

**GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.
NATIONAL COMMITTEE REPORT
2018-2020**



SPIRITUAL ENRICHMENT

Chair: Irene A Steffas
Contributor: Kathy Lekas

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Mission Statement: To share the Orthodox Christian Faith by nurturing a deeper commitment to our Lord.

During the Lenten Season of 2019, we engaged members of the National Board with the *Psalter Devotional*. From sixty (60) participants, three (3) groups were created. In this way, each group of twenty participants read the entire *Book of Psalms* every day. By the end of this devotional, each person had read the entire Book of Psalms.

Lenten Season of 2020 brought new challenges and hardships caused by the COVID-19 pandemic. Since many of us are still wrestling with the impact of the pandemic, we thought we would share with you a few activities to consider.

Prayer Rule: First of all, there is no rule. Instead, it is a commitment that each person can develop a habit on their own or with the assistance of their parish priest or spiritual father. It is a commitment to setting aside a specific time of day to find silence, to pray and to grow spiritually.

Being bombarded with the daily news is not the best way to start one's day. Instead of looking for the remote, look for a Book of Prayers and consider reading other spiritual material. You can read prayers and devotionals on hard texts or on the Internet. Finding or moving your thoughts to silence isn't easy. Most of us begin our day by reviewing all of our daily tasks. If you start your day with finding silence, God may help you prioritize your work and if you are truly blessed, you might even hear God's voice.

The Archdiocese has a number of prayers specifically for our protection against the virus. Below is one prayer. By going to www.goarch.org you will find additional prayers and resources that our church fathers have assembled to help us during these difficult times. At 10:00 pm every night, the monks of Mt. Athos say prayers. With the time difference, this is 3:00 pm EST. Set an alarm on your phone and pray with the monks in unison. You will find additional prayers and reading materials when you go to <https://www.goarch.org/-/prayers-of-protection-from-the-coronavirus>

Morning Prayer

Lord our God, You who are rich in mercy, and with careful wisdom direct our lives, listen to our prayer, receive our repentance for our sins, bring an end to this new infectious disease, this new epidemic, just as you averted the punishment of your people in the time of David the King. You who are the Physician of our souls and bodies, grant restored health to those who have been seized by this illness, raising them from their bed of suffering, so that they might glorify You, O merciful Savior, and preserve in health those who have not been infected. By your grace, Lord, bless, strengthen, and preserve, all those who out of love and sacrifice care for the sick, either in their homes or in the hospitals. Remove all sickness and suffering from your people, and teach us to value life and health as gifts from You. Give us Your peace, O God, and fill our hearts with unflinching faith in Your protection, hope in Your help, and love for You and our neighbor. For Yours it is to have mercy on us and save us, O our God, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and forever, to the ages of ages. Amen.

If you can find silence and select prayers that speak to your heart, it is time to consider some devotional or spiritual reading. We have assembled some resources to help you in your journey.

- The Wilderness Journal - 365 Days with the Philokalia, Ancient Faith Publishing
- The Bible and the Holy Fathers, SVS Press (bible is broken down by days and commentary by the Holy Fathers)
- The Psalter by the Holy Fathers, SVS Press
- Lives of Saints – St. Nektarios, as Teacher, Newrome Press
- Encountering Women of Faith, volumes 1-3 edited by Kyriaki Fitzgerald

Remember, your journey needs a guide . . . your spiritual father or parish priest.

God Bless!