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HIS EMINENCE METROPOLITAN JOSEPH, ARCHBISHOP OF NEW YORK AND METROPOLITAN OF ALL NORTH AMERICA

> HIS GRACE BISHOP NICHOLAS, AUXILIARY BISHOP OF THE DIOCESE OF MIAMI AND THE SOUTHEAST

WELCOME VISITORS AND FAITHFUL

We are honored by your presence as our doors are open to anyone seeking the fullness of the Truth. It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church. We are a parish community within the Body of Christ striving to "seek first the Kingdom of God and His righteousness" (Mt. 6:33) <u>above all else</u>. The Church is a spiritual hospital and our Lord Jesus Christ is the Great Physician who offers us healing, hope, and refuge – true life with real freedom. We answer Christ's call to repent and be transformed, healed of our brokenness, through a real spiritual life - our priority is to be in "perfect communion" with the living God.

Please make sure to sign our guest book at the visitors table in the Narthex/lobby area and join us after service for our fellowship hour in the pavilion. Fr. Paul is available to answer questions you may have about any facet of the Christian faith.

ENCOURAGEMENT TO FAMILIES WITH CHILDREN

Your children are welcome here. Don't worry if they wiggle or squirm a bit. Unless your child is making more noise than our priest and choir, stay put. When they need a little more room, or a short break, it is OK to walk them to the back (or out) until they are ready to return. Please enjoy the "Children's Word" (bulletin) found on the banister upon entering the Nave (worship space).

If you want to raise your children in the Church, then they have to be <u>in the church</u>. The entire spiritual culture of the Orthodox faith is necessary formation for everyone, whether 40 days old, 40 years old, or 40 years a senior citizen.

It can be a sacrifice to raise children in the Church, and we know it, but if your child doesn't learn to incline his/her heart in worship, and turn aside from distraction from a young age, how in the world will they survive as an older Christian in a world which is designed to distract them?

+Holy Communion (Eucharist)+

The Orthodox Church understands the Eucharist, or Lord's Supper, to be the paramount expression of Christian unity. While it is our deepest hope that Christendom will one day fulfill Christ's desire for true unity among all those who claim His name (John 17:21), the reality of our day is that various segments of Christendom are not unified with the historic Orthodox Christian faith. Since participation in the Eucharist expresses a unity with all the dogma, teachings, and practice of the Orthodox Church, it is natural that non-Eastern Orthodox Christians (Roman Catholic, Protestant, Non-Chalcedonian/Oriental, etc.) do not approach the chalice for Holy Communion but respect the official policy of the Antiochian Archdiocese of North America and canonical boundaries of the One, Holy, Catholic (Universal), and Apostolic Church - the Orthodox Christian Church. Teaching the people of Corinth about the seriousness of the Holy Eucharist, St. Paul warns:

"Therefore whoever eats this bread or drinks this cup of the Lord in an <u>unworthy manner</u> will be guilty of the body and blood of the Lord...For he who eats and drinks in an unworthy manner eats and drinks judg-<u>ment to himself</u>, not discerning the Lord's body. For this reason many are weak and sick among you, and many sleep (i.e. die)." (1 Cor. 11:27;29).

We lovingly desire the salvation of all - not judgment and condemnation.

All Eastern Orthodox Christians are expected to prepare for the receiving of the Body and Blood of Christ through recent confession, prayer, and fasting from all food/drink approximately midnight the night before. Please speak with Fr. Paul if medical conditions preclude it.



PARISH CLERGY

Rev. Fr. Paul Girgis, Presiding Priest V. Rev. Fr. Joseph Shaheen, Retired Archpriest Rev. Dn. Nicholas Reid, Attached Deacon

WEEKLY SERVICES

"A sure sign of the deadening of the soul is the avoidance of church services." +St. John Climacus ("The Ladder of Divine Ascent")

<u>Sunday</u>
Orthros 8:30AM
Divine Liturgy 9:30AM

*Fr. Paul hears confessions after Great Vespers Saturday and by appointment.

WEEKLY COMMUNITY BIBLE STUDY

Resumes Thursday May 30 at 6:00PM

BLESSED PALM SUNDAY! Shanineh Mbarkeh! Xronia Polla! Spradznikom!

<u>Highlights</u>

HOLY WEEK - Schedule posted - Services begin this evening - see flier!

May 1/Wednesday - St. Paul Fellowship Golf Outing - April 26 deadline to signup!

Holy Confession - Make an appointment with Fr. Paul before PASCHA (frpaulgirgis@gmail.com)!

1st Annual Palm Sunday Fish Luncheon immediately following service [TICKETS SOLD OUT]

For more info, calendar of special services/events, visit: stpaulnaples.org or "facebook.com/stpaulnaples"

SUNDAY - APRIL 21, 2019 ENTRANCE OF OUR LORD JESUS CHRIST INTO JERUSALEM +DIVINE LITURGY OF ST. JOHN CHRYSOSTOM+

APOLYTIKION OF LAZARUS SATURDAY IN TONE ONE

In confirming the common Resurrection, O Christ God, Thou didst raise up Lazarus from the dead before Thy Passion. Wherefore, we also, like the children, bearing the symbols of victory, cry to Thee, the Vanquisher of death: Hosanna in the highest; blessed is He that cometh in the Name of the Lord.

APOLYTIKION OF PALM SUNDAY IN TONE FOUR

O Christ God, when we were buried with Thee in Baptism, we became deserving of Thy Resurrection to immortal life. Wherefore, we praise Thee, crying: Hosanna in the highest! Blessed is He that cometh in the Name of the Lord.

+Do NOT sing the apolytikion of the Patron of the parish (St. Paul)

KONTAKION OF PALM SUNDAY IN TONE SIX

Upborne upon the heavenly throne, and seated upon the earthly foal, O Christ our God, receive the praises of angels and the hymns of men, exclaiming before Thee: Blessed is He that cometh to restore Adam.





2019 HOLY WEEK SCHEDULE

Sun, Apr 21	Sunday Evening - Bridegroom Matins	5:00PM
Mon, Apr 22	Holy Monday - Bridegroom Matins	6:00PM
Tues, Apr 23	Holy Tuesday - Bridegroom Matins	6:00PM
Wed, Apr 24	Holy Wednesday - Holy Unction Service	6:00PM
Thu, Apr 25	Holy Thursday Vesperal-Divine Liturgy of St. Basil the Great for the Anniversary of the Mystical Supper Orthros w/the 12 Passion Gospels	9:30AM 6:00PM
Fri, Apr 26	Holy Friday Royal Great Hours & Typika Decoration of Tomb of Christ Great Vespers for Holy Saturday/Taking-down of Christ from Cross Orthros w/Lamentations for Holy Saturday	9:00AM 10:30AM 3:00PM 6:30PM
Sat, Apr 27	Holy Saturday Vesperal-Divine Liturgy of St. Basil (First Resurrection Service) VIGIL OF GREAT & HOLY PASCHA	9:30AM 10:00PM
Sun, Apr 28	GREAT & HOLY PASCHA (Continued) PASCHAL Fellowship Meal	Follows VIGIL
	Agape Vespers	3:00PM
	1st Annual AGAPE BBQ & Cook-out Bring your meats, drinks, something to share Grilling, laughing, kids playing, music, and joy in the Resurrection of Chri	4:00PM [st!

www.stpaulnaples.org/calendar

THE EPISTLE

Blessed is He Who cometh in the Name of the Lord. O give thanks unto the Lord, for He is good; for His mercy endures forever.

The Reading from the Epistle of St. Paul to the Philippians. (4:4-9)

Brethren, rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, these do; and the God of peace will be with you.



The Gospel

The Reading from the Holy Gospel according to St. John. (12:1-18)

Six days before the Passover, Jesus came to Bethany, where Lazarus who had died was, whom Jesus had raised from the dead. There they made Him a supper; Martha served, and Lazarus was one of those at table with Him. Mary took a pound of costly ointment of pure nard and anointed the feet of Jesus and wiped His feet with her hair; and the house was filled with the fragrance of the ointment. But Judas Iscariot, Simon's son, one of His Disciples (he who was to betray Jesus), said, "Why was this ointment not sold for three hundred denarii and given to the poor?" This he said, not because he cared for the poor but because he was a thief, and as he had the monevbox he used to take what was put into it. Jesus said, "Let her alone, let her keep it for the day of My burial. The poor you always have with you, but you do not always have Me." When the great crowd of the Jews learned that He was there, they came, not only on account of Jesus but also to see Lazarus, whom Jesus had raised from the dead. So the chief priests planned to put Lazarus also to death, because on account of him many of the Jews were going away and believing in Jesus. The next day a great crowd who had come to the feast heard that Jesus was coming to Jerusalem. So they took branches of palm trees and went out to meet him, crying, "Hosanna! Blessed is He Who cometh in the Name of the Lord, the King of Israel!" And Jesus found a young ass and sat upon it; as it is written, "Fear not, daughter of Zion; behold, your king is coming, sitting on an ass's colt!" His Disciples did not understand this at first; but when Jesus was glorified, then they remembered that this had been written of

Him and had been done to Him. The crowd that had been with Jesus when He called Lazarus out of the tomb and raised him from the dead bore witness. The reason why the crowd went to meet Jesus was that they heard He had done this sign.





"...pray one for another, that you may be healed. The effective, fervent prayer of a righteous man avails much." (James 5:16)

Please continue to pray for Fr. Joe and Kh. Diane Shaheen, Joe and the Hessney family, Christopher and the Sapp family, Al and Anna Castley, Victor and the Bard family, Ed and Marilyn Edge, Robert and Michaelene Aber, George and Lorrain Zain, Vincent and Irene Benfatti, Al and Gloria Mizhir. Please keep Margaret Mourad and Carol Simone in your prayers asking that the Lord may grant them continued patience, strength, and consolation in this life.

Prayers for the continued good health of their parents and grandparents, Raymond and Vincenza (Jennie) Mansour this holy season, are requested by their children and grand-children, Kevin, Diane, Andrew and Randy.

May the Lord our God hear our prayers and send down upon us His Divine Grace for humble-patience and trust in His most perfect will.

HOLY WEEK: AN EXPLANATION CONTINUED

Holy Unction: The Mystery or Sacrament of Holy Unction is celebrated on Holy Wednes-

day evening. Actually this service can be celebrated any time during the year, especially when one is ill. However, because of our need for forgiveness and spiritual healing, we offer this service during Holy Week for the remission of our sins. We should prepare for this service in a prayerful way, as we do for Holy Communion. **Great and Holy Thursday** we turn to the last events of our Lord and His Passion. Thursday morn-

ing begins with a Vesperal-Divine Liturgy commemorating the Mystical Supper. As previously mentioned, this is actually Holy Thursday evening's service celebrated in the morning in anticipation. Everyone who is able should make an effort to receive Holy Communion at this service as it was at the Mystical Supper that our Lord instituted the Holy Eucharist. At this Liturgy a second Host is consecrated and kept in the Tabernacle. It is from this Host that Holy Communion is distributed to the shut-ins and the sick throughout the coming year. Thursday evening actually begins the services of Great and Holy Friday. The service of the Twelve Passion Gospels commemorates the solemn time of our Lord's Crucifixion. After the reading of the fifth Gospel, the holy cross is carried around the church in procession, and Christ's body is nailed to the cross in the center of the church.

Great and Holy Friday is a day of strict fast. As little as possible should be eaten on this day. It is the only day in the entire year that no Divine Liturgy of any kind can be celebrated. In the morning we celebrate the Royal Hours. These solemn hours are observed as we read the various accounts and hymns concerning the crucifixion. In the afternoon we celebrate the Vesper service of the taking down of Christ's body from the cross. During the Gospel reading, our Lord's body is taken off the cross and wrapped in a new, white linen sheet. This act commemorates the removal of Christ's body from the cross by Joseph of Arimathea (John 19:38-42). Later in the service, the Epitaphios, or winding-sheet, with Christ's body on it is carried in procession and placed in the recently decorated tomb. In the evening the Lamentations Orthros service is sung. This service begins in a solemn manner, but by the end of the service we are already anticipating the Resurrection of our Lord. Remember again, that the Holy Friday evening Orthros is actually the first service of Holy Saturday, the day in which we commemorate our Lord's body resting in the tomb while His all-pure soul descends into Hades to free the faithful of the Old Covenant.

Great and Holy Saturday is a day of hope and waiting. In the morning we celebrate a Vesperal Divine Liturgy which commemorates Christ's victory over death. Bright vestments are worn as we anticipate Christ's Resurrection. Laurel leaves are strewn throughout the church during the service, because in the ancient world laurel leaves were a sign of victory. As the leaves are strewn, the choir chants "Arise O God and Judge the earth, for to Thee belong all the nations." The Old Testament story of Jonah in the belly of the whale is read at this service because Jonah is seen in the Church as a Type of Christ. As Jonah was three days in the belly of the great fish, and was then safely deposited back onto land, so our Lord was three days in the tomb before His glorious Resurrection. The Vesperal Divine Liturgy of Holy Saturday concludes the services of Holy Week, and brings us to the eve of Great and Holy Pascha.

HOLY WEEK: AN EXPLANATION

Lazarus Saturday is the day which begins Holy Week. It commemorates the raising of our Lord's

friend Lazarus, who had been in the tomb four days. This act confirmed the universal resurrection from the dead that all of us will experience at our Lord's Second Coming. This miracle led many to faith, but it also led to the chief priest's and Pharisees' decision to kill Jesus (John 11:47-57).

Palm Sunday Our Lord enters Jerusalem and is proclaimed king - but in an earthly sense, as many people of His time were seeking a political Messiah. Our Lord is King, of course, but of a different type - the eternal King prophesied by Zechariah the Prophet. We use palms on this day to show that we too accept Jesus as the true King and Messiah of the Jews, Who we are willing to follow - even to the cross.

Holy Monday, Tuesday and Wednesday: The first thing that must be said about these services, and

most of the other services of Holy Week, is that they are "sung" in anticipation. Each service is rotated ahead twelve hours. The evening service, therefore, is actually the service of the next morning, while the morning services of Holy Thursday and Holy Saturday are actually the services of the coming evening.

Understanding that, let's turn to the Services of Holy Monday, Tuesday and Wednesday (celebrated Palm Sunday, Monday and Tuesday evening). The services of these days are known as the Bridegroom or Nymphios Orthros Services. At the first service of Palm Sunday evening, the priest carries the icon of Christ the Bridegroom in procession, and we sing the "Hymn of the Bridegroom." We behold Christ as the Bridegroom of the Church, bearing the marks of His suffering, yet preparing a marriage Feast for us in God's Kingdom.

Each of these Bridegroom Orthros services has a particular theme. On Holy Monday, the Blessed Joseph, the son of Jacob the Patriarch, is commemorated. Joseph is often seen as a Type of Christ. Joseph was betrayed by his brothers, thrown into a pit, and sold into slavery by them. In the same way, our Lord was rejected, betrayed by His own, and sold into the slavery of death. The Gospel reading for the day is about the barren fig tree, which Christ cursed and withered because it bore no fruit. The fig tree is a parable of those who have heard God's word, but who fail to bear the fruit of obedience. Originally the withering of the fig tree was a testimony against those Jews who rejected God's word and His Messiah. However, it is also a warning to all people, in all times, of the importance of not only hearing the God's word, but putting it into action.

The Parable of the Ten Virgins is read on Holy Tuesday. It tells the story of the five virgins who filled their lamps in preparation for receiving the bridegroom while the other five allowed their lamps to go out, and hence were shut out of the marriage feast. This parable is a warning that we must always be prepared to receive our Lord when He comes again. The theme of the day is reinforced by the expostelarion hymn we sing: "I see Thy Bridal Chamber adorned, O my Savior, but have no wedding garment that I may enter. O Giver of Light, enlighten the vesture of my soul, and save me."

The theme of Holy Wednesday is repentance and forgiveness. We remember the sinful woman who anointed our Lord in anticipation of His death. Her repentance and love of Christ is the theme of the wonder-ful "Hymn of Kassiane" which is chanted on this night, reminding us one more time, before "it is too late," that we too may be forgiven if we repent.



THE SYNAXARION (AN ABRIDGED COLLECTION OF THE "LIVES OF THE SAINTS")

On this day in the Holy Orthodox Church, the Sunday of Palms, we celebrate the radiant and glorious festival of the Entrance of our Lord Jesus Christ into Jerusalem.

Verses

Riding a colt, He that with a word stretched out Heaven, Seeketh to loose mortals from brutish want of reason.

Jesus came to Bethany on the Sunday falling before the six days of the Mosaic Passover. On the following day He sent two of His Disciples, who brought Him a donkey on which He sat to enter the city. And when the great multitude heard that Jesus was coming to Jerusalem, they immediately took palm branches in their hands and went out to meet Him. All cried, "Hosanna! Blessed is He that cometh in the Name of the Lord, King of Israel!" The branches of palm trees were a symbol of Christ's victory over Satan and Death. And the meaning of "Hosanna" is, "We pray Thee, save." The donkey's colt, which was still an untamed animal, and impure according to the law, as well as Christ's sitting thereon, symbolize the former savagery and impurity of the Gentiles; and their subsequent taming and obedience to the holy law of the Gospel.

By Thine ineffable compassion, O Christ our God, make us victors over our deceitful passions, and deem us worthy to behold Thy brilliant victory over death and Thy radiant and life-bringing Resurrection, and have mercy on us. Amen.



SELF EXAMINATION BEFORE HOLY CONFESSION (ANTIOCHIAN.ORG)

First Commandment

Have I believed in God the Father, the Son, and the Holy Spirit? Have I failed to trust in God and his mercy? Have I complained against God in adversity? Have I been thankful for God's blessings? Have I doubted the Christian faith and the teachings of the Church? Have I tried to serve God and keep His Commandments? Have I given way to superstition? Have I frequented the religious meetings of heretics and schismatics? Have I neglected my duties to God through fear of ridicule or persecution? Have I failed to pray to God faithfully? Have I put myself before God?

Second Commandment

Have I made an idol of any person or thing? Have I given to anyone or anything the worship that is due to God alone? Have I set before myself the holy life of Jesus and tried to imitate Him? Have I read the Holy Scriptures regularly? Have I been irreverent during Church Services, let my attention wander, or been insincere? Have I neglected to receive Holy Communion regularly or without due preparation?

Third Commandment

Have I profaned the holy name of God in any way? Have I cursed anyone or anything, or sworn a false oath? Have I failed to give proper reverence to holy persons and things? Have I had due respect for the clergy of the Church, or hindered them in performing God's work? Have I broken any solemn vow or promise? Have I entered into any unlawful contract or made an unlawful promise?

Fourth Commandment

Have I stayed away from Church on Sundays or prevented others from going? Have I done unnecessary work on Sundays? Have I spent the day in unwholesome fashion or profaned it by improper conduct? If I could not go to Church because of illness or other grave cause, have I prayed at home? Have I caused anyone else to profane the Lord's Day? Have I kept the Fasts and Festivals prescribed by the Church?

Fifth Commandment

Have I respected my parents and been obedient to them? Have I been guilty of deception, or caused them pain by my words or actions? Have I neglected them or failed to help them? Have I done my duty towards my family? Have I been wanting in love or kindness towards my husband (or wife), or harmed him (or her) in any way? Have I set my children a good example and tried to bring them up properly? Have I corrected their faults with patience and not with anger? Have I over-indulged or spoiled them? Have I neglected my god-children and failed in my obligations towards them? Have I worked for my employers honestly and diligently? Have I treated fairly all those who have worked for me? Have I honored God as my Heavenly Father by treating others as my brothers, and have I honored the Church as my spiritual Mother by honoring and practicing my religion in accordance with her teachings?

SELF EXAMINATION BEFORE HOLY CONFESSION (ANTIOCHIAN.ORG)

Sixth Commandment

Have I caused the injury or death of anyone, or wished that I were dead? Have I done anything to shorten my own life or that of someone else by injuring health, or through evil and intemperate living? Have I given way to anger, or harmed others with words or actions? Have I defamed others who needed help, or failed to stand up for those unjustly treated? Have I been cruel to anyone? Have I mistreated animals or destroyed any life unnecessarily? Have I failed to forgive anyone or harbored evil thoughts against them?

Seventh Commandment

Have I given way to impure thoughts, words, or deeds? Have I committed any unworthy actions alone or with others? Have I degraded myself in any way, or forgotten human dignity? Have I read immoral books or magazines, or delighted in obscenity of any kind? Have I associated with bad companions or frequented unsavory places? Have I eaten or drunk or smoked too much? Have I been lazy, idle, or wasted my time? Have I led others to commit sinful acts? Have I been unfaithful to any trust confided in me?

Eighth Commandment

Have I stolen anything or wished to do so? Have I kept anything that did not belong to me? Have I tried honestly to find owners of lost articles I have found? Have I paid my debts? Have I lived within my income, and not wastefully and extravagantly? Have I given to charitable causes in proportion to my means? Have I been honest and upright?

Ninth Commandement

Have I told lies, or added to or subtracted from the truth? Have I made careless statements or spoken evil of anyone? Have I told any secrets entrusted to me, or betrayed anyone? Have I gossiped about anyone or harmed their reputation? Have I concealed the truth, assisted in carrying out a lie, or pretended to commit a sin of which I was not guilty? Have I tried to see the good in others rather than their shortcomings?

Tenth Commandment

Have I envied anything good that has come to others? Have I been jealous of another's good fortune? Have I wished for anything that was another's? Have I damaged or destroyed the property of others? Have I wished for things God has not given me, or been discontented with my lot? Have I been stingy? Have I held back anything due another? Have I hoped for the downfall of anyone so that I might gain by it? Have I failed to be gracious and generous to anyone? Have I expected God to give me that which I would refuse one of my fellow men?

Pastoral Letter from His Eminence Metropolitan Joseph

Antiochian Archdiocese of North America

Palm Sunday 2019 Entrance of Christ into Jerusalem

Beloved in Christ:

Blessings and greetings to you and your families on the day of this Great Feast!

Having completed the forty-day Fast, we take time before entering into Holy Week to celebrate the raising of Lazarus and our Lord's triumphant entry into the holy city of Jerusalem before His salvific passion and resurrection. Christ's raising of Lazarus is a prototype of our bodily resurrection, and His entry into Jerusalem confirms his kingship of humility and love, not egoism and the sword.

The historical settings of these two decisive events bring us back to the Middle East and our Mother Church. While we are hopeful that the terrible war that has plagued Syria for the past several years is coming to an end, its effects on the people both of Syria and Lebanon will be felt for generations. As they turn from this time of war and suffering to one of hope and rebuilding, we must continue to stand with our Father in Christ, Patriarch JOHN X, and the daunting task he faces. Let us help him to ensure that our Church will remain both a beacon of hope to the suffering and displaced and a leader in the efforts to rebuild and restore the brokenness of the people.

Today, as we celebrate this glorious feast, let us remember our beloved Mother Church as She undertakes this holy work. In addition to offering up prayers, let us also offer up donations so that we might put our faith into action. While most of us will never visit Syria, we can still do our part to help alleviate the pain and suffering and instill a ray of hope into the hearts and souls of the people.

Wishing you a solemn Holy Week and a most joyous Pascha, I remain,

Your Father in Christ, *+Metropolitan JOSEPH* Archbishop of New York and Metropolitan of all North America



CALLING all GOLFERS

Sign Up for the St Paul Fellowship Golf Outing

Open to men & women who would like to spend a day with fellow parishioners while enjoying golf. This is not a fundraiser, just a fun day of golf, lunch and fellowship. Father Paul will be joining us for lunch.

When:	Wednesday, May 1, 2019
Where:	Vasari Country Club
Time:	8:30 AM tee times
Lunch:	Immediately following golf
Cost:	\$56.00 includes 18 holes with cart, lunch at the clubhouse and sleeve of balls

[Please prayerfully make an offering towards this special collection at the end of Divine Liturgy]

A LITTLE DAILY WISDOM FROM THE EARLY CHURCH

I can see that the voyage will be with danger and much heavy loss, not only of the cargo and the ship, but also for our lives. Acts 27:10

Amma Syncletica said, "If you start a good work, do not let the enemy discourage you. Your endurance will defeat the enemy. When sailors encounter unfavorable winds they do not toss their cargo overboard or abandon ship. They struggle against the storm for a while and then reestablish their course. If you run into a headwind, raise a cross as a sail and you will continue your voyage in safety."

Your endurance will defeat the enemy.

Source: "A Little Daily Wisdom from the Early Church" compiled by Bernard Bangely