



# PARISH INFORMATION BULLETIN

## PROGRAM FOR 14—20 OCTOBER 2018

<b>SUNDAY 14 OCTOBER</b>	<b>Sunday of the 7th Ecumenical Council, Luke 8:5-15</b> <ul style="list-style-type: none"><li>• 7.30– 11.00am Orthros and Divine Liturgy</li></ul>
<p>***** <b>SUNDAY SCHOOL CLASSES FOR ALL AGES</b> *****</p> <p>(A free voluntary program organised by the Church)</p> <p><i>Immediately after Holy Communion until Church dismissal, in the building behind the Church, Religious Instruction lessons take place for our children. We have classes for ages ranging from 5yrs to teenage years, which are given in a relaxed, friendly environment. The understanding of our faith through the religious instruction lessons brings our children closer to God and the joy and peace of His Love.</i></p>	
<b>MONDAY 15 OCTOBER</b>	<ul style="list-style-type: none"><li>• 9.00am Service of Holy Unction</li><li>• 10.00am Meeting of Elderly Citizens in Church Hall.</li></ul>
<b>TUESDAY 16 OCTOBER</b>	<ul style="list-style-type: none"><li>• 7.00pm Parishes of St Vasilios and the Presentation of our Lord, Coburg Youth Group will meet in our Church Hall.</li></ul>
<b>WEDNESDAY 17 OCTOBER</b>	<ul style="list-style-type: none"><li>• 5.00pm Paraklesis to the Theotokos</li><li>• 7.00pm Young Adults and Married Couples Bible Study Group at St. Vasilios, in the Church Coffee Room.</li></ul>
<b>THURSDAY 18 OCTOBER</b>  <b>St Luke the Evangelist</b>	<ul style="list-style-type: none"><li>• 7.00– 9.30am Orthros and Divine Liturgy</li></ul>
<b>SATURDAY 20 OCTOBER</b>  <b>St Gerasimos of Cephalonia</b>	<ul style="list-style-type: none"><li>• 7.00– 9.30am Orthros and Divine Liturgy</li><li>• 3.45pm Service of Vespers</li></ul>
<b>SUNDAY 21 OCTOBER</b>	<b>GOSPEL READING: Luke 8: 26-39</b> <b>EPISTLE READING: Galatians 2: 16-20</b>



### Telephone Contact Numbers

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Fr Athanasios and  
Fr Ephraim  
are available at the Church  
every Monday to Friday  
**between 4.00 and 6.00pm**  
for Holy Confession and  
any spiritual need.

Think nothing and do  
nothing without a  
purpose directed to  
God. For to journey  
without direction is  
wasted effort."

St. Mark the Ascetic

## SAINT GERASIMOS OF CEPHALONIA

Saint Gerasimos was from the Peloponnesus, the son of Demetrius and Kale, of the family of Notaras. He was reared in piety by them and studied the Sacred writings. He left his country and went throughout various lands, and finally came to Cephalonia, where he restored a certain old church and built a convent around it, where it stands to this day at the place called Omala. He finished the course of his life there in asceticism in the year 1570. His sacred relics, which remain incorrupt, are kept there for the sanctification of the faithful.

## Growing Spiritually: An Orthodox Christian Perspective



*The trunk and roots of the tree that Zaccheus climbed to see Jesus.*

The question of “spiritual growth” is a serious one; we speak about it all the time, but we do not all have the same understanding of what that really means.

Unlike physical growth, there is no quantitative way to measure one’s spiritual growth. And yet, we can still do it, not by using a measuring tape or a weight balance, but by measuring ourselves against the saints, the heroes of the Christian faith, most of whom gave their lives as martyrs for the faith in Christ!

Do you think that you are really patient and humble? Compare yourself to the trials and tribulations of Saint George, or Saint Demetrios, Saint Catherine or Saint Irene and even more contemporary saints like Saint Nektarios, and you will know immediately how far you still have to go. In order to make this comparison you will certainly need to read the stories of the lives of these men and women. And, do you know what? As you read about their lives you will be growing spiritually at the same time!!! Spiritual growth is a process that begins when you want it and never ends once you start it, unless you stop it.

Hence, my question to you who reads this article is: Do you really want to grow spiritually? Do you really want to know how? The responsibility is all on you! You need to make the decision and begin the effort. It is not difficult to do so. You just have to embark on this journey and God will be there to help you along the way.

Many people confuse spiritual growth with the increase in knowledge of facts and the ability to recite information. But that is not spiritual growth! Some of the most knowledgeable “Christian theologians” in the world are “spiritual infants” in the best cases and total pagans in the worst. On the other hand, some of the simplest and least educated Christians I met in my life were “spiritual giants” by comparison.

Do you really want to grow spiritually? Here is the recipe: Humble yourself, fall down at the feet of a spiritual father and confess your sins, including your pride and arrogance. It is guaranteed, you will walk away a “new person,” renewed by the power of the Holy Spirit. That will be a leap in spiritual growth. You will know it in your heart.

Do you want to retain that elevated spiritual state? Here is the recipe: Go back to the confessional again and again with a contrite heart and a humbled spirit. You will certainly begin to see yourself and the world around you in a new light. You will begin to have a different appreciation of both people and nature. You will feel God present everywhere you go. You will begin to experience joy in untold ways and see the goodness and kindness in people as you never have before.

It is not difficult to get on the spiritual-growth-path. It’s up to you to do it and you will be the first and foremost beneficiary from it.

By Father Panayiotis Papageorgiou, Ph.D.,  
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