

# Daylight

A Ministry of the American Carpatho-Russian Orthodox Diocese of the U.S.A.

“...now you are  
light in the Lord.  
Walk as children  
of light...”  
(Ephesians 5:8)

**D.A.Y.**  
Diocesan Apostolate for Youth

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## SERVING OUR COMMUNITIES AS ORTHODOX CHRISTIANS

“...inasmuch as you did it to one of the least of these My brethren, you did it to Me” (Matthew 25:40).



John Fallon dons his protective gear in preparation for some interior demolition work in some of the devastated New Orleans homes.

When John Fallon graduated from Duquesne University last spring, there were many different things he could have done from there. Instead of heading into the job market, John chose to head south to the New Orleans area and work as part of a program called “City Year”

“I had always been drawn to community service”, John says. “It was emphasized in my family and there is a strong influence from the Church to help others. I feel that service to others is a natural thing to do. It is a responsibility we have to our fellow human beings to aid them, not only in times of need, but in all times”

John, who is a member of Holy Resurrection Church in Potomac, Maryland, discovered “City Year”, which is associated with AmeriCorps, during his last year at

Duquesne. “City Year” offered him many different options, but John decided that helping with the aftermath of Hurricane Katrina was the best choice he could make.

“I went someplace where I knew people needed help, and it was not a difficult decision to make. It just felt very natural to decide to do this with my life because what are we if we do not care about each other?”

John’s duties over the past year have been many and varied. Most of his time was spent doing in-school service for low-income, high risk schools. “I worked in the 5th grade at Scotlandville Elementary in Baton Rouge where I did tutoring, mentoring and helped develop and run an after school program.”

When not in school, John and his fellow “City Year” workers spent most of their time in the community. Some of the things they did included painting schools, working on murals, gutting houses, building houses and community clean-up. “We ran a spring break camp for almost 300 kids and recently did a 5k run to promote literacy and health.” John also pitched in with Habitat for Humanity and I.O.C.C when our Diocese

recently sent a team to New Orleans in late April.

John says he has learned much in his time working with “City Year” (not the least of which that you can survive on less than \$200 a week) and calls it, “one of the most rewarding experiences of my life. I learned a self-reliance that I was unaware I had. I have also met some wonderful people from all over the country.” He plans to stay in the New Orleans area for at least another year.

“I haven’t decided between teaching and doing another year with ‘City Year.’ I know that I am not ready to leave yet, because there is still so much to do down here.”

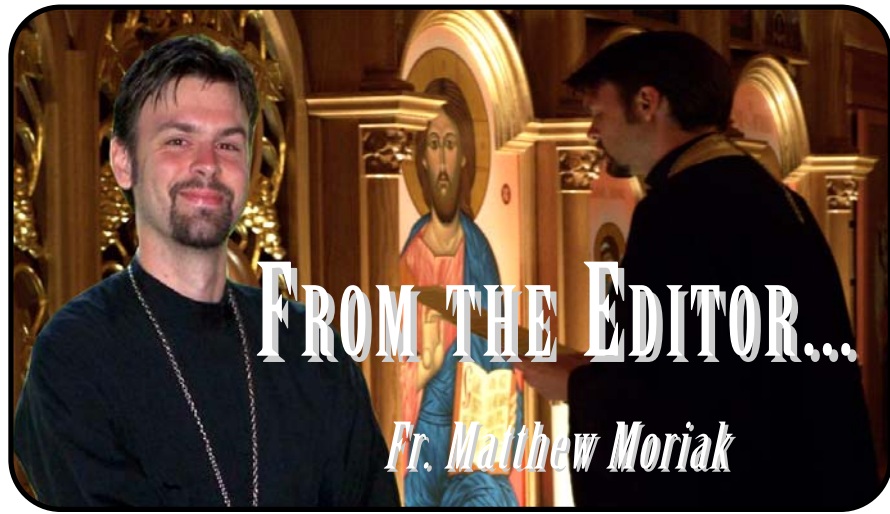
John encourages people to not forget New Orleans, because it could potentially take as long as ten years for the city to fully recover! He also encourages everyone to take an active role, if not in New Orleans, then right in their own back yard.

“...go out and serve in your communities. There are tons of service opportunities for just about anything you have an interest in, and they are not too hard to come across.”



John and his fellow “City Year” workers are shown working on a playground, a project that they completed one day.

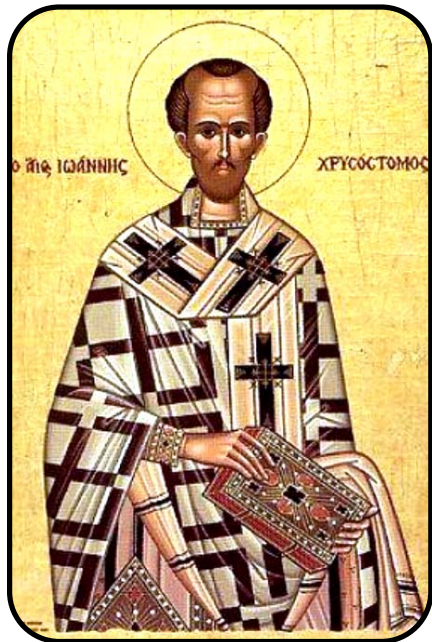
DAYLIGHT PULL-OUT SECTION



## COMMUNICATING WITH GOD

When I was a freshman at Syracuse University in the fall of 1994, I can remember standing in line to get my student ID card. Once I was given the card, I was asked if I wanted an e-mail address. My response to this question? "What's that?" Yes, it's hard to believe that e-mail was still relatively new less than 15 years ago. Before that, if you wanted to communicate with someone, you either called them on the phone, or you used the ancient and lost art of actually

sitting down with pen in hand and writing a letter! Since the time I started college, ways of communicating have changed very rapidly. Sending e-mails seems like an



ancient way to do things. People send text messages from their cell phones or blackberrys, use instant messenger when they are online, or exchange messages on blogs and web-pages.

When it comes to communicating with God, thankfully, the "old way" is still the way to go: of course, I am referring to prayer. There are so many

things distracting us and taking us away from God. Technology can be a wonderful thing, but we don't want to abuse it. Wouldn't it be something if we took even a fraction of the time that we spend using technology and dedicated that time to prayer?

Why is it important to pray? We pray to strengthen our relationship with God. If we have someone who is important to us in our lives, we probably talk to them as often as we can. We communicate with our friends and families every single day. Should we not want to communicate with God every day as well? We can thank Him for the blessings He has given to us. We can pray for those people who are important to us, that God will guide their lives. We can pray for the strength to resist temptations that are around us and for the wisdom to know what it is God wants for us in our lives. The more we pray, the more God will help us.

This year we dedicate to the memory of St. John Chrysostom. He fell asleep in the Lord in the year 407--1600 years ago. He sums up the importance of prayer in this way: "As trees cannot live without water, so man's soul cannot live without prayerful contact with God. If you deprive yourself of prayer, you will do as though you had taken a fish out of water: as life is water for a fish, so is prayer for you."

Be sure to set aside time each and every day to communicate with God. It's time well spent.



SEAFORD, NY - Parish youth group and Sunday School children of St. Gregory of Nyssa Orthodox Church in Seaford, New York on Pascha with their pastor, Very Rev. Hieromonk Matthias (Moriak) and Fr. Deacon Richard Howrilka. Remember to send any photos to us at: [daylight@acrod.org](mailto:daylight@acrod.org)



## INCENSE AND CENSER

During our Church Services the Priest censes the Holy Objects and the people with incense (in Greek, "Livani".) Why is this?

We are reminded of the incense (frankincense) which the three Wise Men brought as gifts to the Christ Child.

We are reminded of the sweet-smelling Myrrh which was prepared to anoint Jesus Christ at His burial.

The smoke of the incense reminds us that our prayers rise toward God like that sweet fragrance of the incense.

### What is incense?

Incense is the hardened sap of certain trees. In order to make it burn, it must be placed in a vessel with burning charcoal. The vessel we use is called a censer (in Greek, "Thymiaterion")

### What is the censer?

The censer is a covered dish suspended on four chains. It is used to convey the fragrant smoke of the incense to holy objects. Its parts represent all of God's creation.

### WHAT DOES IT REPRESENT?

The ring (symbol of eternity) represents GOD.

The top represents "Alpha" (A) the beginning.

The four chains represent the Four Evangelists.

The twelve bells represent the Twelve Apostles, and their teaching.

The Cross reminds us of the cross of our Lord.

The top of the bowl represents the Heavens.

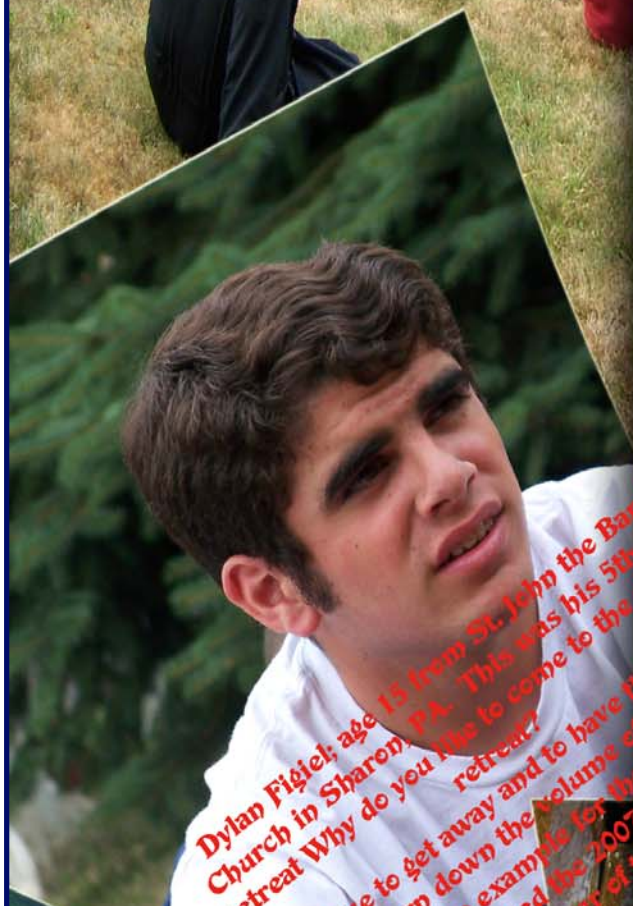
The firepot (where the incense and charcoal go) is the earth, and the charcoal is man who requires the fire of the Holy Spirit to give him light and life. We blow on the charcoal to set it afire just as God put life in man by breathing on him.

The bottom of the cup is the universe of which the earth is a part.

The base of the censer is the Omega (w), the end.

# DIOCESAN ALTAR BOY RETREAT

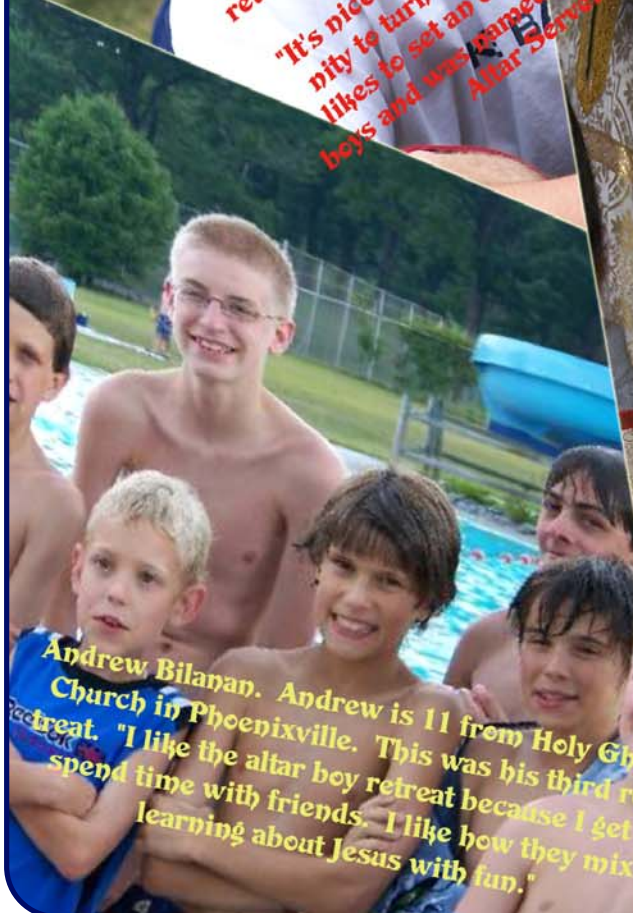
# Encounter 2007 Celebrating 50 Years



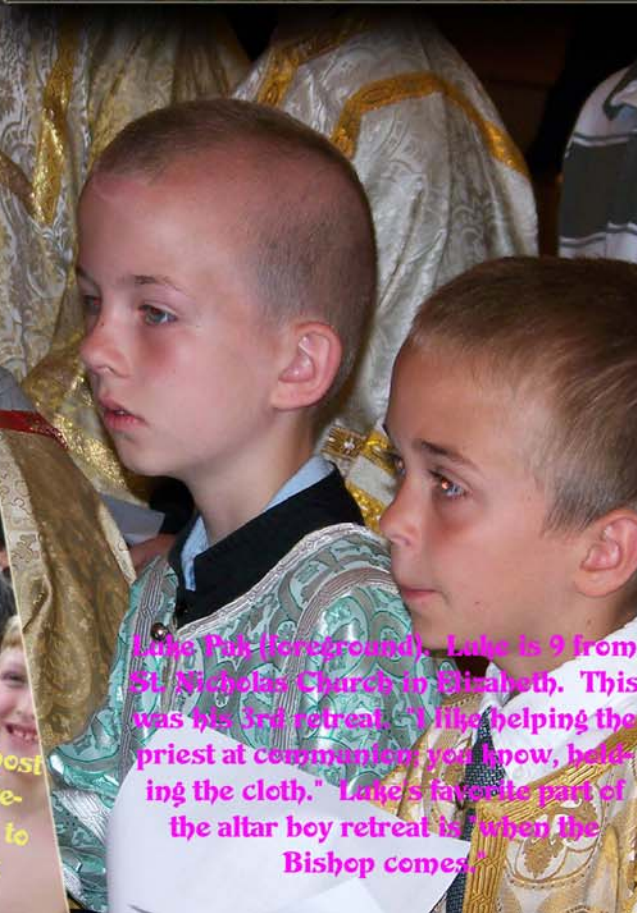
Dylan Figiel, age 13 from St. John the Baptist Church in Sharon, PA. This was his 5th or 6th retreat. Why do you like to come to the altar boy retreat? "It's nice to get away and to have the opportunity to turn down the volume of life." Dylan likes to set an example for the younger altar boys and was named the 2007 Altar Boy Retreat Altar Server of the Year.



Bruce Barger, age 15 from St. John the Baptist Church in Stratford, CT. This is Bruce's 3th retreat. In addition to spending time with friends and the pop-tarts, coming to the retreat brings me closer to God like at Camp and on Sunday. I like serving at the altar because it's a stress relief. It starts and ends the week well.



Andrew Bilapan. Andrew is 11 from Holy Ghost Church in Phoenixville. This was his third retreat. "I like the altar boy retreat because I get to spend time with friends. I like how they mix learning about Jesus with fun."



Luke Fox (background). Luke is 9 from St. Nicholas Church in Dinaboth. This was his 1st retreat. "I like helping the priest at communion, you know, holding the cloth." Luke's favorite part of the altar boy retreat is when the Bishop comes.



Brett Bilbeck, age 8 from St. John the Baptist Church in Stratford, CT. This was his 2nd retreat. He was asked why he likes coming to the altar boy retreat. "It's fun because we get to sing."

## Seven Holy Youths (Seven Sleepers) of Ephesus

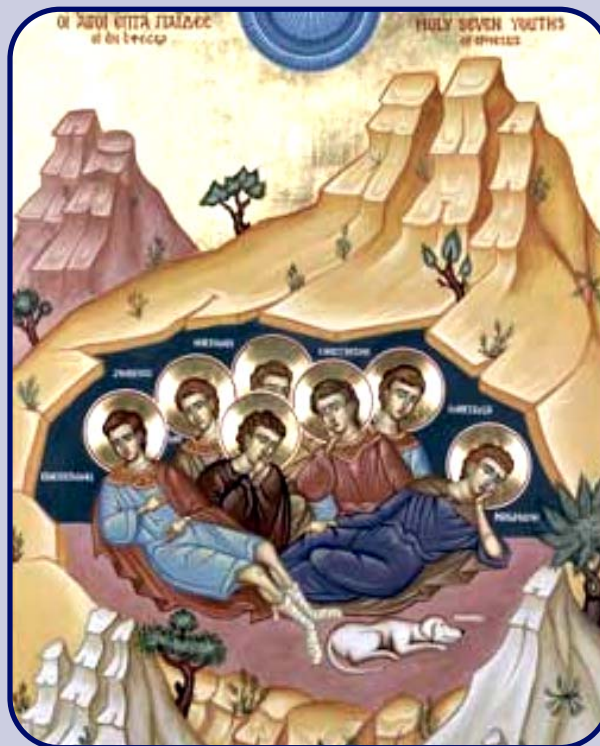
August 4th/August 17th

Nowadays, you hear a lot about society's "attack on Christianity." It is true that there are many people who will go out of their way to make sure Christianity isn't "shoved down people's throats." Examples? Removing the Ten Commandments from government buildings and having to hear "Happy Holidays" instead of "Merry Christmas" in December. Even my wife, who is an elementary school music teacher, can only have so many songs mentioning Jesus in her Christmas...I mean, winter concert. (In truth "so many songs" boils down to 1).

While these things may distress us as Christians, we also need to keep a certain amount of perspective. We are free to pray, to go to our churches every Sunday and worship the way we want to. For the early Christians, this wasn't the case. For the early Christians, just celebrating Liturgy every Sunday was often a life or death situation. This is why there were so many martyrs in the early Church. The persecutions in the early centuries of the Church were unbelievably difficult, but the Church survived due to the faith of its people. Many times, this included young people, just like yourselves.

Imagine you and six of your friends from your home parish or six of your friends from Camp Nazareth being ordered to pray to a non-Christian God. How would you react? This is what faced the seven youths of the city of Ephesus. During the reign of Emperor Decius (249-251), all citizens were commanded to offer sacrifice to pagan gods. If they refused, they would be tortured and eventually killed. The seven youths were childhood friends and served in the military together. They were turned in by informants and when they were brought before the Emperor, they proclaimed their faith and love for Christ. They were stripped of their military badges, but the emperor

gave them a chance to change their minds. Instead, they hid in a cave outside the city and prayed, awaiting the time when they would be martyred. The emperor eventually found out where they were and had the cave sealed shut with stones, so that the young men would die of hunger. Two of the men who guarded the cave were secretly Christians themselves, and placed a




record of the young men's names and how they had died in the cave, so that people would remember them.

Because of their faith, the Lord placed them into a miraculous sleep that lasted almost 200 years!!! During that time, the persecutions ended, and people were finally free to be Christians without fear. During the reign of another emperor, Theodosius the Younger (408-450), there were

people who were saying that there would be no resurrection at the second coming of Christ. Some said it was because the soul and body would be no more after death while others said the soul would be restored but the body could not. In the Orthodox Church, we believe in the resurrection and that our souls and bodies will be united again when Christ comes for the second coming.

During this time, the cave where the seven youths were trapped was opened, and they arose from their sleep. They had no idea they had been sleeping for so long. Their bodies and clothes looked exactly the same. When they went back to the city, they were shocked to see a cross on the gates and people talking about Christ freely. Eventually, the record of who they were and what had happened to them was discovered. People realized that by waking them from their 200 year sleep, the Lord was showing the Church and those who did not believe the truth of the Resurrection of the Dead. The seven youths fell asleep in the Lord shortly thereafter.

We may ask ourselves how we can relate to these seven young men? We don't have to worry about someone ordering us to not believe in Christ or they will hurt us. We do have to worry about people questioning what we believe in though. As we go through life, there will be many times where people may not understand our faith, agree with our faith, or like our faith. It could even be people who are our friends. They may try to convince us that we are wrong. What do we do in those situations? We should follow the example of these seven holy youths, and be willing to proclaim our faith in Christ. We should be willing to stand up for what we believe in as Orthodox Christians. Don't ever be embarrassed or ashamed of your faith. Be proud of who you are as an Orthodox Christian. Be a witness for your faith!



# In the Spotlight

## Attention Clergy, Parents, Church School Teachers and Youth!

In the last couple of issues of Daylight we have included a "spotlight" section. This section is designed to spotlight a Diocesan youth each and every issue and find out a little bit about them and what they love about their Church and faith. We need YOUR help for this section. If you have someone in your parish or family that you would like to see in this section, let us know. E-mail us at: [Daylight@acrod.org](mailto:Daylight@acrod.org). If you really want to help, feel free to prepare the article yourself. Ask them questions about what they love about their faith. Are they involved in any special activities in the Church or the community? Have them tell us about those. Include a picture that we can use as well. We are looking for young people anywhere from ages 8-22. Contact us if you have any questions.

## 2007 YOUTH PILGRIMAGE

AUGUST 17-19

CAMP NAZARETH, MERCER, PA

*This pilgrimage is a "hands on event!" Be prepared to experience the power of Christ in your life as we labor and pray together. Rain or shine, we have a pilgrimage to complete!*

FRIDAY, AUGUST 17

OR

5:30 p.m. Registration & Dinner  
7:00 p.m. Vespers

Decorate Ss. Cyril and Methodios Church for the Feast of the Transfiguration of our Lord. We have hundreds of flowers to fill the Church, to cover the Iconostasis and more. Come make this year's celebration truly something to remember.

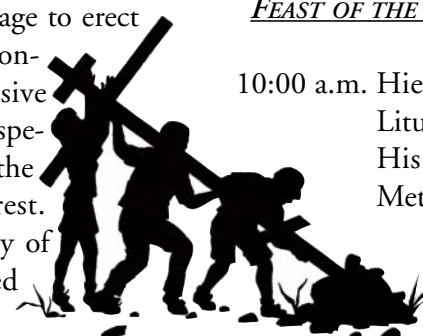
SATURDAY, AUGUST 18

9:00 a.m. Divine Liturgy -  
Venerate the Myrrh  
Streaming Icon of Saint  
Anna

7:00 p.m. Vespers

*Then participate in one of 2 special events:*

Make the pilgrimage to erect an 8 foot Cross, constructed of massive oak timbers, in a special clearing in the Camp's forest. Experience the joy of our labor mixed with prayer!



SUNDAY, AUGUST 19  
FEAST OF THE TRANSFIGURATION

10:00 a.m. Hierarchical Divine Liturgy - Celebrated by His Eminence, Metropolitan Nicholas