

St. Barbara Orthodox Monastery
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*St. Barbara Monastery
July Friends' Gathering*

Sunday, July 31st, 2022

4:00 pm Presentation:

*“For what I will to do, that I do not practice,
but what I hate, that I do”:
On Starting and Ending Bad Habits*

*Speaker: Dr. Xenia (Serena) Enke
Licensed Psychologist
St. Andrew Orthodox Church
Riverside, CA*

5:00 pm Vespers

6:00 pm Potluck



Dear Friends of St. Barbara Monastery,

Beginning with Pentecost until the start of Great Lent the following year, the Church designates each succeeding liturgical week with specific reference to Pentecost, i.e., the 1st week after Pentecost, 2nd week after Pentecost, etc. We are now in what is sometimes called “regular time,” but there is nothing “regular” about it! As a Church, we are in the time of the Holy Spirit, where we reap the results of the outpouring of the Holy Spirit on Pentecost. We need the grace of the Holy Spirit to move us from our earthly understanding to divine enlightenment.

“That we may be counted worthy to hear the Holy Gospel, let us pray to the Lord.” This petition is intoned before the reading of the Gospel at every Orthodox Liturgy. In this prayer, we are asking to be made worthy, that is, *capable*, of hearing and understanding rightly what the Gospel is saying and, hence, to be able to be transformed by it.

In the Lord’s Prayer, we pray to receive that grace-filled portion of the Gospel we can bear and assimilate that day. Although this verse is often translated as, “Give us this day our *daily* bread”, the Greek word for “daily”, *epiousios*, literally means “super-essential”. The Fathers refer to this “super-essential bread” as the very body of Christ Himself, but they also take this to mean the Word of God, i.e., the Holy Scriptures. In this latter interpretation, we are asking God to give us that “bit of heaven” from Scripture—a divine crumb—that may we “eat”, be nourished and grow up in the Lord.

But just *how* are we to become more capable of hearing the Scripture and, specifically, the Holy Gospel? How can we become more “worthy to hear the Holy Gospel,” more capable of understanding it and letting it penetrate our hardened hearts to do its saving work?

Mother Victoria once asked her elder, Father Dimitri, how she should read the Bible. “On your knees,” he replied. This is the same spirit of humble reverence with which we can approach the Scriptures. Come! During this long period between Pentecost and Lent, let us work to open our hearts to the grace of the Holy Spirit by the daily renewing of our minds through the reading of Scripture. Then when next we hear those words spoken at the Divine Liturgy—“That we may be counted worthy to hear the Holy Gospel, let us pray to the Lord.”—let us strive to pray these words from a heart that is humble, reverent and open to His grace!

The Sisters
of St. Barbara Orthodox Monastery

ORA ET LABORA: ST. ANDREW YOUTH CAMPERS

On Tuesday, July 12th, the youth of St. Andrew Orthodox Church, Riverside, led by Fr. Josiah Trenham paid a visit to the monastery as a part of their weeklong summer camping trip. The day began with an early morning Divine Liturgy for St. Paisios the Athonite followed by a light breakfast. After breakfast, the campers disbursed to their various assigned labors—harvesting and processing fruit, digging, leveling the ground and tidying up in the cemetery, and putting elbow grease into polishing and shining up the brass candlestand pieces from the monastery church. Overseeing these industrious workers were Dn. Joseph Thornberg, Sbdn. Raphael Sammons, Sbdn. James Zarour, Dr. Jim Roum, Presvytera Catherine Trenham, Shamassy Marina Thornberg, Theodosia Sammons and Dr. Keith Buhler. Despite the brevity of this visit, there was much grace in the common prayers and labors offered to the Lord this day.



A WORD FROM THE FATHERS

...Reading (of the Scriptures) binds fast his thoughts, keeping them from dispersion and wandering and from grazing amid vain things... it unceasingly sows in him the remembrance of God and of the pathways of the saints who have pleased Him.

—St. Isaac the Syrian, Homily 20, Ascetical Homilies

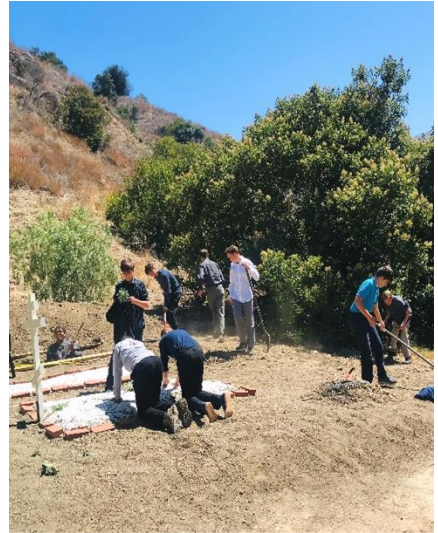
RECENT PHOTOS



*Left: Shine, shine!
Polishing the church
candlestands.*

*Right: Young men from
St. Andrew laboring in
the cemetery.*

*Below: The Sisters were
assisted at the summer
festivals (Ventura Greek
Festival and Ojai
Lavender Festival) by a
“dream team” of
faithful friends, some of
whom are pictured
below.*



ABOUT OUR SPEAKER

Dr. Xenia Enke is an Orthodox Christian psychologist who received her PhD from Colorado State University. Her therapeutic practice flows directly from her deep commitment to the Orthodox Christian Faith and the teachings of the Holy Fathers. She works with clients on a variety of issues such as depression, insomnia, anxiety, panic, PTSD, anger, relationships, parenting, etc.

