

ORTHODOX OBLATES OF ST. BENEDICT



From the Holy Rule of St. Benedict (Prologue)

Let us then rise at length, since the Scripture arouseth us, saying: "It is now the hour for us to rise from sleep" (Rom 13:11); and having opened our eyes to the deifying light, let us hear with awestruck ears what the divine voice, crying out daily, doth admonish us, saying: "Today, if you shall hear his voice, harden not your hearts" (Ps 94:8). And again: "He that hath ears to hear let him hear what the Spirit saith to the churches" (Rev 2:7). And what doth He say?—"Come, children, hearken unto me, I will teach you the fear of the Lord" (Ps 33:12). "Run whilst you have the light of life, that the darkness of death overtake you not" (Jn 12:35).

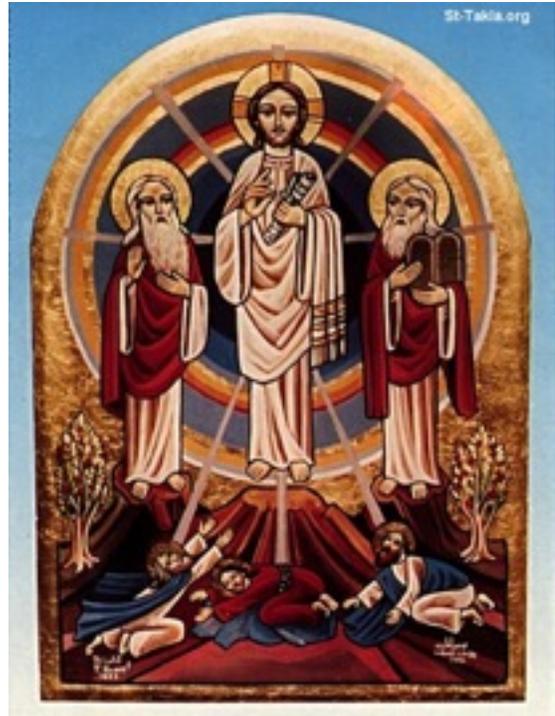
Matthew 17:1-9

And after six days Jesus taketh unto him Peter and James, and John his brother, and bringeth them up into a high mountain apart: And he was transfigured before them. And his face did shine as the sun: and his garments became white as snow. And behold there appeared to them Moses and Elias talking with him.

And Peter answering, said to Jesus: Lord, it is good for us to be here: if thou wilt, let us make here three tabernacles, one for thee, and one for Moses, and one for Elias.

And as he was yet speaking, behold a bright cloud overshadowed them. And lo, a voice out of the cloud, saying: This is my beloved Son, in whom I am well pleased: hear ye him. And the disciples hearing, fell upon their face, and were very much afraid.

And Jesus came and touched them: and said to them, Arise, and fear not. And they lifting up their eyes saw no one but only Jesus. And as they came down from the mountain, Jesus charged them, saying: Tell the vision to no man, till the Son of man be risen from the dead.



Orthodox Benedictine Saint Days for July

1: Ethelwold (English)	(+984)
13: Wigbert (English)	(+747)
21: Alberic (Flemish)	(+704)
25: Ebba (English)	(+683)
29: Medericus (French)	(+ca.700)
30: Fiacre (Irish)	(+675)

Meditation

On the Divine Light

St. Symeon the New Theologian, *Hymn 33*

The Father is light, the Son is light, the Holy Spirit is light.
 Watch what you say, brother, watch lest you go astray!
 For the Three are one light, one, not separated,
 but united in three persons without confusion.
 For God is wholly undivided by nature
 and in essence He is truly beyond all essence.
 He is not split in power, nor in form, nor in glory,
 nor in appearance, for He is contemplated entirely as simple light.
 In these the persons are one, the three hypostases are one.
 For the Three are in the one, or rather the Three are one,
 the Three are one power, the Three are one glory,
 the Three are one nature, one essence, and one divinity.
 And these are the one light that illuminates the world [...]
 But every soul who contemplates the divine light,

from whence the evil prince has fallen, despises the evil one,
and once enlightened by the unapproachable light itself,
then the soul tramples underfoot the prince of darkness like a leaf
fallen on the ground from a high tree. [...]

And when you hear the word of light, note what kind of light that I tell you of,
do not suppose that I mean the light of the sun!

For you also see in this light many human beings
sinning like me, terribly flogged,
falling, and foaming at midday,
and suffering invisibly from wicked spirits,
and while the sun shines, no more of it
is any help to those given over to the demons.

Therefore I do not speak to you of the light of the perceptible sun,
nor that of the day—far from it!—nor in any way of a lamp,
nor of the many stars, nor the light of the moon.

I certainly do not insinuate to you that the effulgence
of any other visible light has such energy.

For perceptible lights enlighten only perceptible eyes,
and they illuminate and provide only to see
perceptible things, but not rational things. [...]

Then think precisely what sort of light I tell you of!

For I do not tell you of faith, I do not tell about
the practice of works, nor repentance, nor fasting by any means,
certainly not holy poverty, nor wisdom, nor knowledge,
not even teaching. For this light is none of these,
neither the light nor efflux of light do I mean,
nor external piety, nor a humble and
shabby appearance. For all these are practice
and fulfillment of the commandments, if they are perfected
and fulfilled well, as the Creator himself commands. [...]

For all human practices stand apart from the light,
and indeed when these practices are fulfilled by our own means
they are said to be light, according to us, for others
living in wickedness. These practices also lead others to good,
and what is darkness in me and what blinds me
becomes light for my neighbour and illuminates those who see. [...]

And on account of this all askesis and all practices
are accomplished by us so that we may share in
the divine light like a lamp, like one candle
the whole soul may cast her light before the unapproachable light.
Or rather, like a papyrus dipped into a candle
so a soul increasing in every virtue
is wholly ignited by the divine light, insofar as she will be able to see,
so will she contain as much light as she brings into her house,
and then the virtues are illuminated as they participate

**“...like a papyrus
dipped into a
candle, so a soul
increasing in every
virtue is wholly
ignited by the
divine light...”**

THE NEXT MONTHLY RETREAT

August 8, 2015

10:00 am - 2:00 pm

OFFICIANT: Deacon Lazarus
CANTOR: Subdeacon Michael
READER: Ben Sandoval
MEDITATION: Father Stephen

LUNCHEON LIST

MAIN COURSE: ?
DRINKS: Wilfrid
SNACKS: Dcn. Lazarus
DESERT: Ben
SALAD: Linda

**COULD A VOLUNTEER STEP
FORWARD TO PROVIDE US
WITH A MAIN COURSE FOR
LUNCH?**

in divine light, and they are called light,
 or rather they are themselves light since they have been commingled with light.
 And the light shines all around the soul herself and the body,
 and truly shines on the one who first possessed it,
 and then on all the rest who are in the darkness of life.
 Enlighten us, O Christ, in the All-Holy Spirit,
 and make us heirs of the Kingdom of Heaven
 with all your saints, now and unto the ages. Amen.

St. Æbbe of Coldingham



Ebbe (or Ebba) lived in the seventh century and was the daughter of King Ethelrith of Northumbria. At his death, she journeyed to Scotland and eventually became a nun at the double monastery of Coldingham.

In time, she rose to the post of abbess and was known far and wide for her wisdom and holiness. She was joined briefly by her aunt St. Ethelred in 672 until the latter went on to establish her own monastery at Ely in 673.

Due to the noble background of members of the religious community, the monastery was also a place of eating, drinking and entertainment. While Æbbe, herself was noted for her own piety, she had trouble enforcing discipline at the monastery. St. Cuthbert, who visited Æbbe's monastery to instruct the community, would disappear at night to bathe and pray in the sea, to stop himself succumbing to temptations of the flesh.

Ebbe ruled her religious daughters with love and discipline. She also settled disputes that arose among the surrounding populace from time to time. She died at Coldingham in 683 and was venerated from that time on.

St. Ebbe went from a life of nobility to a life of asceticism and prayer as a daughter of the Lord. She brings to our mind once again that world honors and riches are fleeting, whereas spiritual riches endure forever.

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**OBLATES INTERCESSION LIST
FOR HEALING**

JULY 2015

X	RON FOSS
	LARRY BATER
	BARBARA
X	ELA
X	MARGARET
X	UNCLE EDDIE
X	GUY HUFT
X	FR. GABRIEL
	PHIL
	HOPE
X	DANIEL
	MICHAEL
	ALICE

GENERAL

	JASON
X	DAVID & AMANDA
X	BRONDT & GRACE
X	ST. GEORGE THE GREAT MARTYR ORTHODOX CHURCH (OCA)
X	BEN
X	LYDIA
X	LINDA
	FR. JACK BARKER
X	FR. STEPHEN AND FAMILY
X	SDN. JOSEPH
X	DANA HUFT
X	RAFEEDIE FAMILY

X	METROPOLITAN JOSEPH
	PHILLIP
X	NEWBORN HOWELL BABY GIRL
	ORTHODOX OBLATES OF ST. BENEDICT
	PAINTING THE INTERIOR OF THE CHURCH
	ALL BATTERED CHILDREN
	WOUNDED MILITARY
	ALL PRIESTS IN THE CHURCH
	ALL CLERGY WIVES
	ALL CHRISTIANS IN THE MIDDLE EAST
	SYRIAN ORPHANS
	THOSE CAUGHT IN HUMAN TRAFFICKING
	ALL WHO WORK IN SPACE

R.I.P.

X	METROPOLITAN PHILLIP
X	ARCHIMANDRITE MICHAEL
X	KH. NANCY LEE DOWNING
X	SDN. JOHN BORLAND
X	FR. BRENDON
X	RICK RAFEEDIE
	FRANCES PERKINS
	EARL PERKINS