

"Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him for He cares for you." (1 Peter 5:6-7)

A Spiritual Word

Watchfulness

Christian perfection is one of our goals according to our Lord's commandments. "Be perfect, just as your Father in heaven is perfect," (Matt 5:48). Perfection cannot be attained except through a watchful circumspect life. A vigilant spiritual life is a virtue that is unlike two extremes: a disorderly conduct that St. Paul warned to withdraw from (2 Thessalonians 3) or a narrow Pharisee-like way that cares only about the outside appearance: "Now you Pharisees make the outside of the cup and dish clean, but your inward part is full of greed and wickedness," (Luke 11:39). Examples of spiritual watchfulness include: Circumspectness in spoken words as "Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers," (Ephesians 4:29). Also "For you were once darkness, but now you are light in the Lord. Walk as children of light," (Ephesians 5:8) and "See then that you walk circumspectly, not as fools but as wise redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is," (Ephesians 5:15-16) point out to a circumspect conduct and prompt repentance. Zachariah and Elizabeth were circumspect in walking in all the Lord's commandments. "And they were both righteous before God, walking in all the commandments and ordinances of the Lord blameless," (Luke 1:6). Notice in this verse the words: all and blameless. David the Prophet was so precise and watchful asking to be cleansed even from secret falls. "Who can understand his errors? Cleanse me from secret falls," (Psalm 19:12). He was also observant of his spiritual practice praising the Lord daily "Seven times a day I praise You, Because of Your righteous judgments" (Psalm 119:164). May the Lord strengthen us to walk watchfully to attain our goal of perfection as our holy fathers who were perfected in their faith.

Fr. Youssef Chehata

If a man does not see the sun he cannot delight in its light, and so unless a man keeps the Words of our Lord he cannot delight in His Divine light.

St John Saba

A 6th Century Syrian Orthodox Father, who has many writings in ascetism.



*إن لم يبصر الإنسان الشمس لا يتنعم بنورها؛
هكذا إن لم يقنن الإنسان حفظ وصايا ربنا لا
يتنعم بنوره.*

*الشيخ الروحاني (القديس يوحنا سابا) **

**من آباء القرن السادس السريان الأرثوذكس؛
له كتابات كثيرة في النسكيات.*

Good Tidings

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التدقيق

التدقيق في الحياه الروحيه صفة جميله تقع بين السلوك بلا ترتيب الذي حذر منه معلمنا بولس الرسول (2 تس:3) و السلوك الفريسي الذي يهتم بالظاهر دون الجوهر.. " أنتم الآن أيها الفريسيون تنقون خارج الكأس و القصعه أما باطنكم فمملوء إختطافا و خبثا" (لو11:39) .. من أمثله التدقيق الهامه .. التدقيق في الكلام " لا تخرج كلمه رديه من أفواهكم بل كل ما كان صالحا للبنين" (أف 4:29) .. لاحظ ما قصده الرسول أن كل ليس بعض ما نقوله يكون للبنين.. و التدقيق في السلوك " ..إسلكوا كأولاد نور" (أف 5:8) مع عدم تأجيل التوبه " فانظروا كيف تسلكون بالتدقيق لا كجهلاء بل كحكماء. مفتدين الوقت لأن الأيام شريره" (أف 5:15- 16) .. و التدقيق في حفظ وصايا الرب كما قيل عن زكريا و أليصابات " و كانا كلاهما بارين أمام الله سالكين في جميع وصايا الرب و أحكامه بلا لوم" (لو 1:6) لاحظ كلمه "جميع" أي أنهما لم يهملوا أي وصيه ... و التدقيق في فحص النفس و التوبه كما صلي داوود النبي قائلا " الهفوات من يشعر بها. من الخطايا المستتره يارب طهرني" (مز 19:12) .. و أيضا التدقيق في الصلوات و النظام الروحي من أصوام و قراءات " سبع مرات في النهار سبحتك علي أحكام عهلك" (مز 119:164) التدقيق يساعد علي بلوغ الكمال المسيحي الذي أوصى به ربنا يسوع المسيح "فكونوا أنتم كاملين كما أن أباكم الذي في السموات هو كامل" (مت 5:48).

كلمة روحية

القس يوسف شحاته

Congregation News

Congratulations..!

-to Mr. Ramy and Mrs. Irene Elzek for the birth of their daughter Mariam on October 18th, 2007 and for her baptism on January 13th, 2008

Condolences

-Mrs. Wafaa Gindy for the departure of her father



Saint Stories

On November 1 (Babah 20), we commemorate the departure of St. Freig, who is also called Abba Teji or Anba Roweiss, and who departed in 1405 AD. He was born in Egypt, and his parents called him Freig. He worked with his father on a farm. He had a camel who he named Roweiss. St. Freig was so humble that he called himself after his camel. When the Christians began to be persecuted, he moved to Cairo with no possessions - no shelter, clothes or head covering. St. Freig looked like a desert hermit. He wept because of the persecution and also because of the sin of people who did not listen to his rebuke. He spent most of his nights in prayer and wailing. He rarely spoke. Once an evil man smote him severely but he did not open his mouth. In the last 9 years of his life, he shut himself in a small room. He performed many miracles, healing the sick and prophesying. May we learn from his asceticism, in words and in possessions and from his humility. May the prayers of St. Freig be with us and glory be to our God forever Amen.



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