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IN THIS HOLY SEASON OF LENT... *BY ONE OF THE CHURCH YOUTH*

“It is a great act of worship to emulate our Lord, not only by fasting, but also by retreating.”

...we are called to fast as our Lord Jesus Christ fasted. Christ was led by the Spirit into the wilderness where He fasted forty days. In our lives, while it may be difficult to retreat to a wilderness, yet it is possible to be led by the Spirit into our own personal place of retreat. It is a great blessing to have a physical place of retreat in St. Mina Retreat Center, but, even when such a place is not easily accessible, we must still find time in our daily lives to meditate and retreat spiritually. For it is a great act of worship to emulate our Lord, not only by fasting, but also by retreating; and it is an act of obedience to follow His commandments: *“When you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you”* (Matthew 6:6). Therefore, during the Lenten season, we should increase the exercises of quiet time, meditation, and self-examination. These, along with fasting and prayer, are keys to becoming closer to the Spirit of God Who helps us resist every temptation from Satan—desires of the flesh, power, and pride. Let us, too, benefit from the spiritual weapons—fasting, prayer, and retreat—that our Lord Jesus Christ used to resist the enemy in preparation for our own spiritual warfare. David the Prophet psalms the glory of meditation: *“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!”* (Psalm 46:10).

SHOW US THE HOLY JOY OF HIS RESURRECTION *BY REV. FR. GERGES GERGES (SUS DIOCESE)*

That is how the priest concludes the prayer of blessings at the end of the Pascha Rituals everyday of the Holy Week, after which the believers depart filled with firm hope in obtaining mercy while looking up to the Crucified Christ who is about to suffer crucifixion purposefully for the sake of procuring this mercy for humanity. Our wonderful, Holy Spirit-filled church has arranged that this prayer be said at a time when the human soul is in its deepest need for it. For, to the faithful soul who loves Christ in Spirit and Truth, the Holy Week and the Pascha Rituals are not just mere commemorations that prepare us to celebrate our Lord's Resurrection, but they are a real, live endurance and genuine participation in the Lord's bitterness, sadness, agony and death on the cross...knowing the frailty of our human nature underneath the power of despondency, our precious, beloved church looks at us; & fearing how wrenched with pain and anguish, wounded & pierced in heart and conscience with the beloved we might become, she raises her voice in full hope praying *show us the Joy of Your Resurrection* thus widening the believers scope of expectancy and alleviating their spirit that will not be comforted nor its wounds healed except through the joy of the good news of the Lord's Resurrection. This serves to remind believers that no matter how intense the Holy Week is in its long prayers, sad, sober hymns, environment of contrition, repentance and humbleness of heart, nevertheless there is always a scope of joyful expectancy looming in the horizon soon to be lived & experienced.

“Jesus Christ our true God who had accepted suffering willfully, and died on the cross for us, may He bring to completion this holy Pascha with peace and show us the Holy Joy of His Resurrection.”

If you know anyone who is not currently receiving this newsletter and would like to receive it, please send their information to info@stminaretreatcenter.org

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EVENTS AT ST. MINA'S

- ✦ April 3-5 Family Retreat
- ✦ May 1-3 Family Retreat
- ✦ May 29-31 Family Retreat
- ✦ June 20-22 Family Retreat (*Consecration of St. Mina Church in Mariout*)
- ✦ July & August *Retreat center will be available weekdays to serve youth & adults*
- ✦ September 4-6 Family Retreat
- ✦ October 2-4 Family Retreat
- ✦ Oct 30-31 & Nov 1 Family Retreat
- ✦ November 23-24 Family Retreat (*St. Mina's Feast*)
- ✦ December *Retreats available by appointment*

LOCAL MOTELS

AuSable Motel
989-826-1737

Holiday Motor Inn
989-826-3743

Mio Motel
989-826-3248

