

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

The Fruit Basket

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

Volume II, Number 4

A friendly Orthodox Christian 'Zine

May 2007

Pentecost MAY 27, 2007

2nd Exapostilarion of Pentecost



**The Father is Light, the Son is Light,
and the Holy Spirit is Light,
Who was sent down upon the apostles in tongues of fire.
By Him is the whole world enlightened
to worship the Holy Trinity.**

Kontakion of Pentecost-Tone 8 Kievan
Once when He descended and confounded
the tongues, the most High divided the
nations; and when He divided the tongues
of fire, He called all men into unity, and
with one accord we glorify the All Holy
Spirit.

*English text by R-Monk Laurence,
Holy Trinity Monastery, Jordanville, 1992*

Troparion of Pentecost--Tone 8 Kievan
Blessed art thou, O Christ our God, Who
hast shown forth the fishermen as su-
premely wise, by sending down upon them
the Holy Spirit, and through them didst
draw the world into Thy net. O Lover of
mankind, glory be to Thee.

English text by R-Monk Laurence

1st Exapostilarion of Pentecost

O most Holy Spirit, O most Holy Spirit, Who
proceedest from the Father, and through the
Son didst come upon the unlettered
disciples, save those who have acknowledged Thee
as God, and have mercy upon them all.

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THE FRUIT BASKET

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 email to
fruit36basket@yahoo.com

or by snail mail to

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

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Meditation

The greatest and most perfect thing a human being may desire to attain is to draw near to God and to live 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 a 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

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



Thanks much, Julie.



COME, HOLY SPIRIT

by Msgr. John J. Dougherty

Replace the tension within us
with a holy relaxaton.
 Replace turbulence within us
with a sacred calm.
 Replace the anxiety within us
with a quiet confidence.
 Replace the fear within us with a strong faith.
 Replace the bitterness within us
with the sweetness of grace.
 Replace the darkness within us with a gentle light.
 Replace the coldness within us
with a loving warmth.
 Replace the night within us with Your day.
 Replace the winter within us with Your spring.

- Straighten our crookedness.
- Fill our emptiness,
- Dull the edge of our pride,
- Sharpen the edge of our humility,
- Light the fires of our love,
- Quench the flames of our lust

Let us see ourselves as You see us,
 That we may see You as You have promised.
 And be fortunate according to Your word:
“Blessed are the pure of heart, for they shall see God.”

submitted by Julie of DuBois, PA.

THE KINGDOM OF GOD IS WITHIN US

The Divine Gift of God is not something separate from our nature; nor is it far from those who choose to look for it. The Kingdom of God actually dwells within each and every one of us, but it is ignored and forgotten, and choked with the cares and the pleasures of this life. Yet it is readily discovered again when we turn our minds towards it. The mind must be recollected and turned within. Man must hold the mind collected inwardly and keep attention within himself if he is to commune with God.

—Gregory of Nyssa

Thanks much, Marie K.



MY FAVORITE PSALM PSALM 91

He who dwells in the secret place of the Most High
 Shall abide under the shadow of the Almighty.
 I will say of the Lord, *“He is my refuge and my fortress; My God, in Him I will trust.”*
 Surely He shall deliver you from the snare of the fowler
 and from the perilous pestilence.
 He shall cover you with His feathers,
 And under His wings you shall take refuge;
 His truth shall be your shield and buckler.
 You shall not be afraid of the terror by night,
 Nor of the arrow that flies by day,
 Nor of the pestilence that walks in darkness,
 Nor of the destruction that lays waste at noonday.
 A thousand may fall at your side,
 And ten thousand at your right hand;
 But it shall not come near you.
 Only with your eyes shall you look,
 And see the reward of the wicked.
 Because you have made the LORD, who is my refuge;
 Even the Most High, your dwelling place,
 No evil shall befall you,
 Nor shall any plague come near your dwelling;
 For He shall give His angels charge over you,
 To keep you in all your ways.
 In their hands they shall bear you up,
 Lest you dash your foot against a stone.
 You shall tread upon the lion and the cobra,
 The young lion and the serpent you shall trample
 underfoot.

“Because he has set his love upon Me, therefore I will deliver him;
 I will set him on high, because he has known My name.
 He shall call upon Me, and I will answer him;
 I will be with him in trouble;
 I will deliver him and honor him.
 With long life I will satisfy him,
 And show him My salvation.”

Submitted by M.K.

Praying this Psalm every morning and evening gives me a deep sense of peace.



HAPPY BIRTHDAY, CHURCH!

The birth of the Christian Church is considered by many to have occurred nearly 2000 years ago on the Jewish feast day of Pentecost.

The early training period for the apostles had come to a close with the crucifixion of Jesus, and it was time to launch the Action Phase (telling all weary and hopeless people throughout the world about the hope that is in Christ).

The followers of Jesus were not yet equipped for this even though they had spent about three years in close contact with Him. They were a weak, discouraged, and somewhat fearful group.

BEFORE HIS CRUCIFIXION JESUS SPOKE ABOUT A HELPER

“All this I have spoken to you while being present with you. But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things and will bring to your remembrance all things that I said to you.” (John 14:25, 26)

“Nevertheless I tell you the truth. It is to your advantage that I go away. Unless I go away, the Helper will not come to you; but if I depart, I will send him to you. And when He has come, He will convict the world of sin, and of

righteousness, and of judgment.” (John. 16:7,8)

JESUS TOLD THEM TO WAIT

The account of the beginning of the Church continues in the book of Acts. The former account I made, O Theophilus, of all that Jesus began both to do and teach, until the day in which He was taken up, after He through the Holy Spirit had given commandments to the apostles whom He had chosen, to whom He also presented Himself alive after His suffering by many infallible proofs, being seen by them during forty days and speaking of the things pertaining to the kingdom of God.

And being assembled together with them, He commanded them not to depart from Jerusalem, but to wait for the Promise of the Father, ***“which,”*** He said, ***“you have heard from Me; for John truly baptized with water, but you shall be baptized with the Holy Spirit not many days from now.”*** (Acts 1:1-5)

PENTECOST—A PROMISE KEPT

“...but you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth’ “(Acts 1:8)

THE HOLY SPIRIT CAME ON PENTECOST:

“When the Day of Pentecost had fully come, they were all with one accord in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. Then there appeared to them divided tongues, as of fire, and one sat upon each of them. And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance. And there were dwelling in Jerusalem Jews, devout men, from every nation under heaven. And when this sound occurred, the multitude came together, and were confused, because everyone heard them speak in his own language. (Acts 2:1-6)

PETER SPOKE TO THE CROWD:


“Men of Judea and all who dwell in Jerusalem, let this be known to you, and heed my words. For these are not drunk, as you suppose, since it is only the third hour of the day. But this is what was spoken by the prophet Joel: ‘And it shall come to pass in the last days, says God, That I will pour out of My Spirit on all flesh; Your sons and your daughters shall

prophesy, Your young men shall see visions, your old men shall dream dreams. And on My menservants and on My maidservants I will pour our My Spirit in those days; and they shall prophesy.” (Acts 2:15-18) This Jesus God has raised up, of which we are all witnesses. Therefore being exalted to the right hand of God, and having received from the Father the promise of the Holy Spirit, He poured out this which you now see and hear.” (Acts 2:32-33)

Therefore let all the house of Israel know assuredly that God has made this Jesus, whom you crucified, both Lord and Christ.” (Acts 2:36)

THE CROWD RESPONDED:

When they heard this, they were cut to the heart and said to Peter and the other apostles, ***“Men and Brethren, what shall we do?”***

Then Peter said to them: ***“Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit. For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call.”*** (Acts 2:37-39) NKJV 



Thanks much,
Anna K.

ON THE LIGHT SIDE...

- ☞ My doctor told me to drink warm water a half hour before breakfast—but I can only do it for 5 minutes.
- ☞ Senior Tee Shirt: “The older I get—the better I was.”
- ☞ I must be a perfect driver—anyone who drives slower than I do is an idiot, and anyone who drives faster is a maniac!
- ☞ Rose’s husband had been slipping in and out of a come for several months, yet she stayed by his bedside every day. When he came to, he motioned for her to come nearer, and said, “You know what, Rose, you’ve been with me through all the bad times. All those times I got fired, you were there to support me. When my businesses went under, you were there. When I got shot, when I went to jail and when we lost the house, you were there. When I broke my leg, had kidney stones and the gout, you stood right by me. Then when my health really started failing, you were still by my side. When I think about it now—I think you bring me bad luck!”

**REMEMBER THOSE BURMA SHAVE
SIGNS ALONG THE ROADWAYS?
If Cruso’d had----A chin more tidy--
He would have had---A lady Friday! Burma Shave**

**Before he tried it---the kisses he missed!
But afterwards---the misses he kissed!**

**my cheek, says she---is smooth as satin!
Ha, Ha, says he---that’s mine your’re pattin!**

submitted by Anna K. of Parma

ONE LINERS...

- > Quit griping about your church; if it was perfect, you couldn’t belong.
- > If the church wants a better preacher, it only needs to pray for the one it has.
- > To make a long story short, don’t tell it.
- > Exercise daily — walk with the Lord.




FOR RICHARD LEDERER FANS

(Compiled by Richard Lederer, teacher at St. Paul’s School)

The Bible is full of interesting caricatures. In the first book of the Bible, Guinnesses, Adam and Eve were created from an apple tree. One of their children, Cain, asked, “Am I my brother’s son?” God asked Abraham to sacrifice Isaac on mount Montezuma. Jacob, son of Isaac, stole his brother’s birthmark. Jacob was a partiarth who brought up his twelve sons to be partiarths, but they did not take to it. One of Jacob’s sons, Joseph, gave refuse to the Israelites. The inhabitants of Egypt were called mummies. They lived in the Sarah Dessert and traveled by Camelot. The climate of the Sarah is such that the inhabitants have to live elsewhere, so certain areas of the dessert are cultivated by irritation. The Egyptians built the Pyramids in the shape of a huge triangular cube.

YOU MIGHT BE SOUTHERN ORTHODOX IF...

- Your car has a bumper sticker that says, “Don’t mess with Cossacks.”
- When your friends hear that you attend St. John the Baptist Orthodox Church, they ask whether that’s Southern Baptist or American Baptist.
- You’ve ever heard your kid say, “My babushka can beat up your yiayia.”
- You often have to explain which “Georgia” St. Nina is from.
- The choir director always schedules an All-Women’s Liturgy the first Sunday of hunting season. 

KIDS’ ANSWERS...

Why did God make mothers?

1. She’s the only one who knows where the scotch tape is.
2. Think about it, it was the best way to get more people.
3. Mostly to clean the house.
4. To help us out of there when we were getting born.



A MEDLEY FOR MOTHERS BY KIDS

Magnificent, maid, marvelous, Marie.

Outstanding, out of this world.

Too nice, the best, tubular, terrific.

Hairy, hopeful, have good times with.

Energetic, exceptional

Really cool, remember you always, rad

1. Mothers are:

>nice and kind and I like it that way.

>very great, understanding,

>loving and wonderful people.

>married and fun-loving.

>fun and hard working.

2. I appreciate my mother because:

>she loves and cares for me.


>she always is willing to listen.

>she helps me with my homework.

3. I wish my mother would:

>become a millionaire,

>talk and teach more religion.

>live for 50 more years 

A mother is someone who keeps watching her middle-aged children for signs of improvement.

Sweater: a garment worn by a child when its mother feels chilly.

OUR NEWEST MEMBERS AND MOMS



Emily and Sophia Grimes and Nora and Maura Oprisko. **Nora Grace Oprisko** was born on March 7, 2007, and **Sophia Magdalen Grimes** was born on March 28, 2007. Moms, babies and even Dads are doing fine. We wish these new families **MANY YEARS! MNOHAJA BLAHAJA L'ITA.**

HAPPY MOTHER'S DAY GRANDMA

A special message Grandma with my thoughts on Mother's Day, For without you there would be no meto send this poem today.

Thanks and love with all my heart

For all you say an do

Lots of hugs and kisses

Just from me to you.



Thank you much, A.L.

MOTHERS NEVER DIE—THEY JUST KEEP HOUSE IN THE SKY



When we are children, we are happy and gay, And our MOTHER is young and she laughs as we play, Then as we grow up, she teaches us truth And lays life's foundation in the days of our youth.

And then it is time for us to leave home

But her teachings go with us wherever we roam,

For all that she taught us and all that we did

When we were so often just a "bad little kid."

We will often remember and then realize

That MOTHERS ARE SPECIAL AND WONDERFULLY WISE....

.And when she "goes home" to receive her reward

She will dwell in "GOD'S KINGDOM AND

KEEP HOUSE FOR THE LORD."

Where she'll "light up" the stars that shine through the night

And keep all the moonbeams "sparkling and bright."

And then with the dawn she'll put the darkness away

As she "scours" the sun to new brilliance each day.

So dry tears of sorrow, for MOTHERS DON'T DIE.


They just move in with God and

"KEEP HOUSE IN THE SKY,"

And there in God's Kingdom,

Mothers watch from above

To welcome their children

with their UNDYING LOVE!! 

Submitted by A.L.

- Answers to Quiz
1. Eve (Gen 3:20)
 2. Hannah (1 Sam. 2:22, 28)
 3. Herodias (Matt:14:6-8)
 4. Zebede's wife (Matt 20:20, 21)
 5. Rebekah (Gen. 27:6-19)
 6. Jochabed (Exod. 2:2-9; 6:20)
 7. Sarah (Gen. 17:15-17)
 8. Hagar (Gen. 21:17, 21)

BEAUTY IN OUR ORTHODOX WAY

BY M.G.R.

I came to church early today before Hours.

As I entered through the doors...

The faint, lingering scent of incense greeted me.

The brightly burning candles, white with lovely colored decorations, lined the sand tables in the back.

Candles that had flanked the bier of our Lord Jesus during the Tomb Watch last week were now inviting us to come in and feast.

The hush—even people walking on the marble floor going to venerate the icons somehow made no sound.

The timeless stillness—a touch of eternity.

It was here long before I was born and, God willing, will still be here long after I have fallen asleep.

I stepped into the aisle—and felt enveloped and welcomed by our Lord Jesus in the dome above and by the saints and angels all around. It was a joy to savor that belonging.

“Come as you are,” He invites us.


We are sinners but He loves us anyway.

Praise His holy name!

The iconostasis and surrounding area were enhanced with floral decorations. The garlands on the pillars embraced the entrance, giving witness to the care of those who did the work. The purity of the white Easter Lilies glowed here and there. Lovely.

There is such beauty in the Liturgy and even in the vestments of the celebrants. Only centuries of existence and polish in the effort to be as worthy an offering as possible could have produced such perfect results. Every movement of the celebrant is unhurried, reverent and graceful, from the measured tread as he walks around censing the church, to the graceful movement of his hand as he blesses the people. The vestments are designed to be beautiful—the colors and patterns, of course, but so are the drape and movement of the phelonion as the celebrant moves hands and arms. Perfect. There are no awkward lines or folds. That tapered headgear is a perfect complement in color and shape, adding balance somehow to the high back of the phelonion.

At the beginning of the Divine Liturgy a lone voice singing *Christ is Risen* filled the air—joyous and confident—to be joined by the voice of the choir. Yes, the choir—part and parcel of the beauty of the immersion into worship. And the special music prepared by them for feast days—it ought to be recorded to be savored over and over, not just during fleeting moments in church.

The beauty of the total experience of worship is such that one is immersed in it and uplifted even as we participate. Time ceases to exist. Surely no one could doubt that there in church God's presence is with us—or is it that we are with Him. 

MOTHERS—A Bible Quiz


1. Who was the mother of all living?
2. What mother “lent” her child to the Lord?
3. What Mother urged her daughter to ask for a man’s head?
4. What mother asked Jesus if her two sons could sit on His right and left hand in His kingdom?
5. What mother helped her son deceive his father?
6. What mother served as a paid nurse for her baby son?
7. What 90 year-old woman became a mother?
8. What mother arranged for her son to marry an Egyptian girl?

Answers below.

LAUGH WITH US...

An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher: “They’ve stolen the stereo, the steering wheel, the brake pedal and even the accelerator!” she cried.

The dispatcher said, “Stay calm. An officer is on the way.”

A few minutes later, the officer radios in. “Disregard.” He says. “She got in the back-seat by mistake.” 

FOOD MEASURING TIPS

It is often too much hassle to actually measure every serving of food. Registered dietitian, Bonnie Jorthberg a weight-loss program at the University of Colorado Health Sciences Center in Denver, offers these simple-to-use measurements.

A handful of nuts is roughly equal to an ounce, or about one serving.

Your flat palm is about the same size as three ounces of cooked meat, fish or poultry—or roughly a serving.

Make a fist and your hand is about the size of a cup, good for a quick calculation of pasta, beans, rice or mashed potatoes.

The end of your thumb, from your knuckle to the tip of your nail, is about a teaspoon, an easy way to measure salad dressing or, yes, chocolate syrup. 

REMEMBER WHEN....

MAY DAY

We used to have the loveliest time celebrating May Day. Our mother would buy us new straw hats and embellish them with the prettiest flowers and with ribbons hanging down the back. Then on the night before, Mother would roll up our hair in cloth curlers. Since I did not have a great deal of hair Mother used only three curlers for me. The hair was dampened and then rolled up on the middle part of the piece of cloth or sock. The ends were then tied over the hair and the whole works was left on to perform its magic—and its torture—over night. I remember how proud I was to be wearing curlers to bed like the big girls. The hard lumps under my head were suffered with relish. This was one of my first lessons in womanhood—one willingly suffers for beauty!



The next day after we were dressed in our prettiest dresses, our hair was released from the curlers and combed out into glorious curls. Topped by our new straw hats, we felt like the loveliest ladies in town. Later, we all went to Brookside Park to dance around the May Pole. This was a tall pole with many pastel-colored streamers attached to the top. A circle of alternating boys and girls was formed around the pole with each child grasping an end of a ribbon. The May Pole dance was performed somehow by the boys circling around in one direction and the girls in the other, weaving in and out between one another until the ribbons were completely woven together like a pretty multicolored skirt around the pole. Our parents' faces beamed with pride as they beheld our performance.

Whatever happened to May Day? The ice-box I can do without, but it's a shame to lose the beauty of May Day celebrations.

Taken from Salt Shaker, Vol. 18, No. 5, May 1994

EXERCISE PLAN

If you are worried about not getting all the exercise you need because you're not jogging, swimming or playing tennis, worry no more.

A recent study reveals that many activities despite their Sedentary nature, do indeed burn up calories. The chart shows the number of calories burned per hour for each of these activities:

Beating around the bush	75
Jumping to conclusions	100
Climbing the walls	150
Swallowing your pride.....	50
Passing the buck	25
Throwing your weight around (depending on your weight).....	50-300
Dragging your heels.....	100
Pushing your luck	250
Making mountains out of mole hills.....	500
Adding fuel to the fire	150
Hitting the nail on the head.....	50
Wading through paperwork.....	300
Bending over backward	75
Jumping on the bandwagon	200
Running around in circles.....	350
Eating crow.....	225
Tooting your own horn.....	25
Climbing the ladder of Success	750



SENIOR DRIVING

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!"

"Heck," said Herman, "It's not just one car. It's hundreds of them!"



**PRAISE GOD
FOR ALL THINGS!**

CHRISTIAN VIRTUES AND CHARACTER WORD FIND

CLEANLINESS (2 Corinthians 7:1)	ENDURANCE (James 1:12)	OBEDIENCE (John 14:15-24)	RIGHTEOUSNESS (Matthew 6:33)
CONSECRATION (Romans 12:1-2)	FAITH (Romans 1:17)	PATIENCE (1 Timothy 6:11)	STEDFASTNESS (1 Corinthians 15:58)
CONTENTMENT (1 Timothy 6:6)	FRUITFULNESS (John 15:1-8)	PEACEFULNESS (John 14:27)	STEWARDSHIP (1 Corinthians 4:2)
COURAGE (Psalm 27:14)	GODLINESS (Titus 2:11-14)	PERSEVERANCE (Romans 12:21)	TEMPERANCE (1 Thessalonians 5:6-8)
DILIGENCE (Romans 12:11)	HAPPINESS (Matthew 5:3-12)	PURE THINKING (Philemon 4:8)	TRUST (Psalm 37:3-5)
DUTY (Luke 20:21-25)	HOLINESS (1 Peter 1:13-16)	RESOLUTION (Ephesians 6:10-18)	ZEAL (Titus 2:14)
	HONOR TO PARENTS (Matthew 15:4)		
	LOVE (Luke 10:27)		

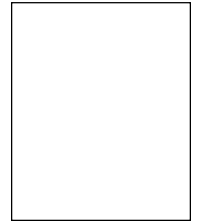
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N O I T U L O S E R S K E M A N
H P I H S D R A W E T S P L P T

THE FRUIT BASKET

18893 Howe Road
Strongsville, OH 44136



Sunshine Greetings from
St. Theodosius Orthodox Cathedral



CALENDAR for May 2007

May 11 SS. Cyril & Methodius
May 17 Ascension of our Lord
May 21 SS. Constantine & Helen
May 27 Pentecost



Addressee

Psalm 24

Used in celebration of Christ's Ascension

The earth is the Lord's and everything in it, the world, and all who live in it;
for He founded it upon the seas and established it upon the waters.

Who may ascend the hill of the LORD? Who may stand in His holy place?

He who has clean hands and a pure heart, who has not lifted up his soul to an idol or sworn deceitfully.

He shall receive blessing from the LORD and righteousness from the God of his salvation.

This is Jacob, the generation of those who seek Him,

Who seek Your face.

Lift up your heads, O you gates! And be lifted up, you everlasting doors!

And the King of Glory may come in.

Who is this King of glory?

The LORD strong and mighty, the LORD mighty in battle.

Lift up your heads, O you gates; lift up, you everlasting doors,

And the King of glory shall come in.

Who is this King of glory?

The LORD of hosts, He is the King of Glory.

NKJV