

---

# THE LADDER

of   
Divine  
Ascent

Volume 10, Issue 3

The Newsletter of St John of the Ladder Orthodox Church

November 2008

---

## *Do Not Resent, Do Not React, Keep Inner Stillness*

### *A Word from Our New Auxiliary Bishop*

*On November 1<sup>st</sup>, Fr Jonah Paffhausen will be consecrated as an auxiliary to His Eminence, Archbishop Dmitri.*

*The following is a sample of one of his many spiritual writings.*

When I was in seminary I had the great blessing of becoming the spiritual son of a Greek bishop, Bishop Kallistos of Xelon. He ended his life as the bishop of Denver of the Greek Archdiocese. It was he who taught me the Jesus Prayer. The whole spiritual vision of Bishop Kallistos had three very simple points: **Do not resent. Do not react. Keep inner stillness.**

These three spiritual principles, or disciplines, are really a summation of the Philokalia, the collection of Orthodox Christian spiritual wisdom. And they are disciplines every single one of us can practice, no matter where we are in life – whether we're in the monastery or in school; whether we're housewives or retired; whether we've got a job or we've got little kids to run after. If we can hold on to and exercise these three principles, we will be able to go deeper and deeper in our spiritual life.

#### **Do Not Resent**

When we look at all the inner clutter that is in our lives, hearts and souls, what do we find? We find resentments. We find remembrance of wrongs. We find self-justifications. We find these in ourselves because of pride. It is pride that makes us hold on to our justifications for our continued anger against other people. And it is hurt pride, or vainglory, which feeds our envy and jealousy. Envy and jealousy lead to resentment.

Resentfulness leads to a host of problems. The more resentful we are of other people, the more depressed we become. And the more we are consumed with the desire to have what they have, which is avarice. Often we'll then engage in the addictive use of the substance of the material world – whether it's food or alcohol or drugs or sex or some other thing – to medicate ourselves into forgetfulness and to distract ourselves from our resentments.

One of the most valuable and important things that we can thus do is look at all of the resentments that we have. And one of the best ways of accomplishing this is to make a life confession. And not just once, before we're baptized or chrismated. In the course of our spiritual life we may make several, in order to really dig in to our past and look at these resentments that we bear against other people. This will enable us to do the difficult work that it takes to overcome these resentments through forgiveness.

What does forgiveness mean? Forgiveness does not mean excusing or justifying the actions of somebody. For example, saying "Oh, he abused me but that's O.K., that's just his nature," or "I deserved it." No, if somebody abused you that was a sin against you. But when we hold resentments, when we hold anger and bitterness within ourselves against those who have abused us in some way, we take their abuse and we continue it against ourselves. We have to stop that cycle. Most likely that person has long

*Continued on page 3*

#### INSIDE THIS ISSUE

Do Not Resent...	page 1
November Calendar	page 2
Library	page 3
Reception into the Church	page 3
Announcements	page 4



Annual Community



Thanksgiving Dinner

Sunday, November 2<sup>nd</sup>



Following Divine Liturgy



# St John of the Ladder Orthodox Church

## --- Schedule of Services ---

November 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>An old man said, "As the earth never falls down, neither does one who humbles himself."  <span style="color: blue;">A Word from the Desert</span></p>						<b>01</b>  <span style="color: red;">Great Vespers 6:00 pm</span>
<b>02 20<sup>th</sup> Sunday</b> <span style="color: blue;">after Pentecost Parish Thanksgiving Mea Slavonic Molieben 12:30 pm Divine Liturgy 9:30 am</span>	<b>03</b>  <span style="color: blue;">OCF at Furman University 6:00 pm</span>	<b>04</b>	<b>05 Fast Day</b>  <span style="color: blue;">Adult Bible Study 7:00 pm Daily Vespers 6:00 pm</span>	<b>06</b>  <span style="color: blue;">OCF at Clemson University 7:00 pm</span>	<b>07 Fast Day</b>	<b>08</b>  <span style="color: blue;">Archangel Michael and All Angels</span>  <span style="color: red;">Great Vespers 6:00 pm</span>
<b>09 21<sup>st</sup> Sunday</b> <span style="color: red;">after Pentecost</span>  <span style="color: red;">Divine Liturgy 9:30 am</span>	Fr Marcus, Fr Nikolay, and delegate Bill Wamboldt at All-American Council in Pittsburgh, PA				<span style="color: blue;">Holy Apostle Philip</span>	<b>15</b>  <span style="color: blue;">Beginning of Nativity Lent Choir Rehearsal 5:15 pm Confessions Great Vespers 6:00 pm</span>
<b>16 22<sup>nd</sup> Sunday</b> <span style="color: blue;">after Pentecost Holy Apostle Matthew 'Ask the Priest'</span>  <span style="color: red;">Divine Liturgy 9:30 am</span>	<b>17</b>  <span style="color: blue;">Reception for Bp Jonah 7:00 pm Daily Vespers 6:00 pm</span>	<b>18 Wine &amp; Oil</b>  <span style="color: blue;">Carolinas Deanery Meeting 10:00 am Divine Liturgy 8:00 am</span>	<b>19</b>  <span style="color: blue;">No Adult Study No Daily Vespers</span>	<b>20 Wine &amp; Oil</b>  <span style="color: blue;">Confessions 5:00 pm Vigil 6:00 pm</span>	<b>21 Fish, Wine &amp; Oil</b> <span style="color: red;">Divine Liturgy 7:00 am Entrance of the Theotokos</span>	<b>22</b>  <span style="color: blue;">Choir Rehearsal 5:15 pm Confessions Great Vespers 6:00 pm</span>
<b>23/30 23<sup>rd</sup>/24<sup>th</sup></b> <span style="color: red;">Sun after Pent St Alexander Nevsky/ Holy Apostle Andrew Divine Liturgy 9:30 am</span>	<b>24</b>  <span style="color: blue;">OCF at Furman University 6:00 pm</span>	<b>25 Wine &amp; Oil</b>  <span style="color: red;">Daily Matins 7:00 am</span>	<b>26</b>  <span style="color: blue;">No Adult Study Molieben of Thanksgiving 6:00 pm</span>	<b>27 Wine &amp; Oil</b>  <span style="color: blue;">US Thanksgiving Day</span>	<b>28</b>  <span style="color: blue;">Baptism of Anastasia Burtovvy 1:00 pm</span>	<b>29</b>  <span style="color: red;">Great Vespers 6:00 pm</span>

*Fellowship and Coffee Hour: Sundays immediately following Divine Liturgy*

*Church School: Sundays @ 9:00 am (before Divine Liturgy)*

*Adult Class: Wednesdays following Vespers as scheduled above.*

*Choir Rehearsal: Saturdays before Vespers @ 5:15 (as scheduled --- see above)*

*Confessions: Sat following Great Vespers & Wed during the Fast (as scheduled), and by appointment.*

*We are serving Matins at 7:00 am on the Tuesday mornings during of the Nativity Fast.*

*continued from page 1*

gone and long forgotten us, forgotten that we even existed. But maybe not. Maybe it was a parent or someone else close, which makes the resentment all the more bitter. But for the sake of our own soul and for the sake of our own peace, we need to forgive. We should not justify the action, but we should overlook the action and see that there's a person there who is struggling with sin. We should see that the person we have resented, the person we need to forgive, is no different than we are, that they sin just like we do and we sin just like they do.

Of course, it helps if the person whom we resent, the person who offended us or abused us in some way, asks forgiveness of us. But we can't wait for this. And we can't hold on to our resentments even after outwardly saying we've forgiven. Think of the Lord's Prayer: "Forgive us our trespasses as we forgive those who trespass against us." If we don't forgive, we can't even pray the Lord's Prayer without condemning ourselves. It's not that God condemns us. We condemn ourselves by refusing to forgive. We will never have peace if we don't forgive, only resentment. It is one of the hardest things to do, and our culture does not understand it. It is to look at the person we need to forgive, and to love them – despite how they may have sinned against us. Their sin is their sin, and they have to deal with it themselves. But we sin is in our reaction against their sin.

The article continued at [http://www.monasteryofstjohn.org/abbatialessays/Do\\_not\\_react.pdf](http://www.monasteryofstjohn.org/abbatialessays/Do_not_react.pdf)

For more writings of Bp Jonah: <http://www.dosoca.org/files/08%20Assembly/AbbatiaEditorialCollection.pdf>

### Church Library Opening

There is a wealth of reading material available to today's Orthodox Christian. New works are being written and published as well as translations into English of earlier treasures. To help make these resources more accessible we are re-opening/re-vitalizing the Church Library.

There are a limited number of books available for loan, but this is an area that needs to be built up. If you have duplicate copies of any Orthodox books and need a home for them, or do not keep books once you have read them, we eagerly accept book donations for adult, children and young adult reading. If you wish to donate money for a specific title, please speak with Teresa Dees so that arrangements can be made to purchase the title. (All books and titles will be submitted for approval by Fr. Marcus.) If there are titles you wish to see in the library, please submit your list to Teresa Dees for follow-up.

Most importantly, we need to enjoy our library and make use of these treasures.

### Lending Rules and Procedures

The library will be open following liturgy on Sunday.

Books are checked out at one (1) month intervals. (If you check the book out on November 3<sup>rd</sup> it is due back on December 3<sup>rd</sup>.)

Books may be renewed at one (1) month intervals.

Children's books must be checked out by a responsible adult and are limited to 3 books per visit.

As we move forward there are certain to be growing pains and adjustments. Constructive criticism and advice is always welcomed as are volunteers.

Contact: Teresa Dees [TDEES@USCUPSTATE.EDU](mailto:TDEES@USCUPSTATE.EDU)

### 2008 Financial Update

	Income	Expenses
<b>YTD (thru Sept)</b>	\$116,461	\$117,788
<b>September</b>	\$10,991	\$10,029
<b>Charity YTD</b>	\$9,786	\$11,982

**Congratulations to Ruslan and Tatiana  
Burtovyy on the birth of**



**Anastasia**

**October 5<sup>th</sup>**

**May God Grant You Many Years!**

### Reception into the Church

**Please join us in receiving into the Church**

**Claire Bateman**

**by the Sacrament of Chrismation**

**on the 23<sup>rd</sup> Sunday after Pentecost**

**November 23<sup>rd</sup>, 2008**

**at 9:30 am**

**Announcements and News**

**All-American Council of the OCA**

Ancient Faith Radio will be covering the upcoming AAC and broadcasting the sessions online (I don't know if they'll be live or not). <http://www.ancientfaithradio.com>  
There are already a couple of interviews up concerning the AAC; one is with Fr. Andrew Jarmus (who's the director of Ministries for the OCA), and another with Fr. Eric Tosi, the OCA Secretary, and it has some basic information about the event, including the process for electing a new Metropolitan.

**'Ask The Priest'**

The 'Ask the Priest' sessions (Russian and English Language) will be held this month on Sunday, November 2<sup>nd</sup> (Russian/Bulgarian) and Sunday, November 16<sup>th</sup>. A box for questions is located in the Bookstore area of the hallway.

**Miracle Hill Ministries Thanksgiving Meal**

In conjunction with our annual Thanksgiving meal, a basket will be provided in which we will be collecting monetary donations for Miracle Hill Ministries. Yearly they provide a complete Thanksgiving dinner for the hungry of Greenville at all of their facilities: Greenville Rescue Mission, the Children's Home, Miracle Life Mission (Spartanburg), Operation Andrew, Palmetto Boys Mission, Shepherd's Gate and Harbor of Hope. Thank you for helping the homeless, addicted, abused, and lost have a hot Thanksgiving meal.

a reminder ... and a hearty 'thank you'!

**Fellowship and Coffee Hour Schedule**

**November 2008**

- November 2<sup>nd</sup> *Thanksgiving Charity Brunch*
- November 9<sup>th</sup> Team 8
- November 16<sup>th</sup> Team 1
- November 23<sup>rd</sup> Team 2
- November 30<sup>th</sup> Team 3

**Celebrating Anniversaries and Birthdays in November**

- Jeanette Hubbard (3<sup>rd</sup>), Jim and Nancy Freeman (8<sup>th</sup>), Elizabeth Simpson (11<sup>th</sup>), Sheila and Craig Elliott (11<sup>th</sup>), Sadie Elliott (12<sup>th</sup>), Jim and Sue Riddle (13<sup>th</sup>), Michelle Bobotis (14<sup>th</sup>), Steve and Monya (15<sup>th</sup>), Joe and Nadine Wozniak (16<sup>th</sup>), David Galloway (21<sup>st</sup>), Owen Small (22<sup>nd</sup>), Valerii Conty (25<sup>th</sup>), Joe Prochak (28<sup>th</sup>)

**From the Entrance of the Theotokos into the Temple**

... We are the temple of the living God, as God said, "I will live in them and move among them, and I will be their God, and they shall be my people."

(II Corinthians 6: 11; Isaiah 52:1 1)

--- November 21<sup>st</sup> ---



**Orthodox Church in America**

701 Augusta Arbor Way, Piedmont [Greenville], SC 29673  
(864) 299-1140

[www.stjohnoftheladder.org](http://www.stjohnoftheladder.org)

**Rev Fr Marcus C Burch, Rector**  
**Rev Fr Nikolay Miletkov, Assistant**

**ADDRESS CORRECTION REQUESTED**

**Schedule of Services**

Vespers, Wednesday, 6:00 pm  
Great Vespers, Saturday, 6:00 pm  
Divine Liturgy, Sunday, 9:30 am

**'Pride makes us forget our sins,  
for the remembrance of them leads to humility.'**

~~~ St John of the Ladder, *The Ladder of Divine Ascent*, Step 23. ~~~

PLACE  
POSTAGE  
HERE

Mailing Address  
Street Number and Name  
City, State 98765-4321

**NOVEMBER 2008**