

**Orthodox Church of the
Resurrection of Christ
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**Sunday, March 5, 2023
Divine Liturgy Sundays at 9:30 AM
Confessions 8:45-9:15 AM**

**Triumph of Orthodoxy
Торжество Православия**

Great Lent -- Guide for Examination of Conscience

Did I deny or doubt God's existence?
Did I doubt the teachings of the Orthodox Church?
Did I neglect my morning or evening prayers?
Did I miss Divine Liturgy because of laziness or carelessness?
Did I fail in my duties to God for fear of ridicule?
Did I fast as required?
Did I consult fortunetellers or believe in superstitions?
Did I make a promise and fail to keep it?
Did I anger others and provoke them to curse or swear?
Did I do unnecessary work on Sunday or holydays?
Did I pray at home if I was unable to attend church because of illness (or weather)?
Did I teach my children respect for the Lord's day?
Did I ever deny that I was an Orthodox Christian?
Did I ever wish that I were dead?
Did I deliberately look at obscene pictures or books?
Did I entertain impure thoughts or desires?
Did I commit impure actions alone or with others?
Did I envy others? Did I attend movies or dances during Lent?
Did I steal, or cheat, or help others in doing so?
Did I rashly gamble, give or accept bribes?
Did I go to Confession and Communion at least once a year?
Did I go to Communion without fasting properly?
Did I do a full day's work in return for a full day's pay?
Did I give God thanks for my daily food?

Как готовиться к исповеди

В грехах человек утрачивает благодать Святаго Духа. Грешная душа болеет и пребывает в смерти. Человек утрачивает желание и возможность общаться с Богом и служить Ему – исполнять Его волю. Покаяние – это второе Крещение, перерождение и обновление души.

Если мы желаем получить от Бога не только прощение вины за единичные злые поступки, но очищение сердца и обновление души, мы должны обратить основное внимание на расположения своего сердца.

1. В первую очередь надо вспомнить и те греховные поступки и расположения, которые осознаются “сами собой”.

2. Хорошо пересмотреть свои отношения с каждым ближним. Если даже отсутствует явный грех (ссора, обида, гнев), могут быть грехи невыявленные и неосознанные: злорадство, зависть, равнодушие, лукавство. Все это формирует искаженный образ ближнего в сердце, и этот образ надо обновить в результате исповеди.

3. Необходимо уяснить свое

отношение к воле Божией, выраженной в Евангельских заповедях, например: а) заповеди, которые я люблю, хотя и не выполняю их, как бы хотел, б) заповеди, которые мне внутренне непонятны, в) заповеди, которые мое сердце не

принимает. Это последнее опасно, так как свидетельствует о внутреннем нежелании покаяния и исправления греха.

4. Желательно продумать свою жизнь с детства, чтобы понять, как складывались различные греховные навыки.

5. Полезно вспомнить типичный ход своего дня, затем припомнить, как прошла последняя неделя, месяц, последний год. Этому помогает ежедневная внимательная исповедь перед Богом после вечерних молитв. Память грехов своих – основа Покаяния, на ней зиждется христианская нравственность.

6. Можно обратить особое внимание на свое обычное поведение и внутреннее состояние во время болезней, скорбей, искушений, обстоятельств, и, напротив, в благополучные периоды жизни.

После этого надо, как советует святитель Феофан Затворник, подумать об “общем духе” своей жизни: “Войдемте же в себя самих и начнем перебирать, что есть в нас. Вмешательство в это дело какого-либо постороннего лица неуместно и совсем невозможно. Войти в вас и разобрать дела вашей совести никого не может, кроме вас самих, и извольте это сделать”.

(Архим. Киприан (Керн))

The Sunday of Orthodoxy

The Sunday of Orthodoxy, which is celebrated on the first Sunday of the Great Lent, celebrates the restoral of the veneration of icons and the definition of the proper understanding of that veneration according to the decree of the 7th Ecumenical Council in 787 AD.

The fight against the veneration of icons began in earnest by Emperor Leo the Isaurian around 717 AD. The Patriarch at that time, Germanos, was summoned by him to hear him rail against the icons, and demanded that they be removed everywhere. The Patriarch could not be persuaded to agree with the emperor, so the emperor send him into exile and replaced him with Anastasius, who share the iconoclastic opinions.

Emperor Leo was succeeded by Constantine Copronymous and then by his son, who continued the persecution.

In 780 AD, Constantine, followed by Irene (797 AD) inherited the throne. They were guided by the most holy Patriarch Tarasius to convoke the

Seventh Ecumenical Council, which restored the icons and defined their veneration.

However, the persecutions were not stopped at this time. Subsequent rulers like Nicetas Genikos (802-11), his son Stravikios, and then Michael Rangabe (811-13) revered the images; but in 813 AD Leo the Armenian began a second war against the veneration of images. He was succeeded by emperors Michael and Theophilus (829-42), all of whom continued the persecution.

However, Empress Theodora, wife of Emperor Theophilus, was a great venerator of the icons. Theophilus died a fearful death, and Empress Theodora succeeded to the throne. She and her son Michael (842-67), together with Patriarch Methodius, firmly restored the veneration of the images, and the iconoclasts were denounced and anathematized. From that time forward, the venerable confessors ordained that the holy feast should take place annually to insure that we do not tumble again into the same iniquity.

All-purpose Lenten Prayer

Create in me a clean heart, O God, and renew a steadfast spirit within me. (Ps. 51:10)

This single line from the Psalms is a wonderful prayer for Lent:

A clean heart: the recognition that we have been soiled in our inmost being by giving in to evil, is the beginning of repentance. Far from being a symptom of a bad self-image, this recognition is the beginning of health.

Create in me, O God: By acknowledging both that we cannot reform ourselves and that God can, we take another step toward wholeness.

Renew within me: Christians repent because they have already received a gift of faith and the life it brings in baptism. When we sin, we need to be renewed in the original blessing of our faith.

A steadfast spirit: We are not looking for a momentary rush of emotion, immediate gratification or a seasonal change, but for the ability to live each day in faith, hope and love. Try to pray this prayer each day of Lent, and pray it with confidence that God will actually accomplish this in you.

(from *The Orthodox Herald*)

“Не медли, грешник, обратиться ко Господу, чтобы вместо милости Божией, не дознать на себе Суда Божия” (Свт. Тихон Задонский).