



# Antiochian Orthodox Christian Women of Ss. Peter & Paul

9980 Highway 9, PO Box 458

Ben Lomond, CA 95005

[sspeterandpaulorthodox.com](http://sspeterandpaulorthodox.com)

V. Reverend Father Andrew Beck, Pastor

## MINUTES FOR MEETING ON: Sunday, May 18, 2014

**Time:** During coffee hour      **Location:** lawn      **Members present:** 12  
**Treasurer's Report:** ending balance 4/30/14 = \$1,770.09 (*see page 2*)

### 1. **Spiritual Enrichment**

- a) Fr. Tom read an excerpt from The Spiritual Life and How to be Attuned to it, by St. Theophan the Recluse on the Passions (*see page 4*)
- b) there are still a few copies left of this wonderful book in our bookstore

### 2. **Fundraising:** [www.goodsearch.com](http://www.goodsearch.com) and [www.eScrip.com](http://www.eScrip.com).

- a) Please help our group out by contributing in these two easy ways
- b) only 21 women out of 56 are signed up

### 3. **Women's Book Study:**

- a) Still on-going, Thursday evenings. Call Barbara S. or Kh. Ellen and drop in.

### 4. **Annual Trip to Holy Assumption Monastery** in Calistoga – Saturday, May 31

- a) we need RSVP's, please! (*see page 6*)

### 5. **George Papageorge Retreat**

- a) brief discussion that it was a great retreat, although many of his topics were similar to the retreat he gave 2 years ago

### 6. **General Sharing**

- a) (none)

### 7. **Volunteers for New Officers: September 2014 - June 2016!**

- a) see attachment for description of duties
- b) Thia Franck has volunteered to be the new Group Secretary! Thank You!
- c) We still need 3 more women to help lead our Group

### 8. **Church Office Feast Committee:**

- a) Volunteers are desperately needed to help host the *Feast of the Ascension* on May 28<sup>th</sup> as well as the *Feast of Pentecost* on June 8<sup>th</sup>. (*see page 3*)
- b) please call the church office if you'd like to help

### 9. **This is our last Women's Meeting of the year. Next meeting will be September 2014 with new officers.**

#### 2012-14 Officers:

• President: Leanne Albers • Vice-president: Monica Zweers • Treasurer: Kh. Ellen Steiger • Secretary: Linda Young



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## Antiochian Women of Ss. Peter & Paul Financial Report March 2014

<b>Beginning Balance as of 2/28/14</b>		<b>\$1,835.66</b>
<b>Income:</b>	Interest:	.00
	eScrip:	35.24
	<b>Total Income:</b>	<b>\$35.24</b>
<b>Expenses:</b>		
	<b>Total Expenses:</b>	<b>\$0.00</b>
<b>Ending Balance as of 3/31/14</b>		<b>\$1,870.90</b>

## Antiochian Women of Ss. Peter & Paul Financial Report April 2014

<b>Beginning Balance as of 3/31/14</b>		<b>\$1,870.90</b>
<b>Income:</b>	Interest:	.00
	eScrip:	29.19
	<b>Total Income:</b>	<b>\$29.19</b>
<b>Expenses:</b>		
Final Payment for G. Papageorge Retreat:		\$130.00
	<b>Total Expenses:</b>	<b>\$130.00</b>
<b>Ending Balance as of 4/30/14</b>		<b>\$1,770.09</b>



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## FEAST DAY GUIDELINES

### Feast of

### HOLY ASCENSION

Wednesday May 28, 2014

(a Weekday Vesperal Divine Liturgy Potluck)

#### Host/Hostess duties:

- ask for volunteers who are at the feast to help out, you don't have to do it all yourself
- you decide when everything is ready and it is time to start the buffet line
- you let priest know it is time to bless the food
- you remind priest to make End of Feast Announcement (see below)

#### Things That Need To Be Done:

##### **1. Tables and Chair Set Up**

- set up 3+ rectangular tables with chairs

##### **2. Food Table Set Up**

- One or two tables under windows by kitchen pass through
- Use Kitchen pass through for potluck dishes also

##### **3. Decorating is optional**

- do it yourself or ahead of time call Decorating Coordinator (Monica Zweers)

##### **4. Set up lemonade and/or water table**

##### **5. Food is served in Fellowship Hall**

##### **6. Host/Hostess remind Priest: End of Feast announcement by Priest/Deacon**

- ✓ Everyone please clean up after yourselves
- ✓ Please put away the chairs you were using
- ✓ Men please take down tables
- ✓ Everyone please take your dishes and leftovers with you
- ✓ Leftovers will be thrown away

##### **7. Fellowship Hall Clean Up**

- All parishioners to assist in clean up!



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May 18, 2014 Women's Meeting Spiritual Reflections, as read by Fr. Tom Lindsay

## **The Spiritual Life: and how to be attuned to it**

*by St. Theophan the Recluse*

### **56. THE SLIGHTEST MOVEMENTS OF THE PASSIONS**

*One must expel even the slightest movements of the passions. Permissible wrath.*

“I want to praise you...No; I rather want to present the advantages of your situation with respect to the passions.

You have lived little and the passions have not yet managed to become deeply entrenched. Although all the passions are within you, they are still like small children: weak, and really just tiresome. This is of great advantage to you, because it will be sufficient for you in many instances merely to observe a passion in order to turn away from it or drive it out. This is not the case for those who have lived for a long time and who have indulged their passions to a great extent. There the passions roar like lions and violently attack the person who has rebelled against them. But here there is a great disadvantage for you; that is, because of the frivolity of passionate thoughts, feelings and actions, you may regard them with indifference, thinking, “This is no great thing; it will pass of its own accord, one cannot chase down every little thing!” This thought, which is so natural to you, is dangerous. To act in this way means leaving the passionate feelings and actions at liberty to grow and become firmly established. They become firmly established, and from small things they become large. Then they can no longer be turned away by casting a single unfavorable glance.

You should come to the conclusion from this that, no matter how small or weak a passion appears, it is necessary to regard it as if it were the largest and most powerful. When you drink water, you drink it down to the tiniest drop; when you get a splinter in your finger, even if the splinter is so minute it is hardly visible, you rush to rid yourself of the discomfort it is causing; when the smallest speck of dust gets in your eye and irritates it, you undertake great labors to ensure that it is removed from your eye as quickly as possible. Thus, make it your rule to act the same way with respect to the passions: No matter how small the passions appear in form, rush to drive them out, and do it so ruthlessly that no trace remains of them.

How can you drive them out? Through inducing wrath that is hostile to them, or by getting angry at them. As soon as you observe a passion, try to stir up anger within yourself against it as quickly as possible. This anger is a firm rejection of the passion. The passionate cannot be sustained unless there is sympathy for it, but any sympathy is destroyed by anger, and the passionate will leave or fall away at the first manifestation of it. Here is the only case where anger is permissible and useful. I find in all the Holy Fathers that anger at something was permissible, so they could arm themselves against passionate and sinful movements of the heart and banish them through it. They associate this with the words of the prophet David, *Be angry, and sin not* (Psalm 4:5); this is later repeated by St. Paul in Ephesians 4:26. Be angry at passion and you will not sin, because passion is banished by anger; every occasion for sin is cut off by this.



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*May 18, 2014 Women's Meeting Spiritual Reflections, as read by Fr. Tom Lindsay, (continued)*

Arm yourself against the passions in this way. Anger against the passions should have taken root inside you from the very moment you decided to labor for the Lord with all your heart and do good things in His sight. You entered into an alliance with God forever. The essence of this alliance is: Your friends are my friends, Your enemies are my enemies. What are the passions to God? Enemies. The complete Divine disfavor toward them is proclaimed throughout all of God's Word. God resists the proud, covetousness is idolatry, God has scattered the bones of the man-pleasers, and so on. That is why the Apostle gave Christians this instruction about the passions: *Let it not be once named among you* (Ephesians 5:3). Thus it follows that you should kindle anger against the passions inside of you as soon as they show themselves. By reason of our fall, however, it is not always that way. That is why anger at the passions requires especially unrestrained and antagonistic action, effort and exertion that is directed specifically at them.

To be successful in this it is incumbent upon you to hurry to recognize and acknowledge your enemy and God's as soon as you have observed something passionate within yourself. Why is it necessary to hurry? Because sympathy toward the passionate is always aroused from the first moment of its appearance. Self-indulgence still lives concealed within us even long after we have obviously renounced ourselves and devoted ourselves to God, even though we do not want to violate this decision by one iota. The passionate is always favorably encountered through this hidden self-indulgence or selfishness; such favor is expressed by greater or lesser sympathy toward the passionate. Thus, it is necessary to reject his sympathy and stir up anger. Both of these are encouraged by and made possible through recognition and acknowledgment of the enemy in its appearance is passionate thought or action, no matter how gratifying these are. As soon as you realize a passion's belligerence, get angry at it in a very obvious way. This anger will arise of itself.

It does not require great intellectual labor to recognize the enemy in the passionate. It is sufficient to renew your belief that God does not favorably regard anything of the passions; that is why He does not favorably regard any who accept and cherish the passionate within themselves. You know the passionate sets God against us, and it separates us from Him. This is our final destruction. The thoughts and beliefs of someone who is attentive begin shining in the consciousness in the twinkling of an eye, and are immediately echoed in the heart as antagonism, anger and wrath toward the passionate. However, do not struggle with the passionate, devising various points of indictment against it. Success against it is very doubtful. At the same time you are sorting out your points of indictment, the accused—the passion—sits there as if in the dock, and is still defended by its lawyer—sympathy. This means you are keeping impurity within yourself willfully, which is dangerous. You cannot do this. Decide without any deliberation that as soon as you observe something passionate within yourself, you will recognize the enemy—and get angry at it.”



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*All women of Ss Peter & Paul Orthodox Church  
are invited to come on our Annual Visit to  
Holy Assumption Monastery in Calistoga  
on Saturday, May 31, 2014  
10:00 am – 4:00 pm*

We will visit with the sisters, have a delightful luncheon, hear a short talk from Mother Melania, possibly attend a special service and just enjoy the peaceful monastery grounds. They also have a wonderful bookstore/gift shop.

PLEASE RSVP to Linda Young BY FRIDAY MAY 23<sup>rd</sup>,  
so we can give the Sisters a head-count for lunch. We leave Saturday morning ~7:30 am.

If you would like to car pool or need a ride, contact Linda: 336-4070 / [linda\\_young06@yahoo.com](mailto:linda_young06@yahoo.com)

- ➔ **Overnight option:** Several ladies are driving up Friday to spend the night. Contact Linda **ASAP** if interested.
- ➔ It is traditional to bring a gift when visiting a monastery – please consider bringing a kitchen staple for their pantry, such as olive oil, nuts, dried fruit, etc.

sponsored by Ss Peter & Paul Antiochian Women's Group