

ORTHODOX OBLATES OF ST. BENEDICT



From the Holy Rule of St. Benedict (Prologue)

Hence, the Lord also saith in the Gospel: "He that heareth these my words and doeth them, shall be likened to a wise man who built his house upon a rock; the floods came, the winds blew, and they beat upon that house, and it fell not, for it was founded on a rock" (Mt 7:24-25). The Lord fulfilling these words waiteth for us from day to day, that we respond to His holy admonitions by our works. Therefore, our days are lengthened to a truce for the amendment of the misdeeds of our present life; as the Apostle saith: "Knowest thou not that the patience of God leadeth thee to penance" (Rom

2:4)? For the good Lord saith: "I will not the death of the sinner, but that he be converted and live" (Ezek 33:11).

I Corinthians 15:12-27a

Now if Christ be preached that he rose from the dead, how say some among you that there is no resurrection of the dead?

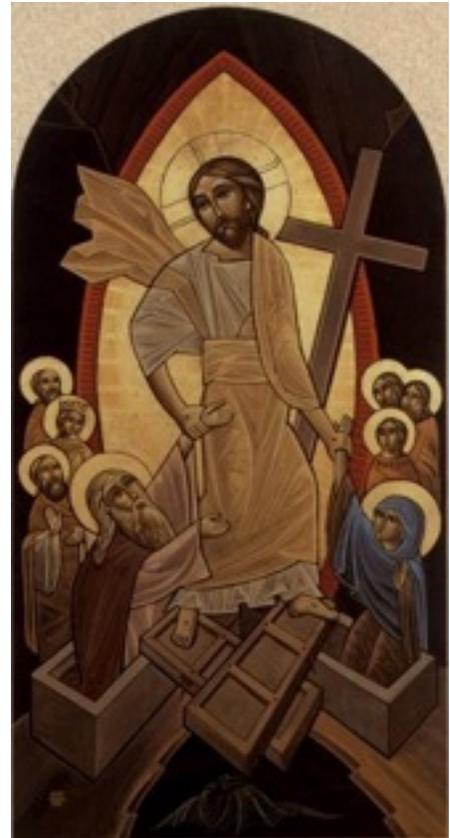
But if there be no resurrection of the dead, then is Christ not risen: And if Christ be not risen, then *is* our preaching vain, and your faith *is* also vain. Yea, and we are found false witnesses of God; because we have testified of God that he raised up Christ: whom he raised not up, if so be that the dead rise not.

For if the dead rise not, then is not Christ raised: And if Christ be not raised, your faith *is* vain; ye are yet in your sins. Then they also which are fallen asleep in Christ are perished. If in this life only we have hope in Christ, we are of all men most miserable.

But now is Christ risen from the dead, *and* become the firstfruits of them that slept. For since by man *came* death, by man *came* also the resurrection of the dead. For as in Adam all die, even so in Christ shall all be made alive. But every man in his own order: Christ the firstfruits; afterward they

that are Christ's at his coming. Then *cometh* the end, when he shall have delivered up the kingdom to God, even the Father; when he shall have put down all rule and all authority and power.

For he must reign, till he hath put all enemies under his feet. The last enemy *that* shall be destroyed *is* death. For he hath put all things under his feet.



Upcoming Orthodox Benedictine Saint Days

24: Ecgberht of Ripon	(+729)
26: Paschasius Radbertus	(+865)
02: Waldebert	(+668)
06: Petronax of Monte Cassino	(+747)

Abbot Tryphon of All-Merciful Savior Monastery, Vashon Island, WA

Instead of complaining, do something about your complaints. Make a difference in your life, and the lives of those around you, by keeping focused on making a difference. If there is reason to complain, change your complaint into a positive action that changes your perspective. Complainers never change a thing by their constant negativity, other than make those around them want to take a cab to the other side of town. Complaining seems to many like such a little sin, and nothing to be worried about. Yet the impact of a complaining heart is spiritually ruinous, for when we complain we bear bitter fruits that destroy our

Meditation

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peace and the peace of those around us.

When we refuse to fill our lives with complaints, we live our lives knowing that opposing the evil that is the root of our complaints, means we preserve our inner peace. Some live as though avoiding complaining will make everything worse, for by doing so they ignore the reality of negative things. Yet when we complain, we are returning evil for evil, and giving the fallen spirits the very thing they thrive upon.

Complaining never changes a thing, but only strengthens the power of the evil that is the very basis of our complaints. When we face every bad situation with a positive response, we empower the heart to good, by diminishing the power of negativity. By keeping a positive mindset, the sin of complaining is banished from our life, and everyone around us is bathed in a healing and healthy setting.

Most of the world is stuck in Good Friday, but we are a Paschal people, living in the Resurrection. The Elder (now Saint) Paisios of Athos, said, “A positive thought is worth more than a Vigil service on Mount Athos”.



THE NEXT MONTHLY RETREAT

May 9, 2015

10:00 am - 1:00 pm

OFFICIANT: Deacon Lazarus
CANTOR: Subdeacon Joseph
READER: Benedict Girard
MEDITATION: Ben Sandoval

LUNCHEON LIST

MAIN COURSE: Samia
DRINKS: Ross
SNACKS: Bp. Anthony
DESERT: Brondt
OTHER: Deacon & Patty (Bagels)

The ORTHODOX OBLATES OF SAINT BENEDICT NEWSLETTER is published by the Orthodox Oblates of Saint Benedict of Saint Michael Orthodox Christian Church, Whittier, CA. Our Spiritual Director is Archpriest Father Stephen Herney; the Secretary is Subdeacon Michael Perkins; the Publisher is Brondt Kamffer. ICONS: The Death of St. Benedict; Sermon on the Mount; St. Benedict.

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