

THE ROCK

"THE LORD IS MY ROCK." (PSALM 18:2)

PAPAL MESSAGE

When we contemplate the events of the Resurrection, we behold these 3 days, Friday, Saturday and Sunday. Friday of the crucifixion or Good Friday; Then joyful Saturday, the Saturday of expectation; Then Sunday of the Resurrection, that is the Sunday of victory.

The first day, is the day of the cross, Friday. The day of the cross is the day of faith. Friday is the day we were established in Christ, the redeemer and savior of all mankind. The foundation of your faith is the cross upon which our Lord Jesus Christ was crucified. He transformed the cross from shame, humiliation, and symbol and tool of death. Christ changed this into a tool of glory and honor, in which we all take pride.

Then comes Saturday, the Saturday of joy. We also call it the Saturday of expectation, the Saturday of hope. This was the expression used by St. Paul, that this is the day of hope. Christ was crucified, died on the cross, and then was buried in the tomb. The disciples and all the beloved were anticipating with hope this resurrection.

Then came the dawn of Sunday, which is the day of resurrection. The day of resurrection is the day of love. Let us look at what St. Paul says: "And now abide faith, hope, love, these three; but the greatest of these is love." [1 Corinthians 13:13]. God came to rise from the dead on the dawn of Sunday. This became the strongest expression that Christ gave in the resurrection of His love for humankind.



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IN THIS ISSUE:

Papal Message - 1

Spiritual Meditation - 2

Book Recommendation - 3

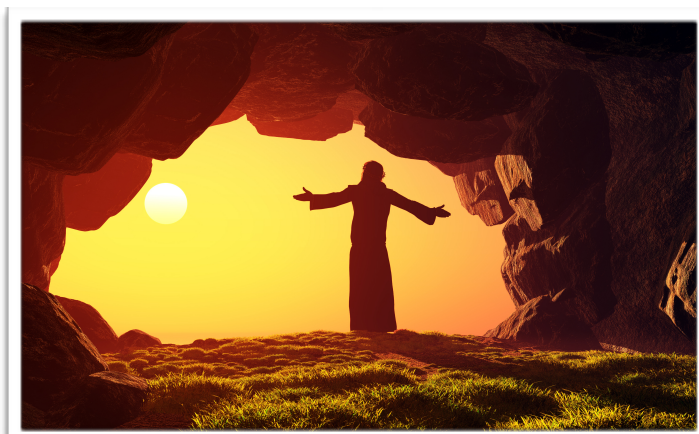
Saint Justina - 3

Verse Reflection - 4

Resurrection

SPIRITUAL MEDITATION

Resurrection; the concept of coming back to life after death. We celebrate the Resurrection of Jesus Christ our Lord; His coming back to life after His crucifixion as prophesied centuries prior. During this time, we must consider what the Resurrection means for us; perhaps our spiritual lives need to undergo a Resurrection during this season as well. In our lives, we might feel the need to be in control and have everything figured out; this could lead to anxiety and worry, and can create a false sense of responsibility that burdens us. These feelings need to be crucified during this season; **we need to let go of what is troubling us and allow it to die within us so that we can make way for the resurrection of hope and happiness to take place. Our spirits cannot be resurrected if what was holding them back does not die first. Once we let go of what is burdening us, hope starts to grow, and our happiness starts to increase.** It's important to take concepts like the Resurrection



and apply them to our lives personally; God wants to renew us and make us whole. May our spiritual lives undergo the same resurrection that our God came down to earth to fulfill for our sakes.

“The day of resurrection is the day of love.” - Pope Tawadros II

THE VICTORY OF RESURRECTION

On one of the fourth century's Resurrection Feasts, Saint John Chrysostom described his joy for God's victory in wonderful words. They came out of his heart and immediately touched the audience's heart. He said, “Don't let anyone cry because of his bodily desires, for now the kingdom of God is welcoming everyone. Don't let anyone wail because of his sins, as the redemption of sins has come to us from His tomb. Don't let anyone be afraid from death. **Our Savior has died, and by His death, He made us free from any fear of death. Death came to him, but He stepped forward and overcame it. He went into Hades and destroyed it. He put His fear among its people. O Death where is your sting? O Hades where is your victory?**”



Beginning to Pray by Anthony Bloom

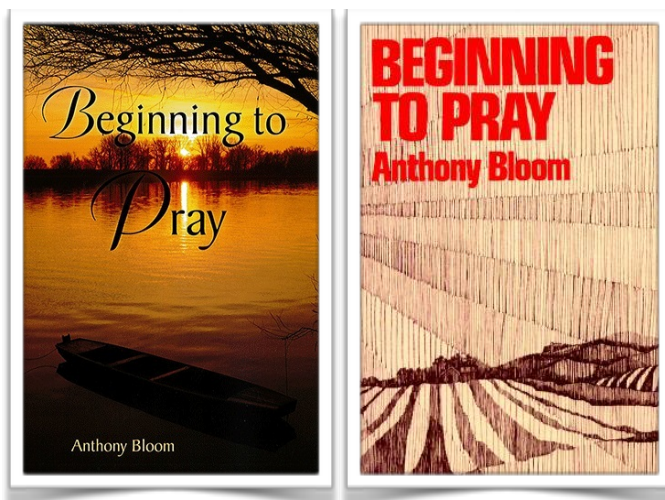
BOOK RECOMMENDATION

Beginning to Pray is simple to read and opens up a world of prayer that is a beautiful encounter with God. Metropolitan Anthony Bloom presents interesting new ideas through truly simple and wonderful language. The following are some ideas that Bloom discusses in this book:

1. **Prayer is not formulaic or ritualistic;** it is not some magic spell that forces God to behave for us. It is an encounter and a relationship. Bloom makes this clear by saying that it cannot be forced by us for there is nothing that we can do to make God interact with us. We often neglect the innumerable occurrences in which we refuse to turn to God.

2. **Prayer is a relationship of love.** This becomes true for us through the beatitude of poverty. All that we possess is a gift from God, and we possess nothing that we can keep. Every gift is a sign of God's love; holding onto possession takes us out of the realm of love.

3. **Prayer turns inward.** The inward journey of prayer is not a journey into myself but through myself toward God.



4. **Stirrings of the heart teach us to pray.** The prayers of the church teach us to pray, and Bloom gives excellent guidance in applying these to our lives. Whenever a prayer of the Church touches us deeply and stirs us, we should grab hold of this, learn it, pray it and live it.

5. **Prayer must be lived.** Words of prayer are words of commitment to God. Bloom makes an interesting statement that Christ is not going to be crucified for us every day, there is a moment that we must take up our own cross. When we speak to God we must be willing to live and commit to what we say.

AN ICON OF PURITY: SAINT JUSTINA

There was a magician called Cyprian. He used to call demons to do what he asks for. One day he saw a woman called Justina and was charmed by her beauty. He sent demons to Justina, **but every time they found her praying so they came back defeated.** Cyprian said to the demons that if they would not bring to him Justina, he would become Christian. So, the chief of the demons took the form of St. Justina and went to Cyprian. When he saw “her” coming, he said with gladness: “Welcome, queen of women, Justina”. Suddenly, the demon who was disguised as Justina melted and disappeared like smoke for he **could not tolerate her pure and holy name.** Afterward, Cyprian burned all his magic books and became Christian. They were both martyred on 21 Toot 257 A.D. May their prayers be with us.





SMSJ Youth Events:

- SMSJ Summer Camp
Activities Youth Jobs - July 2 - August 23, 2019
- Aroland Mission Trip - July 22-27, 2019
- Youth Summer Retreat to St. Moses Abbey, Texas, US - July 30 - August 8, 2019

Youth Meetings:

- English Midnight Praises & Bible Study for Youth - every Thursday 7:00PM - 9:00PM
- Youth Fellowship Meeting - every Friday 8:00PM - 11PM
- Youth4God Meeting - every Saturday 7:00PM - 8:15PM
- Servants Preparation Meeting - every Sunday 12:00PM - 1:00PM
- Sports on Sundays (SOS) 2:30PM - 4:30PM

Contact Us:



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Verse Reflection

“Therefore if any man be in Christ, he is a new creation: old things are passed away; behold all things are become new.” (2 Corinthians 5:17)

“If any man is in Christ, he is a new creature, the former things have passed away.” The “new creation is the apostolic rule. And what this is Paul makes abundantly clear in another section, saying: ‘In order that I might present to myself the church in all her glory, not having spot or wrinkle or any such thing, but that she might be holy and without blemish.’ A new creature he called the indwelling of the Holy Spirit in a pure and blameless soul removed from evil and wickedness and shamefulness. **For, when the soul hates sin, it closely unites itself with God, as far as it can, in the regimen of virtue; having been transformed in life, it receives the grace of the Spirit to itself, becomes entirely new again and is recreated.**”

- St. Gregory of Nyssa

