

HOLY TRINITY ORTHODOX CHURCH

Parish Newsletter

RESTON

New Parish Center: 20937 Ashburn Rd., #110, Ashburn, VA 20 March 2020

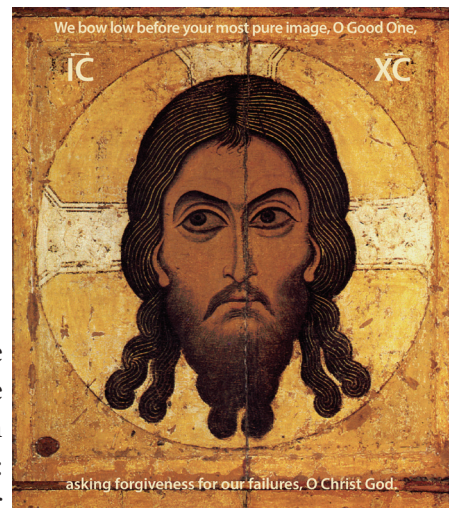
Some thoughts on prayer. Praying is *doing*.

«Sacrifice to God is a contrite spirit:
A heart contrite and humbled
God will not despise.» *Psalm 50.19*

The import of this verse in Psalm 50 is this: I must become the sacrifice. *Psalm 39(40).6,7* explains: You gave me to understand [*namely, through the prophets*] that sacrifice and offerings are not what you desire.... Then I said: Here I am! As it is written in the scroll [*i.e., of prophetic writings*], to do what pleases you is my desire, for your law is written in my heart.... In Mark 12.33,34 an emerging Christian begins to see and concludes: “Yes, to love [God] with all our heart, with all our thoughts and with all our strength and to love our neighbor as ourselves, is worth more than any holocaust or sacrifice.” Jesus approved the insight of this answer and told him, “You are not far from the reign of God.”

Theodore of Mopsuestia can therefore write, “Prayer does not consist so much in words but in good works, in love and zeal for duty.... If you care for prayer, know that it is not performed by words but by the choice of a virtuous life and by the love of God and diligence in one’s duty....” *Catechetical Homilies, 11*.

His point of departure is Origen, *On Prayer, XII,2*: That man “prays without ceasing” (virtuous deeds or commandments fulfilled being included as part of prayer) who combines with the prayer the needful deeds and the prayer with the fitting actions. For thus alone can we accept “pray without ceasing” [*1Thessalonians 5.17*] as a practicable saying, if we speak of the whole life of the saint as one great unbroken prayer: of which prayer that which is commonly called prayer is a part. The Lord Jesus in his sacrificial life is the perfect fulfillment of all the inspired prophetic teaching in this vein (see the commentary on *Psalm 39.6–8 LXX* in *Hebrews 10.1+*); and I follow him in the Way (as does Bartimæus in *Mark 10.52*)—I pursue discipleship—by striving to do likewise.



I must become the sacrifice. The vertical pronoun is ineluctable: Make praise your sacrifice to God and fulfill your vows to the Most High.... As for him who offers me a sacrifice of praise—for him I will give a feast, for he prepares a way for me to show him the saving power of God, *Psalm 49 (50).14,23*. (Let each of us keep in mind, then, what Holy Scripture would teach us concerning the pivotal notion of sacrifice: sacrifice—so natural to man—is not meant to appease a testy Deity; no, sacrifice brings communion with God who loves us.)

While *v.19* in Psalm 50 is not a direct quote of any prophet, our use of quotes is meant to show that this epitome crystallizes the sense of so much Scripture: for example, *1Samuel 15.22; Proverbs 15.8; 21.3; Isaiah 1.11–17; Jeremiah 7.21–23; Hosea 3.4; 6.6 Amos 5.21–2, Micah 6.6+* speak of obedience, sincerity of heart, and conformity to the *hesed* or mercy of God. And as St. Athanasius teaches (*On the Interpretation of Psalms, 5*), “The pronouncements of the prophets are declared in every psalm.”

The disciple becoming the sacrifice is what the sacred liturgist wants to highlight by appointing Psalm 140 to be sung every evening at Vespers and Psalm 50 every morning at Matins—evening and morning being the times of sacrifice in Holy Scripture. Penitence represents a daily attitude and struggle—penitence understood in terms of the sacrifice of self God really wants (*cf. Joel 2.13*)—and is the springboard for the notion of *trópos metanías, óbráz pokajánija*, the disposition of repentance touched on in our *Confession Book*, a notion of tremendous pastoral value inasmuch as it sums up the Gospel life.—**So when we responsibly do what we must to stave off this deadly pandemic that has descended upon the world, we are at prayer.**

Ours is a community that sings. Everyone knows the tune. Sing it in your mind. Sing it out loud.

A long time ago people sang this antiphon upon entering the church to hear God's word. The bishop chanted the Psalm verses, the people the refrain.

THE TRISAGIOS HYMN—Syrian Melody

Ho-----ly God! Ho-----ly migh---ty! Ho-----ly immor----tal, have mer-----cy on us! Glory: (Both) now:

PSALM 79

O Shepherd of Israel, give ear! Lead Joseph like a flock! O you who sit enthroned upon the cherubim, shine forth ²on Éphraim, on Benjamin and Manásseh! Stir up your might, and come to our aid!...

¹⁸Give us life that we may call on your name; never again will we turn from you. ¹⁹Lord God of power and might, return to us! Let your face shine on us, that we may be saved!

HOLY IMMORTAL, HAVE MERCY ON US!

HOLY IMMORTAL, HAVE MERCY ON US!

Glory: Both now:

Ho-----ly immor----tal, have mer-----cy on us!

HOLY IMMORTAL, HAVE MERCY ON US!

REPRISE:

Holy God! Holy mighty!
Holy immortal, have mercy on us!

⁷O God of power and might, return to us! Let your face shine on us, that we may be saved!

HOLY IMMORTAL, HAVE MERCY ON US!

A new kondakion for this Time of Renewal Tone VI:

⁸You brought forth a vine out of Egypt; you drove out the nations and planted it. ⁹You cleared a place for it; it took root and spread through the land. ¹⁰Mountains were covered by its shade, and its shoots climbed the towering cedars....

HOLY IMMORTAL, HAVE MERCY ON US!

¹⁴O God of power and might, return to us, we beseech you! Look down from heaven and see! Visit this vine ¹⁵and care for what your right hand has planted!...

HOLY IMMORTAL, HAVE MERCY ON US!

At various times and in different ways * you spoke to our fathers through the prophets. * But in our own time you speak to us through your Son * through whom you made everything there is. * He is the radiant light of your glory. * He is the perfect copy of your very being. * By his powerful word he sustains the universe. * Now that he has destroyed the defilement of sin, * he has gone to take his seat at the right hand of your Majesty. ^{Heb. 1.1-3} * Father in heaven, * in this season of renewal * turn our minds more attentively to what we have been taught. * Do not let us drift away. ^{Heb. 2.1}

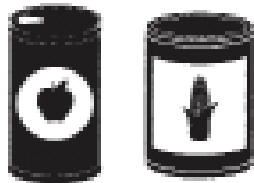


LOUDOUN HUNGER RELIEF

Food for today. Hope for tomorrow.

FOOD PANTRY MOST NEEDED ITEMS

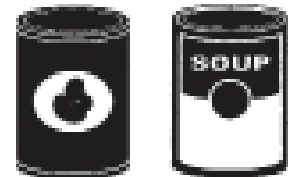
Canned Fruits & Veggies



Canned Meat



Canned Beans & Soup



Cereal



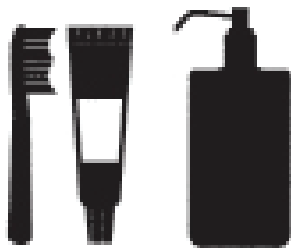
Whole Grain Pasta & Rice



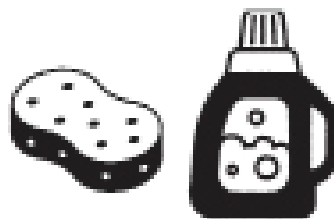
Peanut Butter



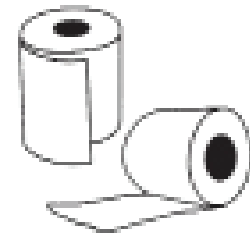
Hygiene Items



Household Items



Paper Products



Cooking Oil



Fresh Fruits & Vegetables



Other

Diapers	Fruit Cups
Wipes	Granola Bars
Formula	Popcorn
Infant Cereal	
Nutritional Shakes and Drinks	

PopTop Cans and Microwavable Cups Preferred
Low Sodium • Low Trans Fat • Sugar Free

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