

## PATERNAL ADVICES

### 664 (LANGUAGE/ CHATTER/ SILENCE)

Be aware that the **less you talk, the less you sin!**

The wise **Solomon** says in his Proverbs:

“Sin is not ended by multiplying words,  
but the prudent hold their tongues.”

That is, “**One does not avoid sin if one chatters**”.

And he adds:

“The lips of the righteous nourish many,  
but fools die for lack of sense”.

Which in fact means:

“If you are **careful** with your **lips** and your **words**,  
you will be **wise and prudent**”.

Also **St. Arsenios said** by his very important and true apothegm (maxim):

“Many times when I **have spoken**, I regretted it, but **never** (regretted) when I kept my **silence.**”

**Actions** will prove the **truthfulness** of all the above.

\*A clarification:

**Not to judge** somebody does **not** mean that I **agree** with what he **does**.

I simply do **not judge** (the person concerned).

### 665 (SIMPLICITY-GOD)

The **Holy Trinity** is **simple**· simple and indivisible.

Having been created **at the image of God**, we have **by nature a simple soul**.

To put it simply, **after the fall**, our **soul** acquired **diversity, multiformity and versatility**.

However, our good **God wants us simple**... in **thought**, in our **words** as well as in our **behaviour**, so that we may **resemble Him**.

We may apply here what the Lord categorically said:

“Truly I tell you, **unless you change and become like little children, you will never enter the kingdom of heaven.**” (Matthew 18,3)

### 666 (SICKNESS/ PAIN/ FAITH)

I wrote in P.A. no. 526:

“Do you have a **pain** in your **body** and **you do not** feel well or you **worry** somewhat?  
**Cross** the painful part **four times** and say each time:

**In the name of the Father, Amen.**

**And of the Son, Amen.**

**And of the Holy Spirit, Amen.**

**By the prayers of my father, Amen.**

(we mean our spiritual father)

After this, **leave it (do not worry** about it anymore) and **(God willing) will go away ...”**

(I complete):

You may also speak to the **Mother of God**:

“**Mother of God**, I have **this pain**. I am just telling you, **please bear it in mind...**

Thank you.”

Also please say to **Jesus**:

“**Christ**, I will occupy myself with my **spiritual matters**. Please deal with my **material matters**”.

(that is, whatever **problems** I have)

The above are **direct medicines** which...**cure quickly!**

The **doctor** is our **last and farthest choice**.

(even in such a case, all the above continue to be valid)

### **667 (PROBLEM/PATERNAL ADVICE/PRACTICAL ADVICES AND SOLUTIONS)**

**Whenever we face a problem, a situation, a blunder, an impediment, an error, a fall, etc.)** let us search for the present **Paternal Advices** that are included here, so that we may find an **immediate answer and solution**, which, if I may say so, is **effective and it works!**

In other words, **let us think and let us say** to ourselves:

What do the **Paternal Advices** say on this matter? The **first answer** you get, **just do it**.

**Practicing it** will prove the **truth** of the matter.

**Try it!**

### **668 (CARNAL MATTERS/ CARNAL THOUGHTS (LOGISMOI)/ CARNAL WAR)**

I would like you to know that **carnal matters** and **carnal thoughts** and **temptations** are a means used by the devil to keep us under his control.

These thoughts and temptations are a **pure lie**, a **pure illusion** and **fraud**, full of demonic influence and energy, taking advantage of our fallen nature!!!

Never trust this **illusory carnal thought**, this **deceptive phantasy of the flesh!!!**

For it presents the **ugly as beautiful**, the **bitter as sweet**, the **unpleasant as pleasant**, the **humiliation as honour**, the **sadness as joy**, the **anguish as pleasure...**

Without mentioning each one separately, suffice it to say, he presents **the lie as truth!!!**

Some say, why does **God allow** the **devil** to tempt us?

However, my brothers, by his **war** against us the **devil** is in fact doing us a **great favour...as long as we do not consent to sin or, worse, we do not practice it.**

Why and how this **war** can help us?

**Because:**

**1. We humble ourselves and we come down to earth.**

**2. We are compelled to humbly ask for divine help.**

**3. By our resistance, our carnal passion and any other passion, which latently lie into us, are weakened.**

**4. We solidify our virtue,**

and finally,

**5. By our resistance and struggle, we progress spiritually...**

As long as:

**1. We do not provoke temptation, which is pride and folly**  
and, as I said,

**2. Not to give in and submit ourselves to pleasure.**

So, **take care and be vigilant...**

May **God help us** and **guard us** from the **traps** of the **devil...**

### **669 (TEMPTATION/ CONSCIENCE/ GOOD/ BAD/ STRUGGLE)**

Have you fallen into **temptation**? Is your **bad thought** telling you to do **B**, but the **right** thing to do is **A**?

You **want** to do **A**, which is **right** and not **B**, which is **wrong**. At that point the battle commences between the **good** and the **bad thought ...**

**What** do we **do** in such a case?

I advise you to do the following:

**Refrain** from taking part in the **discussion!** During the period that **the two thoughts are fighting between them...**, you – **without telling anyone** – (either to the bad or to the good thought) start quietly to do **A -the right thing-** and you will **immediately** see the **battle to cease and the quarrel and the war to dissolve...**

By this smart **trick**, this clever **move**, this soundless **method**, you **escaped** from the **fall** and **won** the **battle...effortlessly!!!**

## 670 (SIN/ PASSIONS/ ATTENTION/ NEPSIS(SOBRIETY)/ STRUGGLE)

The present Paternal Advice is related to the previous one, 669.

We all know by experience, that at the **point** where a glass **has cracked**, we do not apply **pressure!**

The same applies to **passions:**

We must be aware that **passions** are **bound to come back!!!**

That is, if an **excuse** is given, **the passion returns immediately** and it is **reactivated...**

Bearing in mind the above:

When due to **bad habit** and a **frequent repetition** of a **sin**, you are **susceptible** to a **passion**, **be very attentive!!!** If, of course, you wish **not to fall again** into this.

- Be attentive of the **passion...**
- Have your **eyes fully open** when the **passion** finds **fertile ground** to **manifest itself...**
- Be **watchful, sober and vigilant...**

**Otherwise**, you will **regret** it...

## 671 (REPENTANCE/ SPIRITUAL STRUGGLE)

The **true repentance** (for something specific) **presupposes:**

1. **True awareness** of the mistake (sin).
2. **True repentance for this.**
3. **True wish** and desire **not to repeat it.**

After you pass all these **3 criteria** from now on:

1. **You may rejoice!**
2. You **may** and you **must continue** your **struggle** with **more intensity** that you had **before the fall.**
3. From now on you are **entitled** to all **gifts and graces** offered by **Christ** and his **Church** to each **baptized Orthodox.**

**True repentance**, means **change** of the mode of **thinking**, of **speaking** and of **behavior**.  
**Change of priorities, desires and wishes ...**

**Repentance** is the **resurrection** of the **soul** before the **biological death...**

**Joy** in the soul, **joy** in **heaven**, says the **Lord:**

“Just so, I tell you, there is joy in the presence of angels of God over one sinner who repents.”  
(Luke 15,10)

**I wish all of us a good repentance!**

## 672 (NEIGHBOUR/ JUDGMENT/ LOVE/ WORLDLY WEAKNESS)

1. Try not to **know or learn the malice of your neighbor**. If you do so, **by itself** it constitutes **your own malice...**

Let us take the **example** of the first Emperor of Byzantium, a **Saint**, correctly called **Constantine the Great**:

He was present at one of the **Councils of the Church**, when some persons brought **libels (malicious accusations)** against **clergymen**. **What did the holy King do? Without even opening them, he tore them apart before** all present and characteristically **said**:

**“If I myself, the Emperor, see a priest sinning, I will take off my tunic to cover him, so that no one sees him...”**

2. **Do not dislike any person** (whether a **good** or a **bad** one).

Instead, love all people (both good and bad).

(Note: This, of course, does **not imply** that you **agree** with their... **bad actions**.)

3. Avoid **judgment** as if it is... a **leech** which **sucks** your **spiritual “blood”**, that is, everything good and spiritual you have...

And **do not forget**:

4. The **power** of the Christian is **worldly “weakness.”**

**For example**, our **Jesus Christ**, the Lord himself, has **assured** us that:

**“And when I am lifted up from the earth, I will draw everyone to myself”** (John 12, 32)

(that is, when I am **raised up** on the **Cross**, I will **attract** all **persons** to my **love** so that they may be granted **salvation...**)

And the word became **reality**: Our **wordly “weak”** Christ, **attracted** the **whole world** towards himself ...

This, my brethren, is the **way** of the **Saints...**· this is the **way** of the **true Christians!**

## 673 (JESUS PRAYER/ SOBRIETY)

**Keep asking yourself** from time to time:

**“Do you remember to say the Jesus Prayer?”**

Then **turn into yourself** and **start saying it secretly...**

## 674 (JUDGEMENT/ NEIGHBOUR/ GOSSIP)

You are with a group of **people** and you notice two things happening:

1. They start saying (whether true or false, **it does not matter**) **bad** things about other **people** who are not present... If you are not able to **leave, close your ears** as much as you can and **hear...without hearing(!)** **Do not** listen with **interest! Do not** want to **learn... Do**

**not** consider that you will be losing something if you **do not** learn such things... (Did you know about them the day before, when you were **calm**?)

What you are **definitely** going to **lose** -if your ear is **attentive** to them- is the **peace** and **calmness** of your **mind** and your **soul**...

2. Do you feel that you have **judgmental thoughts** in that company?

Do as Ulysses of the Greek Mythology did:

**"Close"** in advance **your "ears"** to any **thought of judgment that comes to you... and let it go away in the void...**

Make an **"agreement"** with **yourself** in advance, that **whatever you hear** -either **externally** or **inwardly**- **against your neighbor** (that is, **a bad thought**), is **rejected** and **condemned** by you!

Bearing in mind the two matters I mentioned, you **may** be able to **maintain** the **calmness** and the **repose** of your **conscience** and your **soul**!

**I wish that to you!**

**675 (PLEASURE/ IMPASSIVITY {APATHY}/ CAPTIVITY/ FREEDOM/ JOY/ COMPULSION)**

How can anyone **understand** what I am about to say?

The **greatest pleasure** is to have **impassivity** towards **pleasure**.

Can you understand this? You have to experience it, to live it in order to understand it.

If one **succumbs** to **pleasure**, this is no **joy**, but **compulsion**. It is no **freedom**, but **captivity**.

In general, there is no **greater pleasure** than treating **earthly matters** with **impassivity**. Thus, one **may turn** completely towards **spiritual** and **heavenly** matters. (When I speak of pleasure, I do not mean only carnal pleasure but any other kind of **attachment** and **captivity to earthly matters**).

We may apply again **here** what the Lord categorically said and which we often repeat:

**"Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven."**(Matthew 18, 3)

**676 (SIMPLICITY/ HUMILITY/ NEIGHBOUR)**

**Civility, courtesy, simplicity, and humility** demand from you to be **affable** when something is **offered** to you. **Accept** it with **simplicity** and **pleasure**.

**677 (NEIGHBOUR/ LOVE)**

Gladly **give your place, your turn, your right...**to your **neighbour**!

**"Love your neighbor as yourself"** (Mark 12.43), **says the Lord**.

And before this He said that **“the first commandment of all”** is to **“love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength** (Mark 12, 30).

And then he added **“...and the second, similar to this, love your neighbour as yourself.”** (Mark 12, 32).

The first is a **prerequisite** of the second one.

How nice then is to **put** ourselves in the **place** of our **neighbour** and to **consider** our **neighbour** as **ourselves!**

**Do to him as we would wish others to do to us. Do to him as we would do to ourselves...**

Our **Paradise** (or our **hell**), my brethren, is our **respective stand** towards our **neighbour...**

### **678 (FAMILY/ MISUNDERSTANDINGS/ HUMILITY)**

Although it should not, **unfortunately** it happens in the **same house**, in the **same family**, to have **misunderstandings, resentments**, even **“hostile” encounters** between its **members**.

This may also **happen to you** and surely you **do not like it!**

Trust me, the **best reaction on your part**, when you face such treatment is the **speechless humility...** This **“disarms”** our opponent!

In parallel, try to become a **man of God**, a man of **prayer**, so that you may have **God** as **your ally** and as **your defender**.

More than anything, you should **turn** your **hopes** to **Him** and not to your **fellowmen...**

### **679 (THOUGHTS/OBSESSIONS/ DEVIL)**

When you see a **thought** to **“stick”** and not **going away**, be aware that it originates from the...**psychopathic, maniac** and **obsess-ridden devil**, in **cooperation** with our **fallen nature**.

Do **not** try to **resist it...** Simply **turn** the **“look”** of your **mind elsewhere** and...**ignore it!**

### **680 (PLEASURE/WEAKNESS/ABSTINENCE)**

When something presents itself to you to which you have a **weakness**, be careful because it may **dominate** you! **Restrain yourself! Do not let it capture your heart!**

Instead, place in front of you your **“holy programme”**, your **“holy decisions”** (taken during your **introspective evening review of the day**) and **follow** them.

**Otherwise**, the first, that is, **the consent and approval** of your **heart** towards your **weakness**, will first **throw** you out of **your programme** and then will **alienate** you from **God's grace** and your good **spiritual state** and **atmosphere** and will **cause you** all other **consequences** that will follow...

Therefore, be **sober** and **attentive!** Be **abstinent** and **careful guardian** and **keeper** of your **"programme"**! "All combatants exercise self-control in everything" (1 Corinthians, 9,25), Saint Paul stresses. Acting like this...you shall **not regret** it, but shall always be **joyful** and **free** this is **the true pleasure**...

### **681 ("CONTINUITY"/ TARGET/ VANITY/ FALLS/ FAILURES)**

Maintain the blessed and unbroken **"continuity"** to God....

**Do not procrastinate** at **superfluous** or **vain** or **deceitful** matters...

**Do not stop** at your **falls** or at your **failures**...

Rather, **keep** and **follow** your **continuity** to God..., towards your **target**, to things **pure**, to things **high**...

Like a passerby who walks in a **hurry** to **reach** his **destination**... and happens to cross a **market place** and pays **no attention** whatsoever, **neither** to what is **sold**, **nor** to what is **discussed**, **nor** to what is **advertised**... but **turns** his full **attention** and his **walk** to his **destination!**

So, maintain your **continuity** and **keep walking briskly** and **steadily** to your **target**...

"Now it came to pass, when the time had come for Him to be received up, that He (Jesus) **steadfastly set His face** to go to **Jerusalem**" (Luke 9, 51).

**He who wishes to understand, let him understand!**

### **682 (GOD/ NEIGHBOUR/ SIMPLICITY/ LOVE)**

1. Be careful **not to do** anything which may **affect** your relation with **God**.

2. If you find yourself before a **dilemma**, either to **sadden** your **neighbour** or **God**..., choose the **first**.

3. **Simplicity** and **love** demand that you do **not misunderstand** the **person you love**...

### **683 (SILENCE)**

**Keeping silence knowingly** is **above** all **philosophy!**

**Less talk** means **less sin**.

**Silence** is **golden**...

**Silence** is the **atmosphere** of the **noetic prayer** (Jesus Prayer).

**Silence** is the art of **helping** you to **circumvent** all **adversities/difficulties**.



**Silence** is the means of **bringing** you **back** to **your way**, to your **“continuity”** (see P.A. 681).

**Silence** is the **language** which **introduces** you to the **age to come...(eternity)**

#### **684 ORTHODOX HESYCHASM/ HUMILITY/ MEEKNESS)**

**Orthodox Hesychasm** requires **external** and -mostly- **internal tranquillity...**

When we say **“tranquillity”, in Orthodox Hesychasm**, we mainly mean the **restraint of passions...**, as well as **the restraint of “thoughts” (logismoi)...**

This **exercise** brings us into a state of **meekness** and **humility** (since through **Orthodox Hesychasm**, the Christian person **renounces himself, his thoughts** and **his fallen ego...**)

The **Lord assures us**, in the **Old Testament**:

“... this is the one to whom I will **look** (that is, with an auspicious look), to the **humble and contrite in spirit**, who trembles at my word” (Isaiah 66, 2).

This is how it is: **Meekness** and **humility always go together...** (When one is **missing**, the **other is absent** too).

This is the **state** of the **Orthodox Hesychasm**, as **asserted** by the **Lord** who sets **His own example**, during His presence on earth (not only as **God**, but also as **human**):

**“Learn** (he urges us) **from me**, for **I am meek and humble in heart** and you will find **rest in your souls”** (Matthew 11, 29).

Therefore, the **Orthodox Ethos** (**Orthopraxy**=correct practice) demands **humble morale** (phronema/conscience), **humble behaviour, peace** and **meekness...**

**Selfishness, pride, quarrels** and **anger** are **alien** to **Orthodoxy!**

Their **presence** simply show that the Christian person is still **driven** by **desires of the flesh** (carnal morale) and that he is still **carnal** (and not **spiritual**) **man!**

**Let us stand upright!**

#### **685 (AFFABILITY/LOVE/NEIGHBOUR)**

**Loving your neighbour** demands that you are **affable** towards him.

For example:

Does he **give** you or does he **propose** to you anything?...

**Accept** or **do immediately** and with **pleasure** what he asks of you **without any objection**.

(Provided that what he asks and/or what he proposes is **not** a **sin**. That is, it will **not** be **against God’s will** and **against your soul**).

In other words, be an **easygoing person...**

Let the word “**Ok**” come out of your mouth easily (what is called “**May it be blessed**” in monastic language) and then **immediately** go ahead and **do** or **accept what he says** or **proposes**.

**Do you know** what a **great joy this** will **give** to **your neighbour**?  
**What else** do we want?

This is what the **love** towards your **neighbour prescribes** (the **love of God!**)  
 This is what **love of neighbour dictates** (for the **love of God!**)

**I pray that you achieve this...**

### **686 (TONGUE/ DISCRETION/ SILENCE)**

When you are ready to say something, it may **appear** to you to be **good**.  
**However**, “the good is **no good if it is not properly done**”.

Elsewhere it is said, “before speaking **once**, think **twice**” (that is, think well, before opening your mouth to speak).

What I would like to say is: Before saying what you think is right, think of **all parameters**, that is, what would be the **effect** of your words...  
 One may **benefit** from it, but another may be **scandalized**.

**Discretion** and **prudence** is necessary here!

### **687 (PROBLEM/ SICKNESS/ SADNESS/ PRAYER)**

It is said by the teachers, that “**Repetition** is the **mother of learning**.”

So, please allow me during today’s Paternal Advice to speak about something that has already been mentioned in previous P.As.

If you are facing a problem, a **difficult problem** (whether it is about **sickness** or about a problem of **financial** nature or a **family** problem etc.) and you cannot **find a solution**...  
 Please **follow** the below:

**1.** Since the Lord said, «Therefore I say to you, **whatever** things you **ask** when you **pray**, **believe** that you receive them, and you will **have** them» (Mark 11: 24).

So you too: «Say **continuously** the **Jesus prayer** and **do not be bothered by anything!**  
 The Prayer will **arrange** everything, even **that** which **bothers** you.» Do you believe that?

**2.** At the same time, **say** the following **prayer**:

«Lord Jesus Christ my God, **humanly** I do not see any **solution** to **my problem**. But I do

**believe**, oh Lord, that for **you** there is a **solution**; that is why I am **not worried**, but **with joy I carry on normally** my spiritual life...with faith, peace, love and prayer, waiting for **Your own solution. Thank you, oh Lord.**»

«Lord Jesus Christ, Son of God, have mercy on me».

After these two advices, **carry on normally** and **joyfully** the **course** of your **life without any worry**... **Your case** has already been **undertaken by the Lord**...

He will give the **solution**, which -in the **abyss** of His **Love** and **Wisdom**- He will **judge** as the **best solution for you!!!**

### **688 (SPIRITUAL STRUGGLE/SOBRIETY/VIGILANCE/FALL/CONSCIENCE/DAILY ACCOUNT)**

Which three matters **should we be careful of**...in order to **avoid a possible fall**?

**1.** If you do **not** wish to **fall** into one of your **weaknesses** (which you have **decided** not to **repeat**) you should have **sobriety**, that is, **vigilance** and **attention**; in other words, keep the **eyes** (of your **mind**) wide open...

**2.** **Be careful** of even the **smallest retreat**, because if you ignore it, it will **immediately give its place** to a **bigger** one and **as a result** you will **fall!**

**3.** At the same time, **listen** to the **first voice** of your **conscience**, which will tell you (**gently** and **inwardly**), "**do not do this!**" or "**do that!**" Because if you **do not listen** to it..., it will be mathematically **followed** by the **fall!**

Let us take notice of the following:

**Your decisions** and the **advices** you **give** to **yourself** during your **evening daily account**, should be for you a **lighthouse**, a **compass** and a **point of reference**...

This **last** part is the **foundation** and the **nucleus** of your **spiritual struggle** and the first three, are the **techniques** and the **guarantees** for the **maintaining** of the **last** one.

### **689 (MOTHER OF GOD/ ORTHODOXY/ ORTHOPRAXY)**

(Please allow me to expand a little more than usual on today's Paternal Advice)

#### **A) PANAGIA (MOTHER OF GOD)**

(Question):

Who is the **most beautiful woman** of the world? (I hope that what I am asking will not be strange to you!)

(Answer):

The **most beautiful woman** is the **All-Holy Mother of God**; more beautiful than her there has **never** been, **nor** is there such now, **nor** will there **ever** be!

(First story):

A very **pious Christian Orthodox**, once **prayed** to the **Mother of God** to make him **worthy** of **seeing** her most **pure face** and in **return** to lose **one** of **his two eyes!!!**

Indeed, the **Mother of God appeared** to him and... following this, he **lost** – according to their agreement – **one** of his **two eyes!!!**

However, having been **so much charmed** by the **most pleasant face** of the **Mother of God**, he **dared** pray to her **again** to see her **once more**, even though... he might **also lose** his **other eye!!!**

Then, the **Mother of God appeared** to him again... and as he was so **spiritually delighted** to **see her** again, he **gladly** expected to **lose his second eye** and **become** completely **blind!!!**

Now, what do you think the **sweet Mother** of the **charitable Christ** and **Mother of all of us Christians**, did? Did she **let** him **lose** his **second eye**? **On the contrary!**

In view of the great piety of this **faithful** Christian, she **cured** his **blind eye!!!**

So, this **Christian** person, doubly felt joy and exultation:

Firstly, because he **twice saw** the **most shining face** of our **Mother of God** and **spiritually rejoiced all the more!!!** And secondly, because he **regained** the **eyesight** of **both his eyes!!!**

**My Christian Brethren!**

### **B) ORTHODOXY/ ORTHOPRAXY**

**After our Mother of God**, somebody else comes to us... – **equally beautiful** – (with a **feminine name**):

Our **holy ORTHODOXY!!!**

I dare consider the holy **ORTHODOXY**, in a way, as a “**person**”!!!

Let us then say this:

**ORTHODOXY and ORTHOPRAXY go together always!!!**

If one is **missing**, the other is also **absent!!!**

**Saint Gregory the Theologian** said something related to this:

“**Wicked life...wicked dogmas**” (*that is, a wicked life results in wicked dogmas*); and (*the opposite*): **Wicked dogmas...wicked life**”.

By the word **dogma**, we mean the **teaching of faith**, that is, **Orthodoxy!**

And by the word **life**, we mean the **application** of **Faith**, that is, **Orthopraxy!**

In other words:

- **ORTHODOXY**, is the correct and true knowledge of our faith and its dogmas...and
- **ORTHOPRAXY** is the **correct** and knowledgeable **application** of all that our **faith teaches...**

And as we said above, **Orthodoxy** and **Orthopraxy** **always go together!!!**

When one is **missing**, the other is also **absent!!!**

Let us now say a last story in **combination** of the above two, A) and B) (**MOTHER OF GOD-ORTHODOXY**) to finally close this P.A.:

(Second story):

A **hermit** had a **vision** of **Panagia** (the **Mother of God**), passing by his **cell...**

Naturally, he stopped her and **pleaded with her** to **enter into** his **cell** and **bless it!**

However, the **Panagia refused** and told him in a **strict** manner:

- **I cannot enter into a place** in which there is the **enemy** of my **Son!!!**

When the vision ended, the hermit **was wondering what was** in his **cell** that caused the Mother of God to tell him these harsh words...

Perturbed, he opened a **spiritual book**, in order to **calm himself** and **let his mind clear...**

Opening it, he noticed **accidentally (?)**, that at the end of the book there was an **article** by the **heretic Nestorius**, who has **fallen away** from **Orthodoxy...**

Nestorius believed in **two Christs (!!!)**, that is, in two separate persons in the two natures of Christ:

One person for Christ-the man who was born by the Virgin Mary and another person for Chris-the God who was begotten by God the Father; oh what a **blasphemy!**

Instead, the **Orthodox Dogma** **correctly believes** and accepts that the two natures of Christ, Divinity and Humanity, are united in the one **Person of God Logos (the Word of God)!**

We now come back to the hermit who had **realized** the **problem** of the **Mother of God... He tore up** the **papers** of the **heretic Nestorius** and **burned** them!

The same evening the **Mother of God** **appeared** to him again (this time looking **content**) and **entered in modesty** to the cell of the **hermit** and with a light **smile** blessed **him** and his **hermitage...**

The above **beautiful story** shows us the **relation** that our **MOTHER OF GOD** has with our holy **ORTHODOXY!!!**

**PANAGIA, the MOTHER OF GOD, is the common Mother of all Christian Orthodox!**

One of the **Fathers of our Church (Father Joseph Vryennios, a scholar Monk of Studion Monastery in Constantinople, who lived in the 15<sup>th</sup> century and was a Father and Teacher of our Church)** used to say:

«We shall **never deny** you, oh **dear ORTHODOXY!** We shall never be **liars against you**, as you are **so much respected** and as you **were handed** to us by our **holy Fathers!** Within you, dear **Orthodoxy, we were born**, within you we **live and move**, and for you we shall **die as Orthodox!** And even if **time and circumstances call** upon us, **thousands of times shall we gladly die** for you, so that we may **keep you pure and unadulterated!**»

I would like to finish by saying:

- **ORTHODOXY** is the **true, genuine, pure and unadulterated Christianity**, as taught by **Christ** – and by extension – by the **holy Apostles** and the **holy Fathers** of our **Church...**

Whereas,

- **ORTHOPRAXY** is the **applied Christianity!**

**Let us all stand upright, with fear (and awe)!**

**690 (STRESS/ PRESSURE/ TRUTH/ LIE/ SIN/ SOBRIETY)**

**Truth**, having **God** as its **source and origin**, **comforts and soothes the soul**; whereas **falsehood and error**, having the **devil** as their **father**, **disturbs and angers** it.

**Anxiety**, which is a kind of **mental compulsion**, **cannot** by itself **originate from God**; it is rather a **combination** of our **fallen nature** and the **enemy of our souls**, the **devil**. The same also happens with everything that puts an **inner pressure and violence** on us.

That is why we say that **sin** has its origin in **anxiety**, an **inner violence** that does not let our soul alone until the sin is committed.

So let us be **sober** and pay **constant attention to yourself** so that **as soon as** we see the first **seeds of stress and inner pressure to appear**, we **run away** before it **gets worse....**

And **remember**, that such **feelings** and such **mental states** as described above, no matter how **plausible** they may seem, **are** - as we explained at the beginning - a **big lie...a deceptive and false view of matters and situations!**

**691 (TASKS/ PENDING NATTERS/ STRESS/ COORDINATION)**

Today I will refer to an aspect of our **everyday life**; that of the **various tasks and pending matters**, which are **awaited** to be **carried out on our part...**

Because, in the same manner that the **state** of the **body** affects the **state** of the **soul**, likewise, **work** and **earthly cares** affect our **spiritual state**...

Therefore, I will speak **practically**, how to **act**, as and when we have to **deal** with a **great volume of work**...

If you have a **lot of unfinished business** to **carry out** and you are, as we would say, **overwhelmed(!!!)** by **so many(!)** things to **take care of**, this is what I will **tell** you to **do**:

**1..** Take a **piece of paper** and **write down** all **pending matters** you need to **do**...

**2..** Then, take a **second piece of paper** and write down **just one thing** from those you have noted above and **do it**.

**3..** **When** you have **done** it, **write down** the **next one**. But, again, write **only one** thing, and **only** perform **that** (I am talking about the **basic, serious tasks**, perform **only one**); and so on....

By **doing** so, you will **very soon see** that those **matters** which for you **before** appeared as a **huge mountain(!)**, eventually they have **become** an **easy to pass flat plain**...

**Here** is your chance to **prove** that you can **do** it!

## **692 (SIMPLICITY)**

Today's P.A. is about simplicity...

Unfortunately, people -especially **today**- are not **honest** or **direct** or **simple** or **natural**... They have no **genuine** and **selfless love** towards their neighbour; nor do they have **good intentions** towards him!

However, what is mostly **absent** from **people of today** is **simplicity!!!** Thus, since **simplicity** is **missing**, the other **dual virtue** which **follows** it, which is called **love and humility**, is also **missing!**

The **absence** of **simplicity** results in the **presence** of **misunderstandings, controversies, fights, divisions, separations!**

So, you, my dear, please ensure:

That you have **simplicity**...

That you **think** with **simplicity**...

That you **talk** with **simplicity**...

That you **face** any adversities which may happen to you **with simplicity**...

That your **relation** with **others** is **governed** by **simplicity**...

That in general, you **behave** and **move around with simplicity**...and remain down to earth!

**Simplicity**, my brethren, is the twin sister of **humility** and the two together attract **love!**

The **Holy Trinity** is **simple**; simple and indivisible!

And we, who are created **in God's image**, have a **soul simple by nature**.

Simply said, **after** the **fall**, our **soul** acquired **variability, multiformity** and **multitasking**...

However, our good **God**, **wishes us** to be **simple**...; in our **thoughts**, as well as in our **words** and our **behaviour**...so that we **may become like Him!** ("after His likeness").

**So**, we may apply **here** what the Lord categorically said: «Assuredly, **unless** you are **converted** and **become as little children**, you will **by no means enter** the **kingdom of heaven**.»(Matthew 18, 3)

If you are **careful**, you will much **benefit spiritually** from the **infants** and **little children**, in **all** manifestations, aspects and circumstances of **your life**...

If we **were** all so **simple** in practice, the people and our planet would have been a **heaven on earth!**

### **693 (HUMILITY - COMPLEX/ SELF CONFIDENCE - PRIDE)**

In today's PA, I would like to clarify the following:

#### **1. Humility or Complex?**

Most people present -some **intensely** and others more **lightly-** **manifestations of complexes**, which, however, both themselves and those around them consider as **manifestations of humility (!!!)**

But are matters really so, as they **think** they are?

**Humility**, my brethren, relates to a person who is **capable, intelligent, spiritually strong, a man of substance**, who, **despite** all these **gifts**, remains **humble, gentle** (i.e. polite and good-mannered) who does not **consider himself superior to others!**

A perfect example of **humility** is **our Lord Jesus Christ**, who despite **His Divine Greatness** and **His Omnipotence**, **humbled** Himself so much...to the point of subjecting himself to **mockery, flagellations, insults**..., even to **death** itself, the most **disgraceful** death at that period, **that** of the **Cross!!!**



So, my brethren, **complexes** and **manifestations** of **weakness**, **hypersensitivity**, etc. have **nothing** to do with the **virtue** of **humility!!!**

We now come to the **opposite** of the above **misunderstood** concepts (**humility** and **complex**), which are:

## 2. **Pride** or **good self-confidence**?

Many people consider it a case of **pride** or **selfishness** if someone presents **good self-confidence**; a **strong** and **undaunted spirit**, **good stubbornness**, **good indifference** (to what one or another says about him), **good apathy** (in the face of the neighbour's **bad behaviour** towards him), **stability** of **character** and, finally, **good insensitivity**... All **these**, many people **consider** as **manifestations** of **pride** and **selfishness**.

But are matters really as these people **think they are**?

**Not at all!!!** On the contrary, the **person** who has the **above** good **qualities**, in addition has and **may have humility** (if he so wishes), **along** with these **good qualities**.

Otherwise, if we **are not** as I described above, we shall **enter** into the **situation** I noted in paragraph 1 above, in which one **shows** a **disadvantage** and some **feelings of complex** and **weakness**... and **not genuine humility(!!!)**

My brethren, I will try to describe the situations of the two paragraphs above, by the following **vivid example** so that you may **remember** them:

Imagine yourself at the **foot** of a **mountain**.

Next, imagine yourselves being at the **top** of the **mountain** and then descending to the **foot** of the **other side** of the **mountain**.

Consider that the **first foothills** are the **complexes**, the **inferiority**, the **weaknesses**, the **hypersensitivities** and all other bad things...

Consider now the **top of the mountain**, as the **self-confidence**, the **strong spirit**, the **good indifference**, the **good stubbornness** and all other good things...

Finally, consider that at the **other side of the foot of the mountain** lies the **true humility**.

So, in order to pass from the **first foothills** to the...**opposite foothills** of the mountain, you need to pass from the **mountain top**..., where you **cast off** the first **evils** and you **activate** the second **good** things (of the summit)!

This is the time that you may reach the **genuine** and **true humility**!

(A parenthesis):

I referred above to the **good self-confidence** (and I added purposely the word **good**, because there is also bad **self-confidence**).

So, I clarify that the **good self-confidence** is based on the following words of Saint Paul: **"I can do all things through Christ who strengthens me (Philippians 4:13)"**.

**He who wishes to understand, let him understand...**

## **694 (JOY)**

**Pure joy** is a very **important** thing in **spiritual life**; it **strengthens** the nerve of the **soul!**  
At the same time, it **weakens** our **enemy, the devil!**

The devil **knows** this very well and tries in every way to **spoil** the **joy** he **perceives** we **have** or he instills **evil** and **wrong thoughts** in us, in order to **take away** our **ability** to **rejoice...**

**Joy**, my brethren, is, as I said, an **important element** in **spiritual life...** **Joy quenches the thirst, relieves,** gives **spiritual strength** and **well-being** to the **soul** and **prevents** the **thoughts** that may **hinder** us in our **path towards God...**

Learn to rise **above** any **"misfortunes", unpleasantness, failures, problems, etc.,** so that you can **keep** the **joy** of your **spiritual life undiminished** and **unabated!**

Make sure that you always have a **joyful** and **pleasant disposition!...** both **towards God,** and towards your **fellow human beings,** but also **towards yourself!**  
If you face any **adversity, do not compromise** this **joyful** and grateful **disposition!**

**Learn to rejoice in everything** and **always:** Good, "bad," pleasant and unpleasant... (But **hate sin!**)

Again, Saint **Anthony** tells us that "in no other way do we **defeat the enemy** than when, while we are **being fought** by him, we always **rejoice spiritually!"**

The **necessity** of **joy** is also **confirmed** by **Godspoken Paul,** when he **categorically exhorts us (without** leaving any room or **exceptions):**  
**"Rejoice always, pray without ceasing, give thanks in everything; for this is the will of God in Christ for you" (1 Thess. 5:16-18).**

So, **always** and **in all circumstances of your life, rejoice!**

**Constantly** and **unceasingly** pray to **God.**

And for everything, whether **pleasant** or **unpleasant, give thanks** to **God.**

For **this** is the **will of God** that you should do, according to your **relationship** with our **Lord Jesus Christ.**

**Amen.**

### **695 (DAILY ACCOUNT/PROGRAMME)**

There are **two** ways to **understand** how **important** it is to **keep** one's **holy "programme"**, that is, what one **advises** oneself during the evening account of the day:

**One** way is when he **keeps it** exactly and **the other** is when he **violates it**.

Indeed, he will find that the **least violation** and the least **disregard** of the **programme** will bring about **many** other **violations** and **disregards**, with their very **unpleasant consequences**.

And he will then know, **empirically**, that the exact **observance** of the programme is **as far** from the **contempt** of it as **heaven** is from **earth** and **paradise** from **hell**...

### **696 (HUMAN WEAKNESS/ GOD/ PRAYER)**

**Never be sure** of anything! I mean, that it will **happen** as you **expect it** or that you will **succeed** in doing with **certainty**!

Because in this **life nothing** is **certain**!

The **vicissitudes** follow one another and the **unexpected** and **unanticipated** are so **common** in our **daily life**...

**It is** so easy for something to **go wrong**, that we **do not** even **expect** it or **anticipate** it...

Therefore, **everywhere** and **always call** for **divine help**, even for the **most "certain"** and **"easy"** matters(!!!)

Let us **remember** the earlier **times**, when our **simple** and **pious people**, before doing anything, would **cross themselves** and say, **"help us, oh God!"**

In connection with the above, let us **clarify** that the **same** applies with regard to **our thanksgiving to God**; that is, to **thank Him always** and **for everything...**, even for what we would consider **"implicit"** and **"easy"** to do...

(I mean, even **in those things** something could go **wrong**... Or, even, **God** might have **intervened - secretly** and **quietly**- for our sake, in something we **were not aware of**... and **that is why** it all came out **well** and **conveniently**!)

**Some brief useful advices:**

### **697 (MEEKNESS/SERENITY/CALMNESS)**

Try to be **calm** in general and in **everything**...

The **good** arising from this **state** is **incomparably better** than the **evil** that comes from the **opposite** side...

**698 (CARNAL SINS)**

Go **away** and **immediately** from **anything** that has to **do** with the **carnal sins...**, if of course you wish to be **free!!!**

**Tell me:** If, while **walking**, a **deadly serpent suddenly appears** at your feet; will you **sit down** and **talk to it?**

Would you ask him, "**Where** do you come from?", "**How** did you get here?", "**What** do you want?", "**What** do you have to **tell** me?"

**Of course not!!!** But, **what** are you going to do? You will either **hit** him on the **head** and **finish him off** (if you can) or you **run away immediately...**, as I said above.

Make sure you **understand** what I'm saying...

**699 (SICKNESS/SADNESS/PANIC ATTACK/JOY)**

I have written some Paternal Advices in the entry of **SICKNESS**. After you **download** the updated file from the following link, <https://trooditissa.org/oles-oi-patrikes-nouthesies/>, search for the relevant P.As mentioned in the above entry, **using the Find Command (Ctrl+F)** and you will find them.

**You can**, of course, **do** this for any **other topic** you are **concerned about** (e.g. STRESS).

Here I will add another **supplementary** one, about **diseases**:

**Most** people who **suffer...**, most cases of **physical illnesses**, have a **psychological factor** as their **starting point...**

**Most people get sick -mainly physically- because of anxiety, stress, sadness, worries, hypersensitivity, depression, problems, pressure...;** much more so, when the problems come back, **one after another...**

As if these are not enough... sometimes they even **reach the point of having** a so-called... "**panic attack**"!!! **Is this possible!!!**

**How fake, how foolish, are all these!!!**

Let us **not act like this**, my brethren! **No!!!**

**Out** with the **worries**, **out** with the **stresses**, **out** with the **sorrows**, **out** with the **anxieties**, **out** with...**anything** that **spoils** our **mood** and especially our **spiritual state...**

**On the contrary**, try to be, not only **calm** (see short P.A. 697), but also to **keep your JOY ALL THE TIME...** despite being **in the middle** of many and any **problems!!!**

**You will see that they will all pass...**

Imagine a container full of **water**...  
 Try dipping a...**cork** into the **water** and let it **go**!  
 Will you manage to **keep** the **cork** under the **water**?  
**Of course not!!!!**

**The same thing should happens to us, my brethren...**

Even if we have a **real physical illness** (and much more an **imaginary** or a **hypothetical one**) or even any other **problems**, "**sad**", **unpleasant**... (which **I liken** to the **water** which I mentioned above); **even in these** cases (and in any **other cases**...) -I am telling you- let your **JOY** be like the "**cork**", which floats **ABOVE** the "**waters**" of the "**trials**" and the "**sorrows**"...

**And it will all pass...**

From now on, then, "**Rejoice in the Lord always; again I will say, rejoice (Philipp. 4:4)**". Yes, my brethren, always remember this: Everywhere and "**always Rejoice**"...(1 **Thessalonians 5:16**)

The first witnesses who will **testify** to the **truth of what is written here** will be **you** yourselves!

**Do it and you will see...**

### **700 (PASSIONS/ STRUGGLE/ DEVIL)**

Our holy father **Martinian** came from Caesarea in Palestine. He grew up early in the fifth century; he lived **ascetically** from the time of his **youth**. When he faced a **great temptation**, he **left** his hermitage and **went** to a **desert island**; however, he **encountered** the **same problem** there; but the problem **continued** and he started moving from **place to place**, saying and reminding himself, **GO AWAY MARTINIAN AND SAVE YOURSELF...**

These problems could serve as a symbolical **example** for us as well. When we want to **cut off** a **passion**, a **weakness**, the **devil enlists** all his **techniques** to **prevent** us from our godly **objective**.

So let us **do** what Saint **Martinian** did. If the **devil** comes from the **right**, we should go to the **left**; if he comes from the **left**, we should go to the **right**... **Wherever** he takes us, we must **constantly flee** from him, saying to ourselves: **GO AWAY....AND SAVE YOURSELF!**

### **701 (PENDING MATTERS/ PEACE/ QUIET/ SOBRIETY)**

**Do not** leave **matters pending**...

**These** will **not** let you **rest**... (that is, to **turn** towards **yourself** and towards **God calmly** and **quietly**...)

### **702 (PESSIMISM/SADNESS against OPTIMISM/JOY)**

Be a "**positive**" person (*I do not mean that in the evil occult sense!*) and have **good** and **optimistic thoughts...**

Do **not** be like those who are "thirsty" in the midst of the "desert" and **watch** their flask half **empty** and **feel** that they are in danger of **dying of thirst..**

On the contrary, **be** like those who "**see**" that there is still **half** a flask **full** of **water** and that they **will make it** (always with the help of God).

Make sure you **understand** what I am saying...

### **703 (HOLIDAYS/ SERVICES/ FAITH)**

The Saints **lived** (in the **deepest** sense of the word) each and every **feast**. They were not just celebrating something that happened 2000 years **ago**; but, in a **mystic** and **apocalyptic** way, they **lived** the events as if they were happening **now** and were **tasting** their **fruits**.

That is why in their hymns they wrote: "**Today** Christ is born to the Virgin..." (Ninth Royal Christmas Hour); note "**today!**"; or, "Christ **is born**, Glorify Him" (a Christmas Hymn); not born, but, **being born; now!** In view of their **spiritual state**, and according to their individual **ability**, they **enjoyed grace** and **lived** the **events**, being **present** to **them**.

The day of **Christmas** is approaching! The young **virgin of Nazareth**, at an age of about 15 at the time of the **Annunciation**, received in her bowels and **accepted** in her womb (without the intercession of a man), "**Him** that **no** place in the earth or heavens or the universe can **contain**". And this because of her **unsurpassable purity**, but also because of her **immeasurable humility** and **obedience**. Yes, because our Lady was a Virgin, not only in **body**, but also in **soul** and **mind**.

And after nine months she gave birth in the flesh to the Word of God.

So did the **Saints**; on the same day of each year **they lived** the **mystery**, as if the event was taking place that **same day**, with all its **beneficial effects**, upon **them** and upon all **creation**. Further, they too were "**conceiving**" (**spiritually**) and **carried in themselves** the incarnate Word of God.

Let us, therefore, receive **in ourselves** -as if in a manger- the **Son** and **Word of God**, after we first **purify** our "abode" from all defilement of **flesh** and **spirit** and adorn it with exalted **humility...**

**HAPPY CHRISTMAS!**

### **704 (CHRISTMAS/ CHRISTIANS/MERCY/ JOY/HOPE)**

My brethren, our **Christ** is the **centre** of all **creation** and the **centre** of human **history!**  
**Christ is everything!!!**

**Christ** is the **Alpha** and the **Omega**; the **beginning** and the **end**, but also the **beginning** of the **eternal...**

**Christmas** is the **practical expression** of **divine mercy!**

And **we**, who are called **Christians**, must **reflect** this **mercy!**

**Our Christ** has brought us **forgiveness!** And we must **forgive!**

**Our Christ** has brought us **compassion!** And we must be **compassionate!**

**Our Christ** has shown us **mercy!** And we must be **merciful!**

**Our Christ** has brought us **hope!** And we must carry **hope!**

**Our Christ** has brought us **joy!** And we must **reflect** this **joy** everywhere!

**Our Christ** **prayed** unceasingly for **all!** Therefore, we should **pray** unceasingly for all (**friends** and **enemies!**)

And to make a long story short:

**We Christians must continue the work of Christ...**

What I have mentioned above (and you can add to it) are the best **Christmas presents** to our **neighbour** and the **true meaning** and **message** of **Christmas!!!**

**God bless you all!!!**

### **705 (MIND/ SOBRIETY)**

When a **cardiologist** wishes to see **how** a patient's **heart** is working, he sometimes places **wires** on the patient's **body**, through which the heart's **function** is **recorded** for 24 hours.

Let us all make a similar **recording** of our **spiritual heart...**, i.e. our **'nous' (mind):**

**Where is** the mind? Where does the mind **stand?** **Where to** does the mind **run?** **Where to** does the mind **wander?**

We shall see, my dear ones, that **most** of the **time** our **mind** is either **imagining** things (i.e. imagining **futile** and **useless** things) or it is **frivolously reasoning** (and **'talking'**) or is not **seriously occupied...**

That is, it **rarely dwells** on the **good**, on the **useful**, on the **beneficial**, on the **god-pleasing**, on what is **necessary...**

This is the **all-embracing cause** why we are all **full of anxiety** and **worries** and in **pain**, both **mentally** and **physically...**

And this, **without understanding...**the **cause** of all **our suffering...**

So, as the saying goes, "**let us keep** our **mind where** we should **have** it". Let us **concentrate** in **confining** it to what is **good** and **beneficial** and **necessary...**

For, **at the end of the day**, you **are what you think...** and you **become one** with what your **mind dwells on and engages in...**

**Let us** therefore, my brethren, **take heed**, and **let us look closely** to our **minds** (this is what is called **sobriety**), for it is our **mind** and our **thoughts** that **determine** this **life of ours...**

I pray that we all **succeed in this in the New Year!!!**

#### **706 (PRAYER/ FAITH/ JESUS PRAYER/ SERVICES)**

When we say, "keep **saying the Jesus Prayer unceasingly**" -believing that it will be answered according to our wishes- it is the same as saying, "concentrate your whole **mind** on the **Service**", trusting that all that is asked for in it shall be **granted**.

For, the **Jesus Prayer**, i.e., "**Lord Jesus Christ, Son of God, have mercy on me**" and the **Services** in the Church have exactly the **same** meaning. The **Jesus Prayer** is a **summary** and **synopsis** of what is said in the **Services** and, conversely, the **Services** are a **detailed analysis of the Jesus Prayer...**

Let us also note this:

When you **believe** that **all** that you **ask for** in the **Jesus Prayer** (or in the **Services** in the Church) will be **granted**; then, firstly, you **concentrate** more easily **on the words of the prayer**; secondly, you feel very **well**; and, thirdly -and most importantly- your **prayers** are **heard**, as we have many times pointed out, according to the **word** of the **Lord**: "**Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them**" (Mark 11:24).

#### **707 (GOD/ THANKSGIVING/ GRATITUDE/ UNGRATEFULNESS)**

Today's Gospel was about the **10 lepers**.

In light of this **keep** the following **advice**:

**As soon as** you are **granted** a **request** or a **benevolence** from **God** (or **man**), your **first task** is to **IMMEDIATELY give thanks!** (without any thoughts).

#### **(GOD/ CHARITY/ LOVE)**

Who **lifted Christ** up on the **cross**?

None other than the **love** He has for **man!**

This **love** and **benevolence** of **God**, we **Christians** should **proclaim** in any activity...but also **reconfirm** it by our own **words** and **deeds...**

#### **(LOVE/ APATHY/ PASSIONS)**

In order to be **able** to **show practical love** to **neighbour**, we must **first** (or at least, **in parallel**) **send away** the **passions** from within **us...**



**708 ("GOOD PRIDE")**

"**Good pride**"? But is there also "good pride"?

**Yes there is.** Please follow me carefully:

Let us assume that **you are falling** into a **passion**, a **weakness**, a very **bad habit**.

You said **many times** that you will **not repeat** it, but you **fall again** into this **cursed habit!**

Oh, that habit!!! **It becomes second nature to you!!!**

If, now, in your **struggle**, for example yesterday, you **managed not to fall, not to succumb.**

Then, **yes, you can** with a child's **pride**, say to **God:**

**"Look at me, my God!!! Since yesterday I have not fallen!!!"**

"Until the day **before yesterday**, when I was **beaten** by the **passion**, I lived in **hell!!!**

**Yesterday**, but especially **today**, I live in **paradise!!!"**

**"Look at me, my God!!! I am doing well now!!!"**

This **encounter** may look to you as **childish....** Strictly speaking, yes, it is! **Childish pride!!!**

And yet! The good God accepts this... "good pride"!!! This **childish simplicity:**

("Jesus said: Assuredly I say to you, **unless** you are converted **and become** as **little children**, you will **by no means enter** the **kingdom of heaven.**

Therefore, whoever **humbles himself** as this **little child**, is the **greatest** in the **kingdom of heaven**") (Matthew 18:3-4).

The reason that the **good God accepts** this "**good pride**", is because it gives us the **impetus** to continue this **good** development... to wish to continue to live this new and unknown, so far, **paradise!!!** To **wish** to **live** it **tomorrow ...** and the **day after ...** and **for ever and ever...**

So with this **clever trick** -and with **God's grace**- the **bad habit stops!** The **passion goes away...** And we become **free** to **enjoy God's bounties...**

I hope you understand me...

**709 (ATTENTION/ SOBRIETY/ STRUGGLE)**

"Turn **not** to the **right** nor to the **left**," writes the righteous Solomon in his proverbs (4:27).

Beware of **deviations...** Beware of "**small**" **retreats...** For, these will **lead** you to **greater** ones and you will **regret** it.

"The '**small**' is not small when it **brings forth 'great'** ".

**(SELF-CRITICISM/ HESYCHASM/ ACCOUNT OF THE DAY)**

Do you leave some **time** for **yourself** and **God?** (especially during **night time?**)

**Practice** will **show** you the **benefit** that comes from it...

**(STRUGGLE/ DEVIL/ NEGATIVITY/ POSITIVITY)**

**Situation A:**

**Our enemy the devil** employs a tactic into whose **trap** most people **fall, not realizing** the **damage...**

More specifically: He **constantly** brings to our **minds** our **falls**, our **mistakes** and **spins** us around **them...**

Why? Because he **knows very well** that such an **attitude cuts** the **nerve** of our **soul** and our **fighting spirit**.

**Situation B:**

**I am not saying** that we **should not** be aware of our **sins** and **mistakes**.

The **realisation** of them is like an **alarm clock ringing**.

But do **not let** it keep **ringing... Get up immediately** and **continue** your **struggle**, with **joy** and **zeal!**

In other words: **Do not move about**, as I said above, around the **axis** of your **falls** and **mistakes**, like the **crazy wheel(!)**, but **concentrate** on your **repentance**, on your **getting up**, on your **good present condition** (after **rising** from your **fall**) and on your **good** and **beautiful course...**

**Practice**, whether following the A' Situation (**negative**) or the B' Situation (**positive**), will **convince** you of the **truth** of my **words!**

**710 (FALL/STRUGGLE)**

A **fall** is always **preceded** by a "**betrayal**". **Instead of** examining your **fall** per se, **examine** closely and **find out where** the **betrayal** began... And when you **find** it, make sure that you **secure** yourself at that **point...**, in any way you yourself **determine**.

**(PROBLEM/PRAAYER)**

If you want to move forward **quickly** and **efficiently**, do **not** just **stand** there(!!!); I mean, **do not think**, and **think and think again...** Say the **Jesus Prayer** and **move forward...**

Things you **cannot** find a **solution for**, say the **Jesus Prayer...**, even if you do **not** see "any light at the end of the tunnel"!

The **Prayer** will **sort out everything**; first **yourself** and then what **thing** or **things** you are **concerned about...**

**Trust me, please**, and you will **see!**

**711 (SIN/ SOBRIETY/ ALERTNESS/ PRAYER/ CONSCIOUSNESS)**

Many times people **wonder**:

**How** did I...**get myself** into this **mistake**? **How** and **why** did I **fall**?

My brethren! It all **boils down** to two things:

**1. A lack of sobriety**, i.e., of **alertness** and **attention**! And

**2. Lack of self-imposition!**

So, we **advise**:

**1. Besides Jesus Prayer, ask yourself** now and then:

**NOW WHAT SHOULD I DO?** and

**2. Whatever** the "**first voice**" advises you, that is, the voice of **conscience**, **DO IT...** by **imposing** it on yourself!

**Practicing** it, will **convince** you that this is the **right thing to do...**

**712 (PRAYER/ SPIRITUAL STRUGGLE)**

Are you wondering why you remain **still**?

Please tell me: **Do you recite the Jesus Prayer?**

**No, you do not...**

**How** then do you **expect** to make **progress**?

Do you think that you by **yourself alone** will be able to **do** that?

**No**, my brother!

**Recite the Prayer** and you will see the **difference** and the **change** on yourself!

**(SERVICES/ PRAYERS/ MIND-NOUS)**

If during the **Prayer** your **mind runs** and **flies** to **other** things...**this is not a prayer!**

Both during the **private prayer** and during the **Services** of the Church, the **mind** should be **focused** to the **words** of your **prayer...**

**Strive** for this! Set it to your **core goals...**

You **yourself** will be the first **winner!**

**(WORK/ PRAYER/ SPIRITUALITY)**

We have already said this before; when we **work**, we should keep ourselves in **God's atmosphere...**

We should **remain** and **move** in a **spiritual atmosphere...**

This will **help** you **in many ways** and **in all ways...**

Your **work** will flow **beautifully** and **successfully!** Even in **difficulties**, you will **fare better** against **adversities...**

Finally, “**dress**” your **work** in a **mystic, noetic, internal prayer**...the **Jesus Prayer!**  
You will see how **things** will then be **different** for you!

### **713 (ANGER/ KINDNESS/ SCENARIOS/ SICKNESS/STRESS/JOY)**

Small reminders:

- **Anger is never good!**
- **Overcome evil** by doing **good!**
- **Do not** make up **scenarios** in your **imagination** (whether they concern some **illness of yours** or they concern what **might** come up in a situation or what another person **might imagine** or **say** or **mean** about you!) **Scenarios are not a good thing!**
- **"Rejoice always, pray without ceasing, in everything give thanks!"** Joy is a very **important** element in **spiritual life!**

### **714 (PROBLEM/ GOD/ FAITH)**

It sometimes happens in our journey that we find ourselves at a **dead end, not knowing** how or **what to do...**

Let us **not lose** our **mind!** Let us **leave things in trust** to **God** and **He will show us** the way **His infinite Wisdom** knows!

### **(OWN WILL/ FALLEN NATURE/ THOUGHTS/ PSYCHOLOGICAL PROBLEMS)**

Most people are **suffering** from **their own thoughts...**

This is because, they rely on their "**own will**"... They **absolutely rely** on their own thoughts and **worship** their **own will!** In fact, they become **captive** to them and are **chained** and **dragged** by their **own erroneous will** and their **polluted fallen nature!**

And, worst of all, **they do not accept advice!!!**

**This** is the way to **their destruction...**

**And**, if they are **not careful**, they will also **end up** with **psychological problems...**

The following is **dedicated** to our **sensitive** brothers and sisters, but also to **every neighbour** in general:

### **715 (NEIGHBOUR/ HYPERSENSITIVITY/ JOY/SADNESS)**

Try **not** to be **influenced** by the **psychological mood** or **condition** of your **neighbour.**

It is a **big mistake** to **depend on others** for our **joy** or **happiness...**

**Everyone** has their **own personal struggle...**

Let us **not confuse** the **struggle** of one **person** with that of **another.**

Even in the case where you would like to **help someone...** Do it with **love** and **humility**, **taking care** that the **bad mood** or **situation** of your **neighbour** **does not affect** your **own...** (see also Galatians 6: 1)

### **(JOY/ SADNESS/ HYPERSENSITIVITY/ SPIRITUAL STRUGGLE)**

We have spoken in previous Paternal Advices that **joy** is a **very important** and **positive element** in our **spiritual struggle...**

At the same time, we must know that the **inner/psychic world** of **each person** is a **great mystery...**, an **abyss**, with **subtle** and **sensitive** parameters...

That is why our **psychic world** is also very **fragile** and **changeable...**

With the above in mind, if you see that for some **good reason** (or **no reason** at all) your **mental state** has **changed** and some **cloud** has **covered it...**, then:

Do not delay!

**Put a smile on your lips and march joyfully...(reciting the Jesus Prayer)!!!**

Just as for a **trivial** or for **no** reason at all, **sadness** has swept you, in the same trivial manner or for no reason at all, wear a **smile** and **joy** on your face! (Further to this, I explain below the **reasons** why we **can** and **should rejoice...**)

Tell me:

**How** and **why** should I **rejoice**? On the basis of **what cause** or **occasion**?

And I answer:

- But, my brother, our **Christ** has **done** and **suffered** so much for us..., that we should be **happy** and **joyful** with Him..., why should we be **sad**, or even **sullen**?

**No way whatsoever!!!**

He **delivered** us from **sin**, He **defeated death** on our behalf, He **gave** us the **Resurrection**, He gave us the gift of **rejoicing** in **His glory**! He **gave** us **His saints**, **His Holy Mother** and **Mother of all us** Christians...

**What else** did He have to **do** and did **not do** so that we can be **happy** and **joyful???**

So, **put on a smile on your lips and walk in joy...(reciting the Jesus Prayer)!!!**

You will **see** how **things** and **your mood** will change...

### **716 (FALL/ REPENTANCE)**

Have you **fallen** into **another error**, a **bad habit**, and are you **sad**?

**Take notice** of the following two matters that I will point out to you:

**1. Do not linger** by staring at your **fall... Get up immediately** and **continue** your **struggle rejoicing!** In other words, the **fight is on...**

Just like in football; we conceded a goal, **but this does** not mean anything! **In this game, it is give and take! The final score is what matters...**

It is the same with running. If you happen to **fall down while** running, **get up immediately** and **continue running...**, with **more zeal and joy! The outcome of the race is what is important...**

What counts, for us, is the **unknown time of our death.**

**2. I know you want to get rid** of this particular **bad habit; find out**, then, **where you got** it from, under **what circumstances**, and **how** from now on you should **act** when **similar** or the **same circumstances** present themselves...

These are the **signs of good and pure repentance!**  
**I pray for you on this!**

**717 (CHANGES/ JOY/ SADNESS/ FAILURE/ SUCCESS)**

In the **nature** around us, my brethren, many climatic **changes** are taking place, one after the other...

Where there is beautiful **sunshine**, suddenly the sky **darkens** and **lightning** and **thunderstorms** begin, to be **followed** by **sunshine again.**

Where the **sea** is **calm** ("like oil", as we say), suddenly there are **rushing waves** and **sea turbulence**, to be **followed** by **calm again.**

Where "no leaf is flying" in the atmosphere, suddenly **strong winds** begin, to the point where they can **uproot** even strong **trees**, to be **succeeded once again** by **calm.**

**The same**, my brethren, happens in the **course of our lives...**

Where we have **joy**, suddenly, **with or without reason**, we are **overwhelmed** by **gloom**, only to be **followed again** by **peace** and **joy.**

Where we have **clarity of spirit** and a **brilliant intellect**, suddenly, a **cloud of gloom** and **darkness** overshadows the **rational part** of our **soul**, only to be **cleared again** afterwards by our **sovereign mind.**

Where there is **peace** in the **appetitive** part of our soul, suddenly a **battle** of the **flesh** begins to such an extent that we have need of **divine intervention**; followed **again** by **peace of mind** and **wisdom**.

**Let not** the above **frighten us**, my brethren!

All these things **are called alterations**, i.e. **changes of state**, both in the world **around us** and **within us**.

They are **natural** and **expected** phenomena, which are **not absent** even from the **saints!**

They are **granted** by our good **God**, in order to **keep man** at a level of **self-knowledge** and **humility...**

I understand, now, that **your mind runs** only to the **unpleasant alterations**.

For example, usually people become **frustrated** and **lose heart**, before a **FAILURE!** That is why in such cases we are **advised** to be **very attentive** to **ourselves**, so that we **can maintain** the indicated **sobriety**.

**But**, let me **add** here, that in the case of a **SUCCESS**, we should be **even more attentive** to **ourselves**, because **in these cases, too**, there is the **danger of falling...**

And again, if something **happens** to **us** that is **very SAD** or we hear something **very UNPLEASANT** for us, then, our **mood changes** for the **worse...** That's why we are again advised to be **very careful** of **ourselves**, so that in these cases too, we are **not overcome** by **sadness, unhappiness** or, worst of all, **despair!**

But, and here I would add that, if a **very HAPPY** event should happen to us, or if we come to hear **very HAPPY NEWS** about us, again we should be **even more attentive** to **ourselves**, because, usually, in such cases, we **relax** and there is again the **danger of falling...**

**Concluding:**

**1. Let us not**, my brethren, be **surprised** or **lost** following **oncoming good** or **bad alterations...** And

Let us **always keep in mind** and **on our lips** the memorable, **GOD WILL PROVIDE!!!** (God is great!!!)

**2. Be careful** not to **lower our fighting flag** and at the same time to **keep ourselves** from **falling...** And

3. Let **not** the **truth escape us**, that **pleasant alterations**, such as **great joy, great success** and **too much of everything**, are much **more dangerous** and are a **GREATER TEMPTATION** to us than any **unpleasant alterations**, such as **sufferings, hardships** and **even poverty...** (that is, lack of resources).

The latter (the **unpleasant alterations**) may **bring us closer** to **God**, while the former (the **pleasant ones**) may **chill** our **relationship** with **God** and lead us to **fall...**

I hope I **have made** myself **understood!**

May you **be strong** and **may God cover, strengthen** and **take care of us all...**

### **718 (PRAYER/SERVICES/ FAITH/ SPIRITUAL LIFE)**

Repetition, my brethren, is the mother of learning:

Saying the **prayer continually** and believing that the good **God** will **take care** of our **problems**, one by one, is **good** and **pleasing** to God; at the same time **believing** that in the end whatever is said in the **services** is **done, achieved** and **experienced**. These are the **keys** that greatly **help us** in our **spiritual life** and journey...

When, for example, we sing in the Church the Hymn, "**Today hanging** on the Cross...", let us **believe** that we are **crucifying ourselves** with **Him**, our **passions** and our **carnal desires** and let us believe that He will eventually **give it to us...** (of course, with our prayers and our cooperation).

When we say, "for our **deliverance** from all **affliction, wrath, danger, distress** and **need...**" let us **believe** that **it is done** (i.e. it will be **applied to us**), and that He will **save us** from any **temptation** and **need...**

With this **faith**, then, let us **experience**, let us **live** all that is **said**, both in the **Church** - through the Holy **Services**- and each day and hour through the **comprehensive** and **all-powerful Jesus Prayer**, as we have analyzed in previous Paternal Advices.

The **spiritual life**, my brethren, is **lived** according to the degree of one's **purity** and **humility!** One **experiences** it (the spiritual life) according to the **degree** he **lives it...**

There are many **mysteries** in the **spiritual life**, and many **spiritual pleasures...**  
The spiritual man **lives** a daily **feast**, as **St. Paisios** the Athonite would tell us!

All the above, we **wish** to all of us **wholeheartedly!**

May **Christ** and His **all-Holy Mother** always be **with us!**



## 719 (NEIGHBOUR/ PASSIONS/ MISUNDERSTANDINGS/ SAFETY DISTANCES/ APATHY)

Today, my brethren, when **we speak to people**, we are **not** actually speaking to people, but to **their passions...**

Many times, in fact, we have to **deal** with their **explosiveness** and their **outbursts...**

Unfortunately, the past **beautiful simplicity** has now been **abandoned** and this is something that should not have occurred...

**What** do we do? **How** do we deal with them?

There are two axes around which we should move.

One is the **negative** and the other is the **positive**:

**Axis 1** (negative): **We keep a safe distance from people**

On the motorway there is a sign: "Keep two arrows of safety distance".

In other words, what I want to stress: Be **careful** of **what you say** and be **restrained** in **how you behave...**

**Not** too much **exposure**, **not** too much **frankness**, **not** too much **familiarity**, **not** too much **close contacts**, **not** too much **closeness to people**, **not** too much **dependence...**

**Axis 2** (positive): **Do not give too much attention to these!**

**In other words**, do **not take** everything so **seriously!**

And this, because **sometimes** people **talk without thinking...**

**They talk in anger...**

That is, they **have outbursts** of **anger**, **anxiety** and **hysteria!**

They may **use very ugly words**; they may make **unjust** accusations; there is a Greek saying: "Although the **tongue** has no bones it can **break bones!**"

**Let us not take** them **seriously**, my brethren!

For if we are **not careful**, we shall get **stressed** too... **We** too will be **filled** with **thoughts**, even **anger...**

**The devil** will get **involved**, and **we will do** or **have bad scenarios...**

While they, **afterwards**, will most surely **regret** what they said in their **anger** and in the **outburst** of their **passions**, we will be **left** with the **damage** caused, as explained above...

So, here is the summary of the two axes:

1. **Safe distances (not too much liberty with people and/or dependence!) and**
2. **Do not take them too seriously!).**

**I wish you the best!!!**

### **720 (SPIRITUAL LIFE/ SPIRITUAL STRUGGLE/ GOD/ FAITH)**

Do **not** neglect the **monitoring** of **yourself**, the **evening account** of the **day**, otherwise **you lose and are harmed...**

On the contrary, **by performing them, you win...**

**Spiritual life** requires **coordination**, a **program**, a **fighting spirit** and **zeal!**

Do **not** take it easy **without** having any plan. Do **not** move **hysterically** with **no program!**  
**No sluggishness** or **idleness!**

**Participation** in **prayer**, **participation** in the **struggle** against the **passions**, **participation** in the **Liturgies** and other **services**, **when and where possible** (I am not talking about **Saturday Vespers** and the **Sunday Liturgy**, which are **indispensable!**)

**Every day** of God has **something** to **teach** us, my dear brethren and sisters.

**Philosophize life... Draw your daily conclusions...**

**Face with bravery**, **patience** and **fighting spirit** the daily **trials** and **troubles** that **God's love grants** us (**God allows** them to **happen** to us).

**Everything** in our **lives** has a **meaning**, a **purpose...**

We just need to be **observant** and we **will see** the **hand** of **God's Love** **guiding us** and **leading us** towards our **moral perfection...**

**CHRIST IS RISEN!**

### **721 (HOLY COMMUNION/ CHRIST/ DESCENT FROM THE CROSS/ EXTREME HUMILIATION OF CHRIST)**

My thought (logismos) tells me that the most correct way of **looking** at the **Holy Communion** is to see **not so much** the indeed **glorified Body** (together with the Holy Blood) of our **Lord** that we **receive**, but His **Extreme Humiliation**, through which **He** is 'emptied' (by **kenosis**) and is **hidden** in these **Holy Sacraments...**

**We receive**, yes, the **Lord of glory**, who also as **Man** now sits at the **"right hand"** of the **glory** of the **Father...**

But we also receive **communion** with this **Immaculate, all-Holy** and **all-pure Body** which was **mocked**, **reviled**, **punched**, **whipped**, **nailed** to the **Cross**, and, after **His Descent** from the **Cross**, was **buried** with **multiple injuries**.

**This is what we partake, my brethren... His Extreme Humiliation, Who not only endured what I mentioned above, but also **continues**, like I said, to remain 'empty' and be **hidden** under the **Holy Bread** and the **Holy Wine!!!****

**Let us stand upright, let us stand with (holy) fear!!!**

### **722(EVIL - GOOD / BAD THOUGHTS - GOOD THOUGHTS)**

Do not be surprised by what I will be writing below, nor mis-understand it and get it all wrong!

Furthermore, what I am emphasising in the next sentence, I assure you, has **nothing** to do with the whole fallacy, deception and destructive occult theory of the so-called "positive thinking":

**In general, try to have **good** and **positive thinking** in your **life...****

I will be more **specific** and **illustrative** by writing to your good selves the following 24 points (that is, as many as the letters of the Greek alphabet).

1. Do **not** concern yourself with the **Antichrist**, concentrate **only** to **Christ!**
2. Do **not** concern yourself with the **evil**, only with the **good!**
3. Do **not** think **evil thoughts**, have only **good thoughts!**
4. Do **not** listen to **bad things** (whether it be **news** or **speculation**), **but** only pay attention to **good things!**
5. Do **not** see, do not hear, do not dwell on the **evil**, **but** stay only within the **good!**
6. Do **not** return **evil** to the evil done to you, **but** win over evil with **good!**
7. Remember **not** the **evils** of your **neighbour**, **but** only his **good things!**
8. Hold **no grudge**, show **kindness!**
9. Do **not** be sorry, **but rejoice!**
10. Do **not despair**, but always **hope... (God provides, you may say).**
11. See **not** the glass half **empty**, but half **full!**
12. That is, **do not** look at things with **pessimism**, but always be an **optimist!**

13. Do **not** rejoice when **injustice** is done, rejoice when **truth** prevails!
14. Do **not grumble**, do not be **resentful**, always be in a **pleasing mood!**
15. Do **not** mess around with **your falls**, keep your mind fixed on **your straight path!**
16. Do **not** concentrate on **your passions**, but on the **virtues** ahead!
17. Do **not** concern yourself with **sin, but only** with those things that **please God!**
18. **Nor** should you revolve around **your sins**, but concentrate on **your repentance!**
19. **Only think** so much of your **sins**, so that you do **not repeat them!**
20. **Flee** from **evil** and henceforth **do good!**
21. Think **not** the **evil** thoughts, only the **innocent** ones!

In other words (you, the **Orthodox Christians**):

22. Unless you are **converted** and **become** as little **children**, you will by no means enter the kingdom of heaven. (Mt 18:3).
23. **Become** the salt of the earth, which will both **savour** and **preserve** society from **decay...**
24. **Become** the **light** of the world, so that those who see your good works may **glorify** your **Father** in **heaven!** (Mt 5:13-16)

**Henceforth**, therefore, my brethren, whatever is **true**, whatever is **modest**, whatever is **just**, whatever is **pure**, whatever is **pleasant** to **God**, whatever is **respectful**, whatever is **virtuous** and **worthy** of **praise**, **these** and **these alone** should you **think about** and **do...**

**Let this be done!!!**

### **723 (EVENING/ SLEEP/ ACCOUNT/ PRAYER/ STUDY/ PROGRAMME)**

Remember- in the same way as you **fall asleep** so shall you **wake up!** So, any **evening**, keep it for **yourself** and for **God**. Do **not** 'disturb' **God's time**. We have said it before, **your time** in the **evening** should be **divided** into the following **three steps**:

1. **Study** -in the quiet of the night- a **spiritual book** of your choice.
2. Make a brief **account** of the **day**, during which you will **counsel yourself** on the various

events that have occurred during the day, and you will make your **decisions** for the **next** day.

**3. Prayer.** If you have done the small **Compline**, the last service of the day (usually after dinner), **devote** your **prayer** to the **Jesus Prayer**, **sitting down** and resting your **chin** on your **chest** and saying (with **penitence, longing, and contrition**), "**Lord Jesus Christ, Son of God, have mercy on me.**"

**Do not do anything else**, except the three things mentioned above, during the time that you have devoted to God (**God's time**). **After finishing** these three, go to **sleep**. **Experience** has shown that this kind of **programme** is very **helpful** in one's **spiritual recollection** and his **spiritual struggle**.

#### **(PROGRAMME/ STRUGGLE/ PASSIONS/ WEAKNESSES)**

**Be careful** that whatever you **do**, do it in a **planned** manner. Do **not** do anything **unplanned** and **outside** your own **timetable**. Otherwise, the **enemy**, in **cooperation** with your **passions** and **weaknesses**, will **divert** you and will **lead**, ultimately, to the **satisfaction** of your **passions** and **weaknesses**, with all the **unpleasantness** these may entail.

#### **724 (NEIGHBOUR/QUARREL/ SILENCE)**

If you do not know how to respond to a challenge, to a bad behaviour, to a bad word from a neighbour, the best thing is to keep **silent** and **NOT** to take him **seriously**...

Your **gain**, from **this attitude**, will be inversely proportional to the **damage** that will occur by doing **otherwise**.

#### **(GOOD/ BAD/ INDECISIVENESS/ DECISIVENESS)**

Usually, we **passionate** people **do evil without thinking**, while we **hesitate** to do **good**, **thinking** about it **over** and **over again**, without doing **anything!**

You, my brother, do the **opposite**:

If you are thinking of **doing evil**, **think about** it **again** and **again...** and **postpone** it, and this **postponement** will **bring about** the **desired cancellation**.

On the **contrary**, whenever you **can**, **do good** - **without thinking** about it **so much**, and **tormenting** your mind **too much** - and the **joy** will all be **yours!**

#### **725 (PRAYER/ CHURCH/PEOPLE)**

**All people**, regardless of country, colour or race, make up the **one 'humanity'**, which lives and functions as **one human being** (hence the singular).

The **defeat** of one person in the **spiritual level** by performing a **sin** (i.e., by falling into a **passion**) has a **negative impact** on all **humanity**.

Just as a **victory** in the **spiritual struggle** has a **positive impact** on humanity.  
For, as I have said, all **people** as a whole **make up** and **constitute** the '**one man**'.

As **sin** and **apostasy** **increases**, so **does demonic energy** and **influence** in the **world** (in the sense that the world becomes more **vulnerable** to it and becomes even more a **subject** of our mental enemy, the **devil**).

On the contrary, with the **increase** of **virtue**, **God's grace** **increases** and flows out richly into the **world** (in the sense that the world becomes more **receptive to it**) and thus **divine graces** and **blessings** reach out to it!

With the above, we understand that the **greatest national benefactors**, and benefactors of all mankind, are **the saints!** As men who **commune** with **God**, they become the true **social workers** of the **communion!**

We thus come to the conclusion that the **role** of the **Church** is the main **catalyst** in the **reconstruction** of **society** in general...

**All the prayers** of our **Church** for the sake of the whole world, **emanating** from the earthly **Altars everywhere**, ascend as **one prayer** to the **supra-celestial Altar**.

Referring to the level of a particular **local Church** (of one country), or even to a part of it, the altar of a **church** or of a **parish**; there, the **prayers** of the **faithful** are **united into one prayer**, which is then **united** with the prayers of all **other Orthodox churches**; from there, all prayers are **united** and **ascend** like one **prayer** to the **supra-celestial Altar**.

Going still further down, we reach the **person of a believer**, whose **prayers** ascend from the **altar** of his **heart** to the **Heavenly Father**, **united** with the prayers of **all other believers**, in the person of the **One, Holy, Catholic and Apostolic Church**.

As I mentioned before, the **prayers** of the **faithful**, both those made in **private** and even more so those made in the midst of the **Church's gathering**, have a very great **positive impact** on the whole of the **society**...

When we approach **God** in hymns, **we commune** with **His grace** and bring **divine blessings** to the **world**... Similarly, when we **glorify God**, we, ourselves, are in the end being **glorified**, by having **His divine glory reflected** in us and **within us**; something which is then **diffused** into the **world**...

United to the one **Body** of our **Church**, let us all remain forever at the **altar** of our **hearts**, **concentrating our 'nous'** (mind) and our **intellect** on the **words** and the content of **our prayers**, and with **love** and **divine zeal** let us **worship** our **Triune God** in **Spirit** and in **truth**...

The **divine blessings** then, both to **us** and to those **around us**, will be **rich** and **plentiful!**

**726 (not translated)**

**727 (LANGUAGE/ SILENCE/ ANGER/ MISUNDERSTANDINGS/ FRANKNESS/ TRANSPARENCY)**

**Small useful tips:**

- The **less you speak**, the more **correct you will be...** and at the same time, you will **avoid** possible **misunderstanding and/or coolness**.

- As long as you **hold on** and do **not get angry**, you will **escape** from **unpleasant** results... (**even** when you were **right**).

- Keep **good accounts** with the person opposite you, before **committing** to anything, so that you may not find **yourself** in the **unpleasant situation** of having a **difficult**, maybe even **painful**, time to...**sort things out** and at the same time **avoid misunderstandings...** That is, it is **better** to clearly **explain yourself beforehand**, than to **enter into** a misunderstanding **afterwards**. (The proverb, "**good accounts make good friends**" is very apt here).

**May you be enlightened!**

**728 (ATTENTION/ SOBERNESS/ALERTNESS)**

**Small but useful tips** about attention:

**a. Pay attention:** When you **intend** to do something, do **not forget** your **objective**, that is, **what** you have **in mind** to **do**. Otherwise, you will **wander off** on other "paths"..., **wasting** both your **time** and **energy**, and reaping the **damage!** (This is a general rule of thumb, which can also apply when you enter the web...)

Read our related post (in Greek), **no. 020**, here:

<https://trooditissa.org/patrikes-nouthesies-001-100/>

**b. Be careful:** Always **listen** to the **first voice** that comes to you (and that is the one of your **conscience!**) This one is always **ready** to **talk** to you (as the **first voice**) and **gently whisper** to you, **guarding** you from the **traps** of the **devil**; which devil, being a latecomer, always **comes later**, as a **late-second** voice..., when you do **not** listen to the **first voice** (that of your **conscience**).

Listen on YouTube, our related **Homily** (in Greek) on **conscience**:

[34 PHILOCALIA – CONSCIOUSNESS IS OUR BEST FRIEND - YouTube](#)

c. **Be careful** not to leave **yourself suspended**, "hanging" as we say; **in mid-air** and **without programme...** For, then, you will be caught in the "**devil wind**" going from here to there...

dc. **Beware**, be **sober** and **alert...** It **helps** if you **ask yourself** every now and then: **Now what am I doing?** Now **what should I do?** (and **follow** the **first voice** that comes).

### 729 (GRUMBLING/ FALL/ PASSIONS/ SOBRIETY/ ATTENTION/ JOY)

- Be careful **not** to **grumble**, **not** to **resent**, **not** to be a **constant complaint...**

God very much **abhors groaning!** And it does **not** help **you** either!

On the contrary, you should **always** be **cheerful in everything...**

"Rejoice always, pray without ceasing, **in everything give thanks**" (1 Thessalonians 5:16-18), says Saint Paul.

- When as a **man**, you happen to have a **fall**, **make sure** you **find out where betrayal** comes from! **Where** did you **get** it **from!** So that from then on, **you** will be **careful...** And know that **no pressure** should be **applied** on the **point where the glass has cracked;** what I would like to say is that if you are **susceptible** to a **bad habit**, to a **passion**, **avoid** the slightest **retreat** to such a **habit** or **passion**, for the **fall** shall be **inevitable!** **Passions** are **bound** to **return...**

- Would you **like** to have **joy?** Practice the **commandment** of our Lord **Jesus Christ** saying: "Assuredly, I say to you, **unless** you are **converted** and **become** as **little children**, you will by **no** means **enter** the **kingdom of heaven**" (Mt 18:3).

### 730 (SPIRITUAL FATHER/ FIRST VOICE OF CONSCIOUSNESS/ SPIRITUAL LIFE)

Every **Orthodox Christian**, who is a **living member** of the **Church**, has **tasted** the **benefit** of having a **spiritual Father**, to whom he may **present** with **love** and **trust**, his **sins** as well as his **spiritual journey in Christ...**

The **presence** of our **spiritual Father** in our **lives** is the **quintessence** of the **spiritual life...**

We **cannot**, of course, have our **Spiritual Father** every day next to us either for **confession** or for **counselling**. So what do we do?

#### **Second (virtual) spiritual Father:**

We may have **in parallel** a **second (virtual) spiritual father in between** our visits to our **spiritual father**. And this is none other than **our conscience**, which is another **voice** of **God** **insight us**.

As long as **we cultivate** it and **cooperate** with it...



(Concerning the conscience and especially the **first voice of conscience within us**, see our Paternal Advice no. 728).

**Talk with your conscience every day** (especially at **night**).

It will **advise you**, during the **evening Account of the day**, **what** you should have done in this or that situation that happened to you, **how to act, what to avoid, what to strive for, what to watch** out for... You may even **write down** the **advice** given to you, thus maintaining a **code of practice** in your **daily life**...

This will be your **second (virtual) spiritual father**, who, of course, does **not replace** your **spiritual Father**, but **helps** you in his **absence**...

You will see in **practice** that **when you listen** to this second (virtual) spiritual father, you will **succeed**... On the contrary, when you **disobey** him, **you will find yourself in trouble**...

Know that **God** will always **enlighten it** to tell you the **good** and **beneficial** matters of your soul... You may **boast** for **him** (this second spiritual father of yours) (2 Cor. 12:5), for he is **sanctified!** But do not boast for **yourself**, for you are full of **passions** and **sins**...

So, carry on making **use** of **this second (virtual) spiritual father**, getting along **well with him**...

**Listening to him**, as we said, is like **listening** to **God** and to your **spiritual Father**, and you will do **well** and will **progress** in your **spiritual life**...

**I am praying for this to happen!**

### **731 (ABOLITION OF THE SO-CALLED SEX EDUCATION IN SCHOOLS)**

There is an **organized pan-Cypriot movement** to **repeal** the totally **unacceptable** - from every point of view - law 205(I) 2022 on the **Holistic Sexual Education** of **students** in **schools**.

Below you will find the **Signature Collection points** in the city of Paphos.

For the **other cities**, the phone numbers (see top right of the image) of the movement's **partners** are listed, who can provide **information** to **anyone who is interested**.

**We praise** and **encourage** the whole **effort** for the **preservation** and **protection** of the **character** of our children's **personality** ...

**Let us stand upright, let us stand with (holy) fear!!!**

Because, **if we are not careful**, it will be like **starting a "broken machine"**, which will cause **many victims** and which we will **not be able to stop** afterwards...

[Form for signatures of parents against sex education in schools \(click\)](#)

NB. A foreign (English-speaking) lady, who lives in the Netherlands and who read our post above in the English version, wrote to me:

«This is a VERY SERIOUS problem in the west. In the Netherlands the Ministry of Education is allowing children in primary school to go online and watch dirty stuff...and they are being told to scratch themselves...feel themselves... I can not dare to type what they are teaching children 🙄»

I will say just one thing, from our side:

- Feast theirs, eve ours!!!
- We need to mobilize ourselves and protest in the face of this....insanity!!!

## **732 (ABOLITION OF THE SO-CALLED SEXUAL EDUCATION IN SCHOOLS) (Part 2)**

(continued from previous):

Further to my previous Message on the above subject, I have to report two cases – in fact, two **incidents** - which show the **seriousness** of the **subject** we are talking about:

### **1st case:**

A lady reported to me that her sister's daughter, a little **five-year-old girl**, asked her mother just after leaving the Nursery School:

"Is it okay, Mom, for **one little girl** to be with another **little girl**?" (you understand...); repeating what the **teacher** told the class...

When the **mother** heard this, she went to the Nursery School to **ask about** the **reasoning** of this **statement**; whereupon, she was told that this particular school is part of a **pilot programme** and that from September **this** would be **implemented in all schools...**

### **2nd case:**

A lady, a high school **teacher**, within the scope of her **duties**, attended **seminars on sex education in schools**. (Note that, according to the teacher, the relevant books of the seminars were books published by the Ministry of Education of Cyprus).

- In these seminars, it was mentioned that the **sexes of human beings** are not only **2**, but also **4 or 5(!!!)**

May I ask now:

- Is this, indeed, the truth?

Let us see what **Truth Itself**, our Lord Jesus **Christ, our Creator and God**, tells us: "But from the **beginning** of the **creation**, **God made** them **male** and **female**. For this reason a **man shall leave** his father and mother and be **joined** to his **wife**" (Mark 10:6-7) and (Genesis 1:27).

Thus, our **Christ** spoke to us of **2 sexes** from the beginning of **creation**.

**Where from** did these people discover these **4** and **5 "sexes"**?

Is this what they want our **children** to be **taught** and to **"learn"** in our **schools**?

Also, when our **God** was about to **create man**, He said:

"... **Let us make man according to Our likeness and image**" (i.e., let us create man according to Our own **image**, so that he may have the capability **to become** like us, the **Holy Trinity**) (Genesis 1:26).

The **image** of **God** is that **incarnate Word of God**, our Lord Jesus **Christ**.

And I ask:

To step outside one's **norms**, seeking another (non-existent) kind of "gender", **how** will one ultimately **become like God**, our Lord **Jesus Christ**? How will he **inherit** the **Kingdom of Heaven**, which is our **identification with Christ**, our **Christification** and **Divino-humanisation**? This "change" is blasphemy against the God-Man Person of Christ!

I move on to our subject...

- In the **seminar on sex education**, they were also shown sketches of families in which:

- In one case, a **man** and a **woman** were shown and in the middle there was a **child**. **The man** appeared to be playing with his **mobile phone** and the **woman** likewise; the **child** seemed to be left **alone** and **unobserved**...

- The other sketch showed a pair of "**parents**", of the **same sex(!!!)** **enjoying** themselves with a **child**...

- Finally, another sketch, in the corner, in a **smaller** size, showed a **normal couple**, acting naturally and being normal with their **child**.

The teacher **protested** for this **pretentious** and **well-targeted presentation**, to which the presenter said: "Well, do you like it that the **man** and the **woman** pay no attention to **their**

**child**, while the other couple (**the homosexual one!!!**) is happily **playing** with **their...child(???)**

- Now, my dear brethren, let me ask you an IQ Test-type question and let me have an answer to it:

**Who** and **what kind of people** do you think are **behind** these **modern sex programmes**, specially designed for our **children**?

**My brethren,**

What I write, I write in my **capacity** as **Spiritual Father**:

These **programmes** are essentially **based** on **European** and **American standards** and **guidelines...**

Let us **not**, however, **miss** the following **truth**:

That is, that **Europeans** and **Americans** are one kind of **culture** and **spirit**, whilst we, the **ORTHODOX**, are another...

What for **them** may be considered "**natural**" and "**normal**", for us **Orthodox** are **unnatural** and **abnormal...**

**What they** consider "**moral**", for us **Orthodox** are and remain **immoral...**

In other words, **not everything** that "**suits**" **them** can **also suit us...**

For the **Europeans** and the **Americans**, the **normal man** and the **model of man** is **the fallen man**, with his **passions** and any of his **desires of passion** he may have... (something akin to the theories of the Jewish-born Austrian neurologist and psychiatrist Sigmund Freud, who was involved in hypnotism, the interpretation of dreams, the Oedipus Complex and other sexual complexes...)

What I say, is that, for the **European** and the **American**, the **normal man** and the **model of man**, is **the fallen man**, with his **passions** and whatever **desires of passion...**, whilst for us **Orthodox**, the **normal** and **perfect man**, as well as the **model of man**, is **our Lord Jesus Christ** (the incarnate God and our Creator).

So please understand that as there is a significant **difference** between the **basis** and **the starting point** of the **Western man**, and us **Easterners** - and by this I mean the **model** of the **normal** and **perfect human being** - there is also a greater **difference** in the **approaches** made to various **human existential** and **ontological** issues, including the **procreative instinct**, that is, that of the human **procreation/reproduction** and the **relationship** between the **two sexes** (I emphasize the **two**).

(This is what we Orthodox call this instinct: **procreative** and **not sexual**, which is a foreign word, **with a different meaning from ours**).

In conclusion, I repeat what I mentioned in my previous post and I **state** that:

"If we allow (*it goes **without saying that we will not allow***) these **perverse** and **unethical sexual "education"** programmes to proceed, it will be like **starting up** a "**broken machine**" which will **result** in **many victims** (our own **children**) and which we will **not be able to stop afterwards...**"

My brethren,

Let us **not hide** behind our finger and let us not accept what **unethical, immoral, pervert** and **unreasonable** matters are served to us by **others**, through (unfortunately) some of our own people...

Our **children** and **teenagers** are literally **bombarded** with **pornography** and the **advertising** and **promotion** of various **sexual** and **moral aberrations...**

Let us **not add** to these, our own **sexual so-called "educations"** in our own schools!

**Believe me:**

**The less they hear and see**, about **sexual issues...**, the more smoothly and **psychologically balanced** they will grow up as regards their **personality**, as well as their, otherwise natural, **procreative instinct...**

Whereas, if we start from their **pre-primary** age, and then in their **childhood** and **adolescence**, to talk to them about various **sexual matters...**, a **sexual syndrome will grow in parallel with them**, which will follow them like a "**shadow**", with all the **destructive consequences and effects** on them!!!

**We clearly state our position and say:**

**The best sex education for our children and adolescents is none other than PURITY!!! (CHASTITY)** (and I do **not** care if some people do **not like that word...**)

**We are Orthodox Christians and we wish to continue to be Orthodox... and stay Orthodox to the end!**

We have been through those **stages of life** too...and we have **seen** the **benefit** to a **teenager** and a **young person** of **maintaining chastity**; and we have **never** had so-called **sex "education"** in our schools either...

**And we grew up fine... and we are fine!!! Thank God!!!**

**Believe me**, my brethren, when I **repeat again:**

The **damage** that our **children** will have from the so-called **sex education** in schools, **compared** to the "**damage**" they will have if they do **not receive such "information"**, is 99.99% to 0.01% respectively! (I put the 0.01% in for the sake of those who cannot handle the absolute truth).

So, what do we prefer?

(I answer and say): As people like me have finished the Science Section of the secondary school and consider ourselves **reasonable** and **practical**, we have no choice but **suggest** and **choose** the latter!

And, if you remember the story I mentioned towards the end of my Paternal Advice no. 726, I repeat it again:

**Beware of the... "crazy water"(!!!)**, because it has been quite some time since it started "raining"...

Those who **wish**, let them **listen...** and let them **follow** us...(Luke 10, 16).

Those who do **not** want to, let them "**enjoy**" the **wages** of their **choice...**

**"He who has ears to hear, let him hear."** (Luke 14, 35).

**Let us stand well, let us stand with fear!**

### **733 (NEIGHBOUR)**

- Be careful **not to be affected** by the **negative mood** of your **neighbour** and/or his **antics!**  
Be sure to **keep** on your **way...**

**Take care** of course, at the same time, **not to rebuke** him if you see him **not** being well **himself...**

The **benefit** will all be **yours!**

### **(HYPOCHONDRIA/ HYPOCHONDRIAC)**

There are persons who are real **hypochondriacs..**

That is, they are subject to a **neurosis**, a **compulsion** I would call it, which turns into a **pathological fear** of **illnesses** and/or **exaggeration** on **minor physical discomforts...**

Or, even, they **suffer** from **excessive engagement** in **relatively trivial** things (e.g. they become **hypochondriac** about **cleanliness...**)

You should take **care not to allow** yourself to **become** such... Because, what is **worse**, is that, **apart** from you **suffering**, they will **also suffer** those **around you...**

The **best way to deal** with the above **psychotic situations** is to **remain indifferent...**in the **good sense!!!**

**Believe me:**

**Apply all** the above and **not only** you will **not suffer** anything, but – on the contrary - you will **enjoy** your **freedom...**

**I pray that this happens to you!**

**734 (WOMAN/ EMANCIPATION/ VIRTUE/ VALOUR)**

I remember once, when a **woman** passed by the **monastery** in such a **dress** as if she actually **wore nothing!**

An **impertinent question, spontaneous and unrestrained,** then came to me:

**"Why, Oh God, did you create women? Why have women no brains?"**

In the days that followed, however, our **Church celebrated great holy women,** almost daily...

**I marvelled at their accomplishments!!! I admired their bravery!!! I admired their holiness of life!!!!**

So, I **asked our Lord, Jesus Christ,** for **forgiveness** for these two **naive and childish questions** and **took back my word...** and even **more so,** when I **remembered the more honourable** than the **Cherubim** and **beyond compare more glorious** than the **Seraphim,** our **Queen,** who is **more wide** than the **Heavens, His All-Holy Mother** and **our Mother, Panagia!!!**

**Indeed,** when the **woman,** who is **equal in merit** to the **man,** is in her **natural dimensions** and **standards,** she may do **great things!!!**

Says the righteous **Solomon** in his book of **Proverbs (31:10):**

Who can **find a virtuous wife?** For **her worth is far above rubies."**

(that is, it is not easy to find a **fine woman** with a **brave spirit** and a **praiseworthy life!** For she is **incomparably superior** from **all precious stones.**)

If you wish to read the whole **eulogy of the woman,** in this chapter:

**(Proverbs of Solomon 31, 10-31)** see:

<https://www.biblegateway.com/passage/?search=Proverbs%2031&version=NKJV>

In other words, **the female sex** won on this point... (of course, as long as the **woman,** as I mentioned above, **maintains the proper specifications** made by our **Creator** for **her...)**

**God created woman beautiful** according to her **nature!**

Why do you, **woman,** interfere with the **beauty of nature,** which in the end you **make ugly...**with the **artificial** interventions on your **face,** with the various **make-ups** and the **paintings...**even on the **nails** (which, alas, become more **dangerous** than those of a lion!)

Do you not realize that with all these **interventions** you are becoming **much uglier...?** And yet you **delude yourself** that they make you **more "beautiful"(!)**

If I ask you **why** you **do** that, you will probably **answer** that you **do** it to please your **husband...**

If this is **so**, then why do you **not make up yourself** when you are at **home** with your **husband**, but do this when you go out of the **house?**

Let me **give** you the answer myself, **why** you **do** it:

Simply, to **satisfy** your **feminine vanity** and **egoism...**

Please **understand**, my sister, that the **true beauty** of the **woman consists of:**

1. **Maintaining** her **natural (smiling) face**, and not the **sloppy/made-up** and **carnival-like** face full of **make up**.
2. Her **modest** way of **dressing**.
3. Her **modesty** in **words** and **conduct**.
4. Her **true** and **genuine love, compassion** and **charity...**

**I wish this to you!**

### **735 (PASSION/ DESIRE/ SPIRITUAL STRUGGLE/ GOD/ PRAYER)**

A **passion** will be **cut off** only if you **want** it!

Of course **man** puts the **desire** and **effort**, and **God** the **victory!**

As I said, a **passion** will be **cut off when you wish** it; for, it **goes without saying** that **God** **wants you** to **cut off** a **passion**. So, it is **up to you!**

**It is sufficient** to **understand** this well and **master** it one hundred per cent in your mind, that the **passion** must be **cut without fail**; and after **realizing** it, to **desire** strongly your **redemption from it**, to make your humble **efforts** (as much as it depends on your own will), and at the same time **praying** God to have **mercy** on you and **give** you the **final victory**, which only **He** can provide.

**I wish you this with all my heart!**

### **736 (EXCUSES/ PASSION/ DESIRE/ SPIRITUAL STRUGGLE)**

(continuation of the previous Paternal Advice 735):

We said in our previous P.A. No. 735, that the **Divine factor** for the **final cut off** of a **passion**, is **given!** Whatever is left **for us** to do, as a **precondition**, is **our own synergy, effort** and **struggle...**



And I ask:

Why, then, since **God wants** our **deliverance** from a **passion** and **we "wish"** it too, why - I say - is the desired **objective not achieved?**

If you have noticed, I did put our **"wish"** in quotation marks... This is because it is doubtful whether **we really** want it...

We would **like** it **cut off**, but at the same time **we want the passion!** That is the **reason** that it **keeps coming back...**

You may probably ask:

Does our **pride and selfishness** prevent the **divine grace** from giving us **the final victory?**

Surely, this is an additional obstacle...

However, there is **another** factor that **prevents final victory:**

That is the **scale**, the (percentage) **level of commitment** in our **struggle.**

I mean, we may not be really **determined** in our effort to **demolish** the **fortress!** ("fortress" here, is the passion).

And this, to the point that **both the enemy** and our **old fallen man** inside us (our **passion**), **are making** a thousand and one **excuses** and **pretexts...**, in view of its **commission** and **satisfaction...** (of the passion)

This **truth** and this **fact**, my brethren, is also the **"golden key"** for our **redemption** from a **passion**, from a **bad habit...**, and this is where I want to finish:

Do you really wish **that** a **passion**, a **bad habit of yours**, **shall not be repeated**, and **be cut off once and for all?** (of course, always with the help of God)?

**Beware and avoid pretexts** and **excuses**, i.e. finding **mitigating circumstances...** in view of the **commission** and **satisfaction of the passion!!!**

We need **radical changes!!!!**

In other words,

The **only effective way** to prevent a **passion**, a **mistake**, **from happening again**, **from being repeated**, is simply: **DO NOT LET IT HAPPEN AGAIN** under any **circumstances**, **pretexts**, or **excuses...**

I repeat:

**DO NOT LET IT HAPPEN AGAIN!!!** (as **simple** as **that...**)

I hope **I made myself understood**. I wish you the **best!!!**

The pleasure will be all yours!!!

### 737 (GRUMBLING/ COMPLAINTS/ GRIEF/ STRESS)

Be careful **not** to be a **complainer** or a **growler** or a **grumbler** or a **whiner**. To **resent**, **complain**, **moan**, **growl**, **grumble**... these are things **not pleasing** to **God**, nor to **men**!

A similar and **related passion** is **anxiety**!

**What is anxiety?**

**Anxiety** is a **compulsion** with multiple **effects** on both **physical** and **mental health**!

The **negative effects** of **anxiety** vary, and at the same time, it (**anxiety**) may **seriously disrupt relationships** between **people**... And, ironically, a **trivial thing** may in no time turn into a **turmoil**!

In conclusion:

The **Negative** action is to **stay away from**:

1. The **gripes** and **grumblings** (i.e. the **constant complaints**) and
2. The **stresses** and **worries**...

And the **Positive** is to **always seek** to have

1. A **pleasant mood**... and
2. **Patience** (with **faith**) in the various **incidents** that **happen** to you...

### 738 (CHRISTIAN MORALITY/ PSYCHOLOGICAL VIOLENCE/ VIOLENCE IN THE FAMILY-WORK/ BULLYING/ZEALOTRY)

**"Although the tongue has no bones, it breaks bones!!!"**

Both the **entries in this P.A. 738** and the above **wise proverb** of our people **speak for themselves**, so I will **not** analyze them one by one...

What I would like to **point out** and **conclude**, is that, certainly and above all, we would **not** want to **belong** to those who **practice** and **act** the above... just as, on the contrary, we would **not want** to be '**victims**' or **recipients** of such **immoral** and **unethical** actions on the part of **such people**...

Unfortunately, my brothers, the **Orthodox Christian ethos** is absent today!!! (1)

And, how **inappropriate** is it, **really**, to see the absence of **morality (ethos)** also from these so-called "religious" people (!!!) – that is, from people who are **considered** and **present themselves** as people, supposedly, of the... "Church" (!!!)

I am **not exaggerating** at all when I **liken** a person who **practices psychological violence** or **aggression** or **oppression**, either in his **family** or in his **working environment** or in

his **relations** with his **fellow human beings...**, I am not exaggerating at all, I say, if I **equate** this **person** with a... **murderer!!!** And I know very well what I am saying and what I am suggesting...

Do not think that, "but I am **not** acting like this..." If you exert **psychological violence** to another person, if you **distress** him **often...** and he **falls ill** and **dies**, then you are a **murderer!**

You may **fast**, even abstaining from **oil...**; make **penances** and **genuflections** as many as you like...; attend **vigils...**; make frequent **confessions...**; partake **Holy Communion** frequently...; read and master the **Holy Fathers...**

**I ASSURE you that:**

**If you do not have the Christian ethos**, which is **characterized** by **discretion, moderation, kindness, humility, compassion, delicacy, moral modesty** (both in **speech** and in **conduct**) and, above all, if you do **not** have **genuine** and **true Christian courtesy...** - and instead, you **practice**, as I said above, **psychological violence** and **oppression (bullying, we would say today)** either to your **family<sup>(2)</sup>** or to any of your **fellow human beings...**, I assure you, if you are **such** a **person** - even if you **present yourself** as "**religious**"(!!!)- you will at the end of the day be very **hateful to God**, who will **vomit you** in the **afterlife, sending you "away"** from **His presence...**

And **where else**, tell me man, will you go to '**hide**' from **Him**, when **God is omnipresent???(!!!)...**

And where else will you **be sent...**, but in the **eternal fire of hell**, there to **intermingle** with **others like you**, the **murdering demons!!!**

I will end with my beloved phrase:

**Let us stand well, let us stand with fear.**

.....

**(1)** It is **true**, my brothers, that the **Orthodox Christian ethos** has vanished today..., or at least, it has become **hard to find!!**

I say this to **our shame**; those who **certainly** have the **Christian ethos** and **kindness are the children** with the so-called **down syndrome!**

**(Do not find what I say paradoxical!** Please know that the "problem" of these children is of the **brain**, i.e. the **body**, and not of the **mind**, i.e. of the **soul**. Their **mind** (nous) is **perfect** in all respects! These **children** in the **life to come** will be **fine!!!...** and, in fact, they will **advance** to a **high mental state...** It is **us** perhaps that we may have the "**down syndrome**" in the **next life!!!** Do you understand?)

The **absence of Christian ethos** is also present in the so-called **zealots**, i.e. those who present themselves as being of the **Church** and having **God's zeal**, but "**not really enlightened**" (Rom. 10:2). They are in an **erroneous "religious" state...**, i.e. while they present themselves as "**genuine**" and "**patristic**"(!)..., nevertheless they do not have **any ethics!!!** So, we see in them the **absence of the minimal elementary politeness...** There are so **many of them** around... They are the ones who do the **greatest damage** to the **Church!!!**

**(2) Violence** in the **family** is not only when the husband **beats** his wife (which is always **repulsive, unacceptable and immoral!!!**)...

**Violence** in the **family** can also be **psychological violence...**, **psychological oppression**, the **debilitation** of the **spouse**; the **insulting, demeaning, blaming, accusing and belittling** her (or him) to the **children**; the **attribution of sole responsibility, guilt or blame** for something, to the point that the **accused feels devastated, humiliated, exhausted...** and, on top of that, to **delude ourselves** that we are **good Christians (!!!)** **Yes**, all the above also **constitute violence** in the **family!!!**

And again I hear someone say: "**But I do not do that!**"

My fellow **Christian**, this **lack of respect**; and of **politeness**; and **contradiction** (i.e. you contradict your **parents** or respectable people); **criticism** and **unjust judgment** against a **man of God** (**deluding yourself** that you are more **correct** than **he is**, **easily condemning** him for something he **does**, although he may **have his God-sent reason** for doing it); but this is how **you** have learned, "**to judge (and condemn) everything and everyone...**" All this, I say, **constitutes a lack of Christian morality (ethos)**, and in fact what you succeed... is to **condemn yourself...**

Still, you may not **verbally insult** your neighbour; but you may **offend** him **indirectly** or "**talk down** to him" or - worst of all - **leave insinuations...against him!!!**

These, too, **constitute violence**, either in the **family**, or at **work** or generally in **society...** not to say that this **kind of violence** is **worse** and more **painful** than the **face-to-face insult!!!**

**God save us from such a moral decline!!!**

**739 (KONANOS/CLEANSING (CATHARSIS) OF THE CHURCH/SEX EDUCATION/"THE CRAZY WATER")**

...on the occasion of the infamous **video** of the defrocked "archimandrite" **Konanos**, which (video) is making its **way around the internet**, to the **detriment** of many of our weak fellow human beings...

I was thinking of posting this particular video, which he has filmed himself and in which he explains how he **now** feels "**well**" -both towards **himself** and towards **God(!!!)**- who is... **homosexual(!!!)**...

But, in the end, I preferred **not** to **post** it in order not to do **further damage** to the **unstable** and **weak**...

And a second reason for **not posting** it, is so as not to **make you dizzy**..., because I was really **dizzy** from his **non-stop blah, blah, blah...**, **talking non-stop** for **1 whole hour!!!** (which unfortunately I had to listen to).

Of course, **I refuse** to **comment** on anything included in his **completely unacceptable** and **worthless video** (I mean on what he **himself declares**, "**advises**" and **exhorts**...)

If, indeed, anyone wants to **hear how** a **deluded** and **unbalanced** man **speaks**, let them listen to him...

I will only say three things here, which **concern** both **Mr. Konanos** (I doubt if the word, "**Mister**", is suitable to describe him) as well as the **Church**:

**1:** What in **Church** we sing on **Maundy Thursday** about **Judas** in the **Holy Passion** of our **Lord**, exactly **applies** to this **man**:

**"This day Judas deserts the Master, and chooses the devil"...**

**2:** When we have **Konanos**, the **devil** is no longer **needed**; for in this case the devil is **superfluous** because the first one does his **job better** than the second one!!! Even the devil could **not speak** so "**beautifully**" and so "**sweetly**", to **deceive** the **simple**!!! **And**

**3:** I now wonder **how many such** other **persons exist** in the institution of the **Church!!!** That is, how many **such** other **cassock bearers** are **around us (!!!)** and how **much damage** do they **cause** to the **flock!** And **how many weak** and **unstable believers** are prone to **destruction(!!!)** **because of them(!!!)**

So, what do we **do?** If one is **suicidal**, should we "**help**" him to... **commit suicide(???)** or instead try to **save him?**

### **DECLARATION 1:**

**No man is born homosexual!!!**

(This is not drawn from science, but from **theology** and **dogmatic anthropology**; of course **science itself** does **not recognize nor** does it **make** such an **assumption!** **Instead**, it (science) **declares** that the **genetic code** of every **human being** is **unique** and **unrepeatable!**)

If it were so, i.e. that **some** are born **homosexual**, it would mean that God would be **unjust** (pardon my blasphemy!!!) by **allowing** such **homosexuals to be damned to hell(!!!)** However, this is why they will be **damned**, if they do **not repent** and **leave** this **deadly** and **shameful sin**, precisely because their... "**homosexuality**" is neither a **necessity** nor a **given**, but their **own choice!!!**

So, **no man is born homosexual!!!**

One **becomes** a **homosexual** by freely **accepting** this **abnormal** and **unnatural deadly sin!!!** He **invents** perverse ways of "**enjoying**" **carnal pleasure...** In fact, I go further and say that, strictly speaking, he does **not become** a "**homosexual**" **either**; this is because he **can stop** if he **wants to!!!....** So **there are no homosexuals...**, but, simply, **those** who **perform** the **act of homosexuality...**

**HOMOSEXUALITY**, my dear, is an **OBSESSION!!!** which **obsession**, if it is **accepted** by a person as "**true**", he is **identified with it considering it identical with his nature(!)**

This is a **great lie** and a **great deception** of the **devil**, which is done in **cooperation** with man's **fallen** and **defiled nature** (and **not with our nature after it was renovated in Christ!**); that is why **Christ is recognized** and is **our Savior** and **our freedom!!!**

#### **DECLARATION 2a:**

In the same way that **CLEANSING OF THE STATE IS REQUIRED...**, a likewise **CLEANSING OF THE CHURCH IS NECESSARY FROM THE HOMOSEXUALS!!!**

I have said it before:

**Beware of the..."crazy water"(!!!)**, because it has been some **time** since it started "**raining**"...

By the way, I would like to mention that a new video was posted with the **Italian Prime Minister Giorgia Meloni**, who captured the whole **problem** of the... **new order of things**, which is so **artfully promoted..:**

**[Giorgia Meloni \(click here\)](#)**

A previous video with the same Prime Minister is at the end of our Paternal Advice **no. 732 (click here)**

Finally, I refer again to the issue of **Sex Education in Schools** (because we are already approaching it...), to state that if this subject is **introduced**, as they want it **introduced**, "**all hell shall break loose...!!!**" We will **start** this **broken machine**, with all the **devastating consequences** for **our children...**, and which **we will then be unable to stop...**

Kindly take a look at the two screen-shots below, which are proposals addressed to the **Ministry of Education (Cyprus)** for their **approval** regarding the **Sexual Education of our children in schools**.

The first screen-shot concerns **Sexual Education** for **children** in the **3<sup>rd</sup> year** of **primary school (9 year olds!!!)**:

The second screen-shot is for **children** in the **first year** of **high school (aged 13!!!)**.

(Note: Do these really **resemble** the **words** of **Konanos** as shown in **his video...**).

According to the **Ministry of Education (Cyprus)**, the whole “programme” is **supposedly** for the ... **protection of children from sexual abuse (!!!)**.

The **hypocrisy** and **disrespect** towards the **parents** is **unbelievable!!!!...**

You will, I am sure, also have **your own views** on this **controversial** topic...

I am **not** a **prophet** nor do I **have** the **gift** of **foresight!** But **take note** of what I am about to tell you: **If proper reactions** are not made, **unacceptable laws** will be **proposed** and be **enacted** in **our country**, with all the corresponding following **social consequences...**:

**1. Weddings** between **homosexuals!!!**

**2. The adoption** of **children** by **homosexual "couples"!!!** And,

**3. As a consequence** of this, in the **Sexual Education** in our **Schools**, the **abnormalities will be taught as normal...; gender change, homosexual relationships** and also points 1 and 2 above... · and this, out of "**respect**" for the "**children**" of **homosexual couples**, who **will be present** in the **classroom!!!** And **Andreas** who **has chosen** his **orientation of choice** and wears a **skirt instead of pants should** henceforth be called **Androulla...**, and **not Andreas(!!!)**

Let me **not** go further... (Besides, **God may not allow** the **continuation** of such a **crazy life...!!!)**

“A man who is in honour, yet does not understand, is like the beasts that perish” (Psalm 48:21)

(translation: Although **Man** has **received** from **God** the **priceless honour** of **having a rational nature**, he has **not** been brought **back** to his **senses**, and **instead** has **placed himself along** the **senseless beasts** and has **become like them** as regards his **way of life** and **his instincts...**)

So, when the **doom** of the **world will come** and we shall start **looking** what **went wrong...**, but it **will be too late!!!**

As I write this, the **media** are on "**fire**" that **Greece is burning** from the **flames** of the **fires!!!**

Believe me, what **we suffer** is the **least**, since **we ourselves first "burned"** and **continue** to **"burn" our Greece...**, with **all the above antichristian** and **perverse applications!!!**

I will keep repeating it as often as I can:  
**Let us stand upright, let us stand with fear!!!**

#### **740 (END OF SEX EDUCATION/BEGINNING OF CHRISTIAN EDUCATION IN SCHOOLS)**

**My dear Brethren,**

**For some time now we have been following the events concerning Sexual Education in Schools.**

**We, the Holy Cenobitic Monastery of Trooditissa, of the Church of Cyprus,**

**1. Having full knowledge of Theological Doctrinal Anthropology and the ontology of man (as a psychosomatic entity), we believe that we are the best specialists and knowledgeable in the matters of education of children and in general of every human being, regardless of gender, age and situation.**

**2. We reject any unprofessionalism, any sloppiness, any falsehood, any mischievous expediency and any unorthodox experimentation on our children...**

**The issue of Sex Education in Schools has taken on global dimensions...**

**The whole world, in all countries, has become agitated and protests are being held everywhere.**

**Why?**

**And how is it that we in our country do not understand what is in store for us?**

**BECAUSE we see people occupying some key positions in the State (which gives them the ability to take decisions and actions lacking psychological insight)**

**AND WHILE they present themselves as "experts", they are actually ignorant on this serious issue of children's education**



**AND WHEREAS by endless discussions with them we are unable to reach the desired results**

**WE UNEQUIVOCALLY STATE:**

**OUR CHILDREN DO NOT NEED SEX EDUCATION.  
OUR CHILDREN NEED CHRISTIAN EDUCATION...**

**END OF DISCUSSION  
FULL STOP.**

**If they dare to introduce to our children the totally unacceptable, silly and largely ridiculous techniques of so-called Sex Education, parents have no choice but to advise their children to abstain from these "lessons"(?), with all the sanctions and consequences...**

**"Discipline is to be seen by God rather than by men" (Acts 5, 29).**

**i.e. we must obey God rather than men.**

**And vice versa:**

**In order to threaten God, it is better to threaten men.**

**We conclude by saying that it is a NATIONAL CRIME to FORGET that our Nation (and our special Homeland Cyprus) managed to survive and maintain its National and Christian identity, through so many conquerors, due to the Christian education...**

**When our children used to go to school in the older times, they were singing so beautifully the following Greek children's song:**

**"My bright moon, shine your light upon me so that I may be able to see and walk, so that I may go to school, so that I may learn to read and write and find out all the good things about God".**

**Instead of letting our children to grow up to be wicked like us, let us change and become innocent, simple and upright like them.**

**The Lord told us unequivocally:**

**"Assuredly, I say unto you, unless you are converted and become as little children, you will by no means enter the kingdom of heaven" (Matthew 18:3)**

**That is, I assure you that unless you change your minds and become simple and unpretentious like children, you will not enter the kingdom of heaven.**

*(From the Holy Monastery of Trooditissa)*

### **741 (VIDEO-BOMB AGAINST THE SO-CALLED SEX EDUCATION IN SCHOOLS)**

My dear Brethren,

On **1/09/2023**, the **Ministry of Education, Sports and Youth**, seeing the **concerns** and the completely **justified reaction** of **parents** and various other **associations against** the **so-called Sex Education in Schools**, made a last (desperate) **announcement** to the **media**, attempting to... "**reassure**" the **interested involved** and **anxious parents and Associations**, stating, among others, that:

"(the Ministry) has made **no changes** related to this course **(of Sex Education)** from **2011 to date**" and that

"as far as **Primary Education** is concerned, the subject **has been** and **will be taught exactly** as it **has been taught** for **twelve years, since 2011, WITH NO CHANGE WHATSOEVER**".

-----  
(We comment):

But even if **we assume** (which **we do not**, that is, we cannot be sure what we will **receive** in the **course of time**) that "whatever was taught for 12 years, from 2011 to the present, **NOTHING WILL CHANGE**", but, "will continue to be taught exactly as it was taught", **THIS AGAIN DOES NOT KEEP US HAPPY AT ALL!!!**

- When you will watch the **video** of the "**Cyprus Parents' Solidarity Association**" below, you will understand **why** we are **so strongly opposed** to the **Ministry of Education**, regarding the **Sexual Education lesson** in schools!

- After all, **who told you** gentlemen (and ladies) that **we want you to teach Sex Education to our children?**

(We, **from the very beginning when Sexual Education** was introduced in **Schools**, were totally **opposed** to it; which seems **justified today**, as the rest of the story will show...)

- But again, if something **was going wrong** for **12 years**, and we **now realise** it (because the matter **is now completely out of control...**), **does this mean that we should continue it?**

We declare in all **sincerity**, that even if we become 100 years old and **realize** that **for decades** something has been going **wrong** in our **Monastery**, we would **immediately stop it!!!**

We shall not say "*as it has been going on for so many years*", **we shall keep on...**

Gentlemen (and ladies) **decision makers**: If you **cannot react** or if you **do not understand** or - worse - if you **do not want to understand** what is **happening...**, you would do well to **leave our children, our morals and our culture alone!!!**

This is **where** we **need** the **President** of the **Republic**, who was **elected** by the people, as the **Captain** of the **ship** called **Cyprus**, to **admonish** all these people and tell them, "**What are you doing! Sit down and do as I say!**"

- **Initially, when** people heard of "**Sex Education**" they **thought** it was something **good** for their **child**.

However, **now** that all the **unacceptable things** that are going on in the **Schools**, in relation to the **Sex Education lessons**, have been **revealed**, **parents have woken up** and they are not **going to let** this **uncontrolled** and **damaging situation continue...**

There are very **loud** and **intense voices** heard from people from **abroad** who have now **realized** the **devastating effects** that the **Sex Education** course has had on their **children**. But **we**, having our **ears** and **eyes closed**, as **deaf** and **blind**, **move on...**

- Some even continue to ruminate on the so-called "**right**" of the children to have access to **Sex Education...**

**When** does the "**right**" become an "**obligation**", I wonder?

Also, in its **Announcement**, the **Ministry of Education** pointed out that,

"Any **references** to the content **published** by the **World Health Organization (WHO)** or other **bodies** and **organized groups** do not concern the **content** of the **course**."

-----

**(Comment):**

Here the **Ministry** is **NOT telling** us the **plain truth...** and further, what it says is **false** and **contradictory!!!!**

In its **Policy**, the **Ministry of Education** (on its own post) **states**, regarding the... "definition and the **necessity** of the **holistic Sexual Education** (on the basis of its declared Policy) *that **Sexual Education follows the guidelines** of the **World and European Regional Strategy for the Sexual and Reproductive Health of the **World Health Organization (WHO)**...***"

- Finally, **are you** or **are you not following** the **WHO** guidelines? You are driving us crazy...

Gentlemen (and ladies) of the **Ministry of Education: We despise hypocrisy and lies!**

And further down, the **Ministry of Education's policy** continues,

*"...Progressively supporting and strengthening **children and young persons** with **information, skills** and positive values so that they may **understand and enjoy their sexuality**" (!!!)*

And **who told you** gentlemen (and ladies) that **we want** our **children to enjoy and delight** in their "**sexuality**"...., **prematurely** and **outside** of **legal marriage?**

Here is the official **Announcement** from the **Department of Education**, of **1/09/2023:**

[https://paideia-news.com/anakoinoseis/2023/09/01/dieykrinises-gia-to-mathima-tis-agogis-ygeias-seksoyalikis-dapaidagogisis/?utm\\_source=dlvr.it&utm\\_medium=facebook](https://paideia-news.com/anakoinoseis/2023/09/01/dieykrinises-gia-to-mathima-tis-agogis-ygeias-seksoyalikis-dapaidagogisis/?utm_source=dlvr.it&utm_medium=facebook)

See also article: <https://cyprustimes.com/koinonia/i-anakoinosi-ypan-gia-to-mathima-sexoualikis-diapaidagogisis-osa-prepei-na-gnorizete/>

In the headline of the above article in "Kathimerini", on the aforementioned **Announcement** of the **Ministry of Education**, there was the phrase "**What you need to know**" (for the lesson of Sexual Education).

- That is, from the **Ministry of Education**.

.....

Below, we will refer to the phrase used by the **Parents' Solidarity Association** in its presentation, which reads:

**"Compulsory sex education - What they do not tell us"**)

See [https://www.youtube.com/watch?v=6\\_zOIZCwVL8](https://www.youtube.com/watch?v=6_zOIZCwVL8)

It should be noted that just the day before the Ministry's announcement, on **31/08/2023**, our **Holy Monastery of Trooditissa** had published on its **Website**, an **Announcement**, on the issue of the so-called **Sexual Education in our Schools**.

(read: <https://trooditissa.org/telos-tis-sexoualikis-arxi-tis-xristianikis-agwgis-sta-sxoleia/>)

In it we concluded that:

**OUR CHILDREN DO NOT NEED SEX EDUCATION.  
OUR CHILDREN NEED CHRISTIAN EDUCATION...**

We must know that **tomorrow's society is our children of today!!!**

As you will see in the **video** below, the **Ministry of Education**, through the **Sexual Education course**, is making an effort to adjust our children to the standards of **today's society** (in relation to **today's sexual standards...**)

But we also all **know** that **today's society** goes from **bad to worse...** and no one can **deny** this (I am speaking, I repeat, especially with regard **to the current state of sexuality...**)

What we are **hearing** and what is being **voted** in **Parliaments** today is **unacceptable**; unfortunately we **expect more** of the **same to be voted on(!!!)...**

So then, if we do not want **tomorrow's society** of our **today's children** to be even **worse** than **today**, we must **prepare our children from now** to be **healthy in all respects...**

That is why we insist and conclude that **"OUR CHILDREN NEED (NOT SEXUAL BUT) CHRISTIAN EDUCATION..."**

- That's all **from our side**.

.....

**My dear brethren,**

We, the **Holy Monastery of Trooditissa**, declare that the **struggle** for the **termination** of the **so-called Sexual Education** in our **Schools**, and instead the **introduction** of a **Christian Education**, continues...

This may **not "sound"** good to some people, who, perhaps out of **good intentions**, are in **favour** of such **Sexual "Education"**.

**We excuse** them due to **extenuating circumstances** of **ignorance...**

However, **if you watch**, from **beginning to end**, the below **video-presentation** of Mrs. **Eleni Kosta**, as a member and representative of the **Association "Cyprus Parents' Solidarity"**, there may **not be a single person left who continues to support Sexual Education in our Schools...**

In this well **documented video** of **"Cyprus Parents' Solidarity"**, Mrs. **Eleni Costa**:

**1. ON THE ONE HAND** removes the **mask** of the **CFPA** (Cyprus Family Planning Association), which acts like an affiliate of the **World "Planned Parenthood"**, alias "**IPPF**" (=Private **Contraception** and **Abortion Clinics!!!**), a **movement lacking good "reputation"**.

-----  
(open brackets):

- **Unfortunately**, as you will see in the video below, this **private association (CFPA)** managed to "**infiltrate**" (as a **Trojan Horse**) inside the **Ministry of Education and Culture**.

- Members of this Association and/or its friends hold **key positions** and are **authors of Sex Education manuals ("I'm set" and "Life Journey")**, as well as **authors of high school health education textbooks**.

- They also wrote the primary school textbook "**First Steps**", which was **purchased** by the **Ministry of Education** and **distributed** to all **primary schools as an aid** for the **teachers (!)**

- Further to this, with the **permission** of the **Ministry of Education**, they also give **lectures** to **students in our schools** and "**train**" **teachers** and **professors...**

(This **explains** the various **out of place occurrences** and **complaints** we receive from **teachers** and **lecturers**).

- **At the same time**, the **CFPA** makes **recommendations**, through its **manuals**, to the **Ministry of Education** for **approval** and **inclusion** in the **school curricula** of the so-called **Sex Education**.

-----  
**2. ON THE OTHER HAND**, the **Cyprus Parents' Solidarity Association**, through the **video-presentation** of **Mrs. Eleni Kosta**, **reveals** the...**unknown aspects** ("**what they do not tell us**") of the **Sexual Education** of the **Cyprus Ministry of Education** (from **2011** until **today**).

It was always **puzzling us...** the **persistence**, the **obsession** and even the **wilful blindness** of the **Ministry of Education** to such an **out of place** ongoing **Sexual Education...**

Our **puzzlement**, however, **was solved** when we read in the "**POLICY OF THE MINISTRY OF HEALTH AND CULTURE ON SEXUAL EDUCATION**" (on their own posting) in the beginning of this document:

"In **response** to the **legal obligations** placed on **governments** by the internationally recognized human rights, the **MoE (Ministry of Education and Culture)**, **by the present policy document**, declares **its commitment** to ensure **access** to **children** and **young**

**persons to sex education"** (this is taken from a declaration from **WHO**, the World Health Organization).

- And **who asked you** gentlemen (and ladies) to **commit our country** in this way?

Do not forget that the **free air** that you and we **breathe** was **earned** with the **blood** of our **heroes...**

And therefore, you **have NO RIGHT** to **bind** our **morals** and **culture** to **ANYONE** but our **Saviour Jesus Christ!!!**

Our **Cyprus** is an **Orthodox Christian country** and under **no circumstances** will **WE** **allow any alienation of our Orthodox Christian ethos**, **contrary** to what those people to whom we **referred to** above **are seeking...**

-----  
In conclusion, we would like you to watch the video (but it would **be** good if there are **no children present** when you watch it). Please note that **Ms. Eleni Costa** is a **remarkable Scientist!**

She has **graduated** from **Athens Metsovion Polytechnic** at the School of **Electrical and Computer Engineering** and then worked at the Cyprus Telecommunications Authority as a **Telecommunications Engineer** for **20 years**.

She is **married** and **mother of 6 children!!!**

For the **last 11 years** she has **devoted a lot of time** to **research** on **holistic sex education**.

So, we have both a **scientific background** and an **informed presentation**, but also - most importantly - an **Orthodox ethos!**

We declare that the **Holy Monastery of Trooditissa** (from the **Church's** point of view) **unconditionally supports** the **Association "Cyprus Parents' Solidarity"!!!**

After all, **we too are Parents** for **all** the faithful, regardless of age, gender and status; besides, it is not without reason that our faithful people call us "**Fathers**".

Below is the **video presentation** of the **Association "Cyprus Parents' Solidarity"**, by **Mrs. Eleni Kosta**:

[https://www.youtube.com/watch?v=6\\_zOIZCwVL8](https://www.youtube.com/watch?v=6_zOIZCwVL8)

**Note:**

**A similar presentation** will be held by **Mrs. Eleni Costa** next **Friday 8/09/2023** in **Avgorou**:

With best wishes,

Protosynkellos Damaskinos

## Holy Monastery of Troditissa

### 742 (EXHIBITS OF THE MINISTRY OF EDUCATION FOR THE LESSON OF SEXUAL EDUCATION WHICH IS GRAVELY SUFFERING)

**THIS POST IS NOT SUITABLE FOR CHILDREN UNDER 18 YEARS OLD!!!**

My dear brethren,

WHEREAS unfortunately there is currently an **one-sidedness** in all sectors and especially in the media, i.e. a lack of objectivity, due to the examination of only the one side on this matter

AND WHEREAS the homosexual movement (LGBT+) in Cyprus accuses us of **stigmatizing** them when we speak against homosexuality (that is, what our **faith** teaches us and which we **believe** and **profess**), which to them is considered wrong before the “law”..., **BUT** is **NOT** considered wrong (here again we detect bias) when the media -through either the Ministry of Education or through other institutions- are **branding** us as delusional, fanatics, extremists, misinformers (that is, that we say things that the Ministry of Education does not put into practice) and God knows what else... whilst the only thing we do is simply to express our **opinion**, on the **very serious** issue of **sexual education** of **our children**.

We present today on our website **texts** and **documentary evidence** selected from those already **published** by the **Ministry of Education** itself, on the subject of **compulsory Holistic sexual education in schools**.

We are stating the above to show why we should not be blamed for allegedly **misinforming** the public and for creating **fake news**...

Because, if after the **evidence** we present, which in fact is the **same** as that of the **Ministry of Education**, we are still accused of **misinforming** the people, then in reality, the one who **misinforms**, would be the **Ministry of Education** itself, which has allegedly prepared “**fake**” texts, which are not in use...

Therefore, so that the Ministry **of Education** may not be accused of spreading misinformation, one must accept that what follows is true and in use, since it is **evidence** from the **Ministry’s own posts**.

Unfortunately, the Ministry of Education, Sports and Youth, argues (and unfortunately managed to **convince** the **Archbishop**) that the **purpose** of the subject of **Sexual Education** is to **inform** the children of primary and secondary education, about the **dangers** of **sexual exploitation** and **abuse**...

But is that really how things are?



**In fact**, this is nothing more than **the “cloak”** used by those who **coined** the subject of sexual education, behind which **lies** the decisive effort/movement to dominate the world of the ideology of **pan-sexualism** and at the same time the **recognition** of the **LGBT+ Community** and their **legal protection** (matters of **same-sex marriage, adoption, etc.**) So, we would say, without any hesitation, that the **lesson** of **Sexual Education** not only **DOES NOT protect** our children from the dangers of sexual exploitation and abuse, but this same sexual education **constitutes sexual abuse** of our innocent children (!!!), as you will see in the documents that follow...

**We hope**, from our side, that his **Beatitude our Archbishop** together with the **rest of the Holy Synod**, whom we **respect** and **cherish**, after they will **carefully** read all the **documents** listed below, will **revise** their position on the matter of **Sexual Education** and will keep a **strong** and **dynamic presence**, in order to **preserve** the **sacred morals** and the **dignity** of our **Greek Orthodox Culture**.

Otherwise, the **abolition** of our **sacred morals** and by extension our **faith**, will bring by mathematical precision the **complete** collapse of our **national problem...** (compare the War of the Israelites with the Midianites, in the Old Testament).

Moreover, our **Holy Hierarchs** will provide **strength** and **support** to our **faithful** to **continue** their **struggle**, because for the time being -as they tell us- our flock feels **betrayed** and **abandoned**, like **sheep without a shepherd...**

What follows, is intended for **all bona fide believers** and for every other **citizen** of the **Republic of Cyprus** suggesting to them to **judge by themselves** this **lesson** about the **Sexual Education**, through the texts of the **Ministry of Education**, whether it would be **good** or **bad** and whether it would be **beneficial** or **harmful** to our children.

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## INSTRUCTIONS

After you look at the text **SOURCES-PARENTS' POSITION (click)** and you read a paragraph (bullet point), you will see which **source** it refers to.

Then, go further down to page 2 and, after noting the **page** referred to by that source, you may open the **link** and **find** the page.

Finally, an **Annex** follows, in which we quote - only **indicatively** - **what our children** will see and learn through the course of **Sexual Education** (for all Exhibits see **SOURCES-PARENTS' POSITION (press)** and from there its reference to **SOURCES**).

**We apologize for the inappropriate Annex, but we were forced to append it because we were stigmatized that we are misinforming the world...**

N.B.:

**Warm thanks** are due to the “**PARENTS SOLIDARITY**” and especially to **Mrs. Eleni Costa (mother of 6 children!!!)**, their representative, for her kindness to provide us with all this **material**, which she gathered with so much **effort** and **toil** all these years, from **2012** until **today!**

**With love in Christ,  
The Holy Monastery of Trooditissa**

**744 (SILENCE/ CRITICISM/ NEIGHBOUR/ IDLE TALK/ REPENTANCE/  
DISAPPOINTMENT/ HOPE)**

**(SILENCE/ CRITICISM)**

Do not be in a **hurry** in expressing your **opinion** or draw **conclusions** about **something** or **someone**.

**(IDLE TALK/ IDLENESS)**

Do not engage in **idle talk**, neither in **idleness**. **Excuses** for these there will never cease.

**(STRUGGLE/ REPENTANCE/ DISAPPOINTMENT/ HOPE)**

Do **not** look **back**. **Look** forward, start with **repentance** every **day**, every **hour**, every **moment**.

**(CRITICISM/ NEIGHBOUR)**

Be **careful** when **talking** about **third** parties who are **not** there. Let your **neighbour** be something **sacred** to you. Do not fall into **criticizing** him or **condemning** him or in any way **discrediting** him.

**745 (THE ALL-POWERFUL JESUS PRAYER)**

**Who** can say that problems do **not** fall upon him?

**Who** can say he has **not** hit a dead end?

**Who** can say that he does **not** have moments when **he** feels **powerless** to **achieve** something?

**Who** can say he has **not** encountered **injustice** on the part of people, **unable** to **defend** himself?

In short:

**Who** can say, that he has **not** been **unable** to **find a solution** to a problem he is facing?

My brethren,

**THERE IS A SOLUTION!!! to all this...**

We have said it many times, but, it is **one thing** to **say** it **and** another to **practise** it...

So let us remember our favourite **saying**:

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**The Lord** said: "**Whatever things you ask when you pray, believe that you receive them and you will have them**" (Mark 11:24).

Therefore: "**Say the Prayer unceasingly and do not be disturbed by anything. The Prayer will take care of everything, including that which troubles you.**" Do you believe this?

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**Try it!!!!**

You have nothing to lose - and it is completely **free!**

**We assure you, IT WORKS!!!**

Such **cards**, which have the above **saying** on the one side and **the Jesus' Prayer** on the other (**LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME**), are ordered by us and printed in **master card format** and **material**, which we then offer to everyone for **free**, just saying to them in a joking manner:

"We will give you a **master card**, which has **no limit** (unlimited); **you may withdraw as much as you like...**"

This is **true!**

Simply because, **Christ is THE TRUTH!**

**746 (PRESENT TIME/ SANCTIFICATION)**

**Live in the present time and at the same time sanctify it!**

Unfortunately, most **people live in the past** and/or in the **future...**

But the **past** has already **gone** and the **future belongs to God.**

So, what exclusively **belongs to us** is the **present!**

Like I said, make sure you **sanctify it!**

**The future** consists of **countless present things...**

Therefore, if you **sanctify the present**, you **sanctify the future** as well...

**My wishes are with you!**

**(WORLD/ SPIRITUALITY)**

Your **best, effective** and **fruitful** relationship with the **world** is achieved when **you get away** from it and **turn** to **spiritual** matters...

This is **exactly** how you may **approach** the **world benevolently!**

Whereas, when you **closely associate** with it (the **world**)... you become **part of it**, and not only **can you not help** it (the world), but also **you yourself will need help**...

**747 (ETHOS/ NEIGHBOUR/ SINCERITY/ NATURALNESS/ DOWN TO EARTHNESS)**

Try to be **restrained** in your **relationships** with **people**...; both in **words** and in **behaviour**.

Your **careful** and **measured life** will **endear** you to **people**, but most of all, to **God!**

Speak with **simplicity**, **naturalness**, **honesty**, in a **down to earth** approach and without **pretentiousness!**

This will make you a **true** and **genuine person** to those **around** you; and your **relationships** with **people** will become **beneficial** and **constructive**...

**748 (GOOD SELF-CONFIDENCE)**

Today's weekly **Paternal Advice** is about **GOOD SELF-CONFIDENCE**.

**(GOOD SELF-CONFIDENCE/SPIRITUAL STRUGGLE/ SPIRITUAL ZEAL/ EXERCISE/ THOUGHTS)**

It is common for **believers**, when they read about the **lives** or **teachings** of **saints** and their **physical** or **spiritual exploits**, to record - with the **collaboration** of the **evil one**- **in their** subconscious mind the following:

"But **how can I** do the **physical** or **spiritual exercises** that **they** did? **I have no case**..."

And these reflections, **without realizing** it, **stop them** from **carrying on**, **defeat** their **spiritual alertness**, their **spiritual "nerve"** and generally their **fighting spirit**...

My brother, **do not be deceived** by the **evil one** nor by **your thoughts**:

Do what **YOU can do**, do what is within **YOUR own powers**, and, once you **start** you will see that you will **improve** bit by bit... (I am **not** referring - by God - to the **commission** of **sin**, but to **spiritual exercise**).

**God will show** you what comes **next**...

**(GOOD SELF-CONFIDENCE / WISDOM/ BELIEFS)**

Keep **confident**, in relation to your **beliefs**, when you know they are **right** and do **not** be **influenced** by those **holding contrary positions**...

Let us **not forget** that we are **at the end of times**, which **Saint Anthony** and other **holy Fathers** spoke of and said:

At the **end of times people** will **rage** (i.e., **they will go mad**) and if they see or hear someone **speaking** or **behaving properly**, they will say to him, "**You are raging**", i.e., **you are crazy(!!!!)**

**Let us not forget** that **we are** also at the **age of the..."crazy water"**, the story of which I have rewritten for you here. I repeat it because it is **timely**:

[Ιστορία του τρελού νερού \(πατήστε\)](#) *(please translate from Greek)*