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"Pray at all times"



We know that this is the goal, but is it possible? The short answer is yes, but how? Here is another question. Have you ever had a particular jingle or song in your head that won't go away? If you have answered yes, then all the human hardware works. Most of us have had that frustrating occurrence too many times to count. Next question is how did it get there? The answer would be the senses, in this case - hearing. We have the ability to control what goes on inside of us and to guide the process. (When we have difficulty or if we have lost control, then that is a matter for Confession.)

In order to pray at all times, we need to input the things we want to repeat and not go away. The prayers and the holy Sacraments of the Church provide us with a foundation that involves all of our senses – sight, smell, hearing, touch, and taste — and the entry into Paradise, where the conversation is communion, and we encounter the Word who is Life.

Fasting and other ascetic endeavors train us and calibrate what is allowed to enter, to be the focus, and to increase the intensity. One of the beautiful aspects of our Church is that we do not have to invent or search for what to do. The calendars we



receive from the parish outline the fast days, fast periods, and daily readings of the Holy Scriptures, and the lives of the Saints provide us with additional food for thought and real change to the core of our being and for every facet of life.



A personal prayer rule, especially the Jesus Prayer, extends our remembrance of the holy Sacraments and the prayers of the Church into all the moments of our life, bringing the ones that were furthest from God into His presence through repentance and gratitude that are united in His mercy. Not sure where to start with a prayer rule? Ask your priest. You are in the prayers of the monastery wherever you are on the path to "pray at all times."

Monastery News

The week of October 25th, the lawn was mowed and then a large crew of Faithful gathered at the monastery. Led by Father Peter Bodnar, they began with praying the Akathist to the Holy Resurrection and then proceeded to clean and organize. So grateful for them and cannot wait to welcome them back!



With the blessing of His Eminence Archbishop PAUL, Holy Resurrection Monastery officially opened on November 1, 2020 and Mother Alexandra began residing there after attending Divine Liturgy at St Thomas the Apostle Orthodox Church in Springfield, MO.



During the initial 30 days, Mother established the cycle of services in the Chapel and completed various legal tasks to have Holy Resurrection Monastery recognized as a corporation, obtain 501(3)(c) not-for-profit status, and to open or begin banking and other necessary accounts and services. She also learned how to dip candles to continue this endeavor in support of the monastery. Much appreciation goes out to Thom Letchworth who provided lessons and Judith Bennet and family who provided written instructions and records.



Once prosphora could be baked, the first Divine Liturgy was served on St Nicholas Day, and then on December 20. As in December, the schedule continues with the Hours followed by Divine Liturgy on the 2nd and 4th Sundays of the month and Feasts TBA, such as the Akathist and Divine Liturgy that was served on Feast of the Holy Nativity. Many thanks to Fr Peter and Mat Cynthia Bodnar!



Many repairs have been completed: sinks and drains reset, faucets replaced, cabinets repaired, and all electrical outlets now function. There still remains much work to refurbish the monastic cells and to furnish the residence. Currently, there is no furniture in the monastic common room or the guest cells.

On January 3, 2021, the Sunday before Holy Theophany, Mother Alexandra attended the Hours and Divine Liturgy at Annunciation of the Virgin Mary Orthodox Church in St James, MO.



In January, thankfully the candle orders began to trickle in. Parishes desiring to place an order may do so by phone, email, or soon by the website. Thank you in advance for supporting the monastery!

On January 17, 2021, the Sunday after Holy Theophany, Mother Alexandra traveled to Overland Park, Kansas and was blessed to worship with the Faithful of Holy Trinity Orthodox Church. After the Divine Liturgies, she was invited to offer a presentation about the monastery.

A new website has been launched at <u>holyresurrectionmonastery.org</u> containing information about the monastery. Other pages and an online gift shop, where candles and prayer ropes will be available for purchase, will be added. An online donation button is now available.

Service Schedule

| Daily Except Thursday | 5:30am Matins, 1 st Hour 4:30pm 9 th Hour, Vespers |
|--------------------------|--|
| Sundays | 2 nd and 4 th Sundays of the Month 9:00am 3 rd and 6 th Hours, Divine Liturgy |
| Feasts | ТВА |

For daily services, simply come. Due to covid 19, please call prior to attending Sunday Divine Liturgy so that the Chapel occupancy is not exceeded.

Prayer List (first names only, no nicknames)

| Living | Departed |
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