Reading is to the mind what exercise is to the body. —**Richard Steele**

A house without books is like a room without windows. —**Horace Mann**  
Always read something that will make you look good if you die in the middle of it.

—**P. J. O’Rourke**  
Outside of a dog, a book is a man’s best friend. Inside of a dog, it’s too dark to read.

—**Groucho Marx**  
My test of a good novel is dreading to begin the last chapter. —**Thomas Helm**

You know you have read a good book when you turn the last page and feel as if you have lost a friend. —**Paul Sweeney**

The library has many resources to help the vision impaired. You can get books with large print, or recordings of books which require only listening. Check it out. Library assistants are very helpful.

## AULD LANG SYNE

The custom of singing “Auld Lang Syne” on New Years Eve goes back to the British Isles from the 18th century when guests ended a party standing in a circle and singing this song. The custom first was rooted in Scotland, because the lyrics were written in 1788 by Robert Burns, their favorite folk poet of the time. Most musicologists feel that Auld Lang Syne came from a traditional Scottish folk melody.

In the Scottish dialect, auld lang syne is “old long since” — aka “the good old days.” The traditional lyrics begin with, “Should old acquaintance be forgot and never brought to mind...” And the entire song’s message merely means to just forget about the past and look ahead to the new year with hope. Even the rowdiest of parties has often ended with quiet drunks singing this song as a tribute to the past year. 🍷

from [www.brownielocks.com/NewYears.html](http://www.brownielocks.com/NewYears.html)

## GET OUTTA HERE WITH THAT!

One person's delicacy is another's  
horror--see the following descriptions.

### EEL

"My Christmas Eve memories center around the dreaded eel. My Italian mother made the usual fish courses on Dec. 24 —and the aroma of the eel baking in the oven made me nauseous. On the day before, the eel would be soaking in the basement. I will never forget." *S.P.H., North Royalton*

### LIVER DUMPLINGS

"It was the tradition of my husband's family to ruin a perfectly good New Year's Day dinner of pork roast, sauerkraut and delicious homemade spaetzle by plunking a platter of these gray, spongy atrocities on the table. Why?" *T.S., Kirtland*

### CHICKEN FEET

"At a Chinese buffet on the northern edge of Columbus I discovered fried chicken feet. The toes were spread out and the ankle bone was still there, sticking up from the foot like a flagpole. There wasn't much meat, it was very bony, and through the fried coating one could see the ripples in the toes. I ate one toe and passed on the rest. Yuck." *S.S., Galloway*

### BRAINS

"When my twin brother and I were about 10 years old, our parents served us fried brains for supper. They said they were good. However, neither of us is named 'Mikey.' They tried to pass them off as scrambled eggs. We never had eggs for dinner." *L.F.M., Medina*

### SHRIMP

"Overgrown garden worms."

Wilma, Middlefield

Taken from an article in the Cleveland Plain Dealer

Solution to the Cryptogram:  
**I am wishing you a happy,  
healthy and prosperous new year.**  
Editor of The Fruit Basket



### THE CHURCH GOSSIP

Mildred, the church gossip, self-appointed monitor of the church's morals, kept sticking her nose into other people's business. Several members did not approve of her extra curricular activities, but feared her enough to maintain their silence. She made a mistake, however, when she accused Henry, a new member, of being an alcoholic after she saw his old pickup truck parked in front of the town's only bar one afternoon. She emphatically told Henry and several others that everyone seeing it there would know what he was doing. Henry, a man of few words, stared at her for a moment and just turned and walked away. He didn't explain, defend, or deny. He said nothing. Later that evening, Henry quietly parked his pickup in front of Mildred's house...walked home . . . and left it there all night.

### PRAYERS

The Sunday school teacher asked, "Now, Johnny, tell me, do you say prayers before eating?" He replied, "We don't have to, my mom is a good cook!"

### SUPPORT A FAMILY

The Prospective father-in-law asked, "Young man, can you support a family?"

The surprised groom-to-be replied, "Well, no. I was just planning to support your daughter. The rest of you will have to fend for yourselves."



## Word Search for January--Saints and Other

Find the words in the grid. Words can go horizontally, vertically and diagonally in all eight directions.

**Bible Brain  
Workout  
answers**

**41. Acts**

**16:26**

**42. Job**

**1:1 18-19**

**43. 2Sam. 1:17-  
20**

**44. 1Sam.**

**18:27**

**45. Josh.**

**24:12**

**46. 1**

**Kings**

**10:22**

**47. 2**

**Kings**

**20:1-6**

**48. Acts**

**28:3**

**49. Amos**

**9:3**

**50. Esth.**

**6:1; Dan**

**2:1 and**

**6:18**

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L D L R N T S T J O H N T H E B A P T I S T M
W Q H K R O P D N A T U A R K R E U A S G X F
D I H C A L A M T E H P O R P S W X L Z L T D
G A C W I N T E R G A M E S K E M R B G S M T
Y N N T N B Y W X R B G N R X R L J R T N N Q
L T D T H V H R B V N N A R R A D K B S B X H
Z H E P H W H D O I K E L E N P V A S T J G E
M O R V K E L V L G Y G T L R H S K U N N N I
Y N C K E B O I T W E A L T G I N K I I L I R
A Y T L K S A P E J W R W K L M J M S N A T O
D T W Q L S R N H F R E G T L O T F O A U S M
S H H Y S O Y A O A L G H T S F X H D O L E A
R E H A D P T G E F N E X N S S M Z O F D N R
A G W X P G N S T Y G Y O Q C A Y T E G L N T
E R V A H I N H O R W W O Y K R T V H E A I Y
Y E H K S Y N N E F M E C F P O T X T O N G R
W A P S L I V A W E S Q N P C V Q J N R G E C
E T E X G G T K N N K N L C M H D W E G S B L
N L D H K B K T L K M G O T K F R K V I Y S E
B R T M V Y Q D G F B V J W L M D I G A N L M
C I R C U M C I S I O N O F C H R I S T E W E
M S E M O H F O G N I S S E L B V W Y T F O N
J W I N T E R W O N D E R L A N D M X V L Y T
    
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Created by MG. Rusnyk with 1-2-3-Word Search Maker

ANTHONY THE GREAT	NEW YEARS EVE	ST NINA OF GEORGIA
AULD LANG SYNE	OWLS BEGIN NESTING	THEOPHANY OF CHRIST
BLESSING OF HOMES	PROPHET MALACHI	TWELFTH NIGHT
BLESSING OF WATER	SAUERKRAUT AND PORK	VEN THEODOSIUS
CIRCUMCISION OF CHRIST	SERAPHIM OF SAROV	WASSAILING
HAPPY NEW YEAR	SNOWMEN	WINTER GAMES
HEIROMARTYR CLEMENT	ST BASIL THE GREAT	WINTER WONDERLAND
LOTS OF SNOW	ST GREGORY	
NEW YEARS DAY	ST JOHN THE BAPTIST	

THE FRUIT BASKET  
18893 Howe Road  
Strongsville, OH 44136



Sunshine Greetings from  
St. Theodosius Orthodox Cathedral

Addressee

CALENDAR for January 2008

- 1 Circumcision of Christ
- 6 Epiphany of Christ
- 7 Synaxis of the Baptist
- 17 St. Anthony the Great
- 30 Three Holy Hierarchs



Psalm 29\*

*The Voice of the Lord*

Give unto the Lord, O you mighty ones,  
Give unto the Lord Glory and strength.  
Give unto the Lord the glory due to His name;  
Worship the Lord in the beauty of holiness.  
The voice of the Lord is over the waters; The God of glory thunders;  
The Lord is over many waters. The voice of the Lord is powerful;  
The voice of the Lord is full of majesty.

The voice of the Lord breaks the cedars,  
Yes, the Lord splinters the cedars of Lebanon.  
He makes them also skip like a calf,  
Lebanon and Sirion like a young wild ox.  
The voice of the Lord divides the flames of fire.  
The voice of the Lord shakes the wilderness;  
The Lord shakes the Wilderness of Kadesh.  
The voice of the Lord makes the deer give birth,  
And strips the forests bare;  
And in His temple everyone says, "Glory!"  
The Lord sat enthroned at the Flood, and the Lord sits as King forever.  
The Lord will give strength to His people'  
The Lord will bless His people with peace.



\*This psalm is used repeatedly throughout the season of Epiphany, specifically vv. 3,4, which are seen as fulfilled in the Baptism of Christ when God the Father spoke from heaven, "This is My beloved Son in whom I am well pleased" (Matt. 3:17; Mark 1:11; Luke 3:22).

*from Orthodox Study Bible, NKJV*