



St. Elias the Prophet Church

Address: 46 Calle Electra, Santa Fe, NM 87508-9142

Phone: (505) 466-0015 • **Fax:** (505) 466-0015

Proistamenos Fr. Dimitrios Pappas
Phone: 505-204-4655

Email: paradosi@msn.com

Parish Council President Frederika Vaupen
Phone: 505-466-3395

Email: vaupen22@gmail.com

Bulletin Admin Malcolm Ennis
Phone: 505-500-5645

Email: chefmac95@gmail.com

Services Schedule

Sundays: Orthros/Matins - 9:00 AM; Divine Liturgy - 10:00 AM

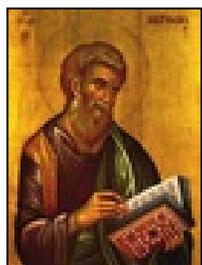
Saturdays: Vespers - 5:00 PM

Weekdays and Saturdays (as announced): Orthros/Matins - 9:00 AM; Divine Liturgy - 10:00 AM

WEEKLY BULLETIN

02/07/2016

Saints and Feasts



February 07

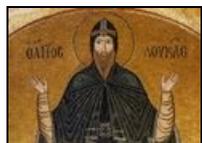
16th Sunday of Matthew



February 07

Parthenius, Bishop of Lampsacus

Saint Parthenius was born in Melitopolis on the Hellespont, the son of a deacon named Christopher. Because of the miracles that he wrought even as a young man, he was ordained a priest and then Bishop of Lampsacus in the days of Saint Constantine the Great, from whom he received great gifts and authority both to overturn the altars of the idols and to raise up a church to the glory of Christ. Working many miracles throughout his life, he reposed in peace an old man and full of days.



February 07

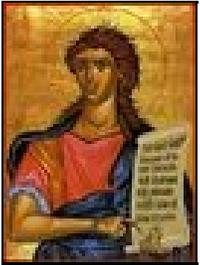
Luke of Mount Stirion

Saint Luke was the descendant of a family from Aegina which, because of the frequent invasions of the Saracens, left Aegina and dwelt in Phocis, where the Saint was born in 896. From his earliest childhood Luke ate neither flesh, nor cheese, nor eggs, but gave himself over with his whole soul to hardship and fasting for the love of heavenly blessings, often giving away his clothing to the poor, for which his father punished him. After his father's death he secretly left home to become a monk, but the Lord, inclining to the fervent prayers of his mother, made him known, and he returned to her for a time to care for her. For many years he lived as a hermit, moving from place to place; he spent the last part of his life on Mount Stirion at Phocis, where there is a city named Stiris. The grace of God that was in him made him a wonder-worker, and his tomb in the monastery of Hosios Loukas, famous for its mosaics, became a source of healings and place of pilgrimage for the faithful. According to some he reposed in the year 946; according to others, in 953.



February 07

Afterfeast of the Presentation of Our Lord and Savior in the Temple

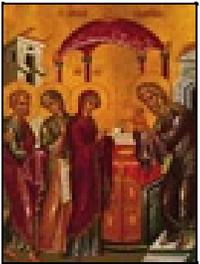


February 08

The Holy Prophet Zacharias (Zachariah)

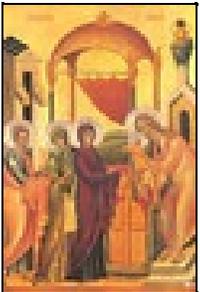
The Prophet Zacharias was the son of Barachias, and a contemporary of the Prophet Aggeus (Dec. 16). In the days of the Babylonian captivity, he prophesied, as it says, in the book of Ezra, "to the Jews that were in Judah and Jerusalem" (Ezra 5: 1); he aided Zerubbabel in the rebuilding of the Temple in Jerusalem. In the book of Ezra he is called "Zacharias the son of Addo (or Iddo)" but in his own prophetic book he is called more fully "Zacharias, the son of Barachias, the son of Addo the Prophet" (Zach. 1:1). When the captives returned from Babylon, he came to dwell in Jerusalem in his old age. His book of prophecy is divided into fourteen chapters and has the eleventh place among the books of the minor Prophets; his name means "Yah is renowned." Sozomen reports that under the Emperor Honorius, Zacharias' holy relics were found in Eleutheropolis of Palestine. The Prophet appeared in a dream

to a certain Calemerus, telling him where he would find his tomb. His body was found to be incorrupt (Eccl. Hist., Book IX, 17).



February 08

Afterfeast of the Presentation of Our Lord and Savior in the Temple



February 09

Leavetaking of the Presentation of Our Lord and Savior in the Temple

Services and Information

Welcome to all visitors! Please join us for fellowship immediately following the Liturgy in the Social Hall. For those visiting an Orthodox Church for the first time, please be aware that Holy communion is a sign of unity of faith which is only offered to baptized and chrismated Orthodox Christians. However, all present are welcome to partake of the antidoron (or blessed bread) which is distributed at the end of the service. Those interested in learning more about the Orthodox Christian faith, please see Fr. Dimitri Pappas after the service.

Visit the church web site: [<http://steliasnm.org/>](http://steliasnm.org/).

Services Schedule (unless otherwise noted)

Sundays: Orthros/Matins - 9:00 AM; Divine Liturgy - 10:00 AM

Saturdays: Vespers - 5:00 PM

Weekdays and Saturdays (as announced): Orthros/Matins - 9:00 AM; Divine Liturgy - 10:00 AM

February 2016

7 Feb. (16th Sunday of Matthew) proskomide and coffee hour, Frederika Vaupen.

14 Feb. (Sunday of the Canaanite Woman) proskomide and coffee hour, April Dellas.

21 Feb. (Sunday of the Publican and Pharisee) proskomide, Mac Ennis; coffee hour, Bonnie Hardwick.

28 Feb. (Sunday of the Prodigal Son) proskomide, Iggy Patsalis; coffee hour, Judy Brophy and Helen Skinas.

GOC Links

Greek Orthodox Metropolis of Denver [<http://www.denver.goarch.org/>](http://www.denver.goarch.org/).

Greek Orthodox Archdiocese of America [<http://www.goarch.org/>](http://www.goarch.org/).

Orthodox Calendar <http://www.goarch.org/chapel/calendar>.
Orthodox Observer <http://www.goarch.org/news/observer>.

Parish News and Events

Parish Council Meetings

Parish Council meeting — The next Parish Council meeting will be Sunday, February 14, after the Divine Liturgy.

2015 & 2016 Stewardship

We thank all of our members who have made a stewardship pledge to our parish of St. Elias the Prophet. Through your continued and loving support, the Parish Council and Fr. Dimitrios Pappas are able to serve as caretakers and deal with the needs and priorities that face our church. If you have not already done so, please make a donation to fulfill your 2015 pledge commitment. Also, please complete your 2016 pledge card and return it to the church at your convenience. Thank you!

The iconographers will complete their work in the spring!

The iconographers Maria Sigala and Niko Spanopoulos will return to our church in the spring to complete the iconography project that was begun years ago. This monumental effort has greatly beautified our church! We are still seeking money to pay the final balance due. If you would like to be part of this historic endeavor please call Fr. Dimitri or send your iconography fund donations to the church. Thank you to all of those who have already donated!

Recycling for St. Elias

The church can recycle your used toner cartridges and inkjet cartridges and receive a donation for their value. When it's time to get a new cartridge, please bring the used one to church, in its packing if possible, and we will recycle it. Every bit that we recycle means more funds for our parish. Please help with this free and painless way to raise money and protect the environment.

Hymns of the Day

Resurrectional Apolytikion in the Third Mode

Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιᾶσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ᾄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion for Afterfeast of the Presentation in the First Mode

Rejoice, thou who art full of grace, O Virgin Theotokos, for from thee hath risen the Sun of Righteousness, Christ our God, enlightening those in darkness. Rejoice, thou also, O righteous Elder, as thou receivest in thine arms the Redeemer of our souls, Who also granteth unto us the Resurrection.

Χαίρε κεχαριτωμένη Θεοτόκε Παρθένε, ἐκ σοῦ γὰρ ἀνέτειλεν ὁ Ἥλιος τῆς δικαιοσύνης, Χριστὸς ὁ Θεὸς ἡμῶν, φωτίζων τοὺς ἐν σκότει. Εὐφραίνου καὶ σὺ Πρεσβύτα δίκαιε, δεξάμενος ἐν ἀγκάλαις τὸν ἐλευθερωτὴν τῶν ψυχῶν ἡμῶν, χαριζόμενος ἡμῖν καὶ τὴν Ἀνάστασιν.

Apolytikion for St. Elias in the First Mode

The incarnate Angel and the Prophets' summit and boast, the second fore-runner of the coming of Christ, Elias, the glorious, from above he has sent down his grace upon Elisha; he doth cast out sickness and also doth cleanse the lepers; and unto all that honor him, streams of cures he poureth forth.

Reading is under copyright and is used with permission, all rights reserved by: Holy Transfiguration Monastery - Brookline, MA

Ὁ ἐνσαρκος ἄγγελος, τῶν Προφητῶν ἡ κρηπίς, ὁ δεῦτερος Πρόδρομος τῆς παρουσίας Χριστοῦ, Ηλίας ὁ ἐνδοξος, ἀνωθεν καταπέμψας, Ελισαίῳ τὴν χάριν, νόσους αποδιώκει, καὶ λεπρούς καθαρίζει, διὸ καὶ τοῖς τιμώσιν αὐτὸν βρῦει ἰάματα.

Seasonal Kontakion in the First Mode

Your birth sanctified a Virgin's womb and properly blessed the hands of Symeon. Having now come and saved us O Christ our God, give peace to Your commonwealth in troubled times and strengthen those in authority, whom You love, as only the loving One.

Ὁ μήτραν παρθενικὴν ἀγιάσας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεὼν εὐλόγησας ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστέ ὁ Θεός. Ἄλλ' εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὕς ἠγάπησας, ὁ μόνος φιλόνητος.

The translations of hymns are under copyright and used by permission. All rights reserved. These works may not be further reproduced, in print or on other web sites or in any other form, without the prior written authorization of the copyright holder:

*Resurrectional Apolytikion in Third Tone © Holy Transfiguration Monastery - Brookline, MA
Apolytikion for Afterfeast of the Presentation in the First Tone © Holy Transfiguration Monastery - Brookline, MA
Apolytikion for St. Elias ©
Seasonal Kontakion in the First Tone © Narthex Press - Northridge, CA*

Gospel and Epistle Readings

Matins Gospel Reading

Third Orthros Gospel

The Reading is from Mark 16:9-20

At that time, Jesus rose early on the first day of the week, and he appeared first to Mary Magdalene, from whom he had cast seven demons. She went and told those who had been with him, as they mourned and wept. But when they heard that he was alive and had been seen by her, they would not believe it.

After this he appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them.

Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. And he said to them, "Go into all the world and preach the gospel to the whole creation. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover."

So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God. And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen.

Third Orthros Gospel Κατὰ Μάρκον 16:9-20

Ἄναστας δὲ πρῶτῃ πρώτῃ σαββάτου ἐφάνη πρῶτον Μαρία τῇ Μαγδαληνῇ, ἀφ' ἧς ἐκβεβλήκει ἑπτὰ δαιμόνια. ἐκείνη πορευθεῖσα ἀπήγγειλε τοῖς μετ' αὐτοῦ γενομένοις, πενθοῦσι καὶ κλαίουσι. κἀκεῖνοι ἀκούσαντες ὅτι ζῆ καὶ ἐθεάθη ὑπ' αὐτῆς, ἠπίστησαν. Μετὰ δὲ ταῦτα δυσὶν ἐξ αὐτῶν περιπατοῦσιν ἐφανερῶθη ἐν ἐτέρᾳ μορφῇ, πορευομένοις εἰς ἀγρὸν. κἀκεῖνοι ἀπελθόντες ἀπήγγειλαν τοῖς λοιποῖς· οὐδὲ ἐκείνοις ἐπίστευσαν. Ὑστερον ἀνακειμένοις αὐτοῖς τοῖς ἑνδεκα ἐφανερῶθη, καὶ ὠνειδίσε τὴν ἀπιστίαν αὐτῶν καὶ σκληροκαρδίαν, ὅτι τοῖς θεασαμένοις αὐτὸν ἐγγηγμένον οὐκ ἐπίστευσαν. καὶ εἶπεν αὐτοῖς· πορευθέντες εἰς τὸν κόσμον ἅπαντα κηρύξατε τὸ εὐαγγέλιον πάσῃ τῇ κτίσει. ὁ πιστεύσας καὶ βαπτισθεὶς σωθήσεται, ὁ δὲ ἀπιστήσας κατακριθήσεται. σημεῖα δὲ τοῖς πιστεύσασιν ταῦτα παρακολουθήσει· ἐν τῷ ὀνόματί μου δαιμόνια ἐκβαλοῦσι· γλώσσαις λαλήσουσι καιναῖς· ὄφεις ἄρουσι· κἀν θανάσιμον τι πῖωσιν, οὐ μὴ αὐτοὺς βλάψει· ἐπὶ ἄρρώστους χεῖρας ἐπιθήσουσι, καὶ καλῶς ἔξουσιν. Ὁ μὲν οὖν Κύριος μετὰ τὸ λαλήσαι αὐτοῖς ἀνελήφθη εἰς τὸν οὐρανὸν καὶ ἐκάθισεν ἐκ δεξιῶν τοῦ Θεοῦ. ἐκεῖνοι δὲ ἐξελθόντες ἐκήρυξαν πανταχοῦ, τοῦ Κυρίου συνεργῶντος καὶ τὸν λόγον βεβαιοῦντος διὰ τῶν ἐπακολουθούντων σημείων. ἀμήν.

Epistle Reading

Prokeimenon. Grave Mode. Psalm 28.11,1.

The Lord will give strength to his people.

Verse: Bring to the Lord, O sons of God, bring to the Lord honor and glory.

The reading is from St. Paul's Second Letter to the Corinthians 6:1-10.

BRETHREN, working together with him, then, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Προκείμενον. Grave Mode. ΨΑΛΜΟΙ 28.11,1.

Κύριος ἰσχὺν τῷ λαῷ αὐτοῦ δώσει.

Στίχ. Ἐνέγκατε τῷ Κυρίῳ υἱοὶ Θεοῦ, ἐνέγκατε τῷ Κυρίῳ δόξαν καὶ τιμὴν.

τὸ Ἀνάγνωσμα Πρὸς Κορινθίους β' 6:1-10.

Ἀδελφοί, συνεργῶντες δὲ καὶ παρακαλοῦμεν μὴ εἰς κενὸν τὴν χάριν τοῦ θεοῦ δεξασθαι ὑμᾶς -λέγει γάρ, Καίρῳ δεκτῷ ἐπήκουσά σου, καὶ ἐν ἡμέρᾳ σωτηρίας ἐβοήθησά σοι· ἰδοὺ, νῦν καιρὸς εὐπρόσδεκτος, ἰδοὺ, νῦν ἡμέρα σωτηρίας -μηδεμίαν ἐν μηδενὶ διδόντες προσκοπήν, ἵνα μὴ μωμηθῇ ἡ διακονία· ἀλλ' ἐν παντὶ συνιστῶντες ἑαυτοὺς ὡς θεοῦ διάκονοι, ἐν ὑπομονῇ πολλῇ, ἐν θλίψεσιν, ἐν ἀνάγκαις, ἐν στενοχωρίαῖς, ἐν πληγαῖς, ἐν φυλακαῖς, ἐν ἀκαταστασίαις, ἐν κόποις, ἐν ἀγρυπνίαις, ἐν νηστείαις, ἐν ἀγνότητι, ἐν γνώσει, ἐν μακροθυμίᾳ, ἐν χρηστότητι, ἐν πνεύματι ἀγίῳ, ἐν ἀγάπῃ ἀνυποκρίτῳ, ἐν λόγῳ ἀληθείας, ἐν δυνάμει θεοῦ, διὰ τῶν ὄπλων τῆς δικαιοσύνης τῶν δεξιῶν καὶ ἀριστερῶν, διὰ δόξης καὶ ἀτιμίας, διὰ δυσφημίας καὶ εὐφημίας· ὡς πλάνοι καὶ ἀληθεῖς· ὡς ἀγνωστοὶ καὶ ἐπιγινωσκόμενοι· ὡς ἀποθνήσκοντες, καὶ ἰδοὺ, ζῶμεν· ὡς παιδευόμενοι, καὶ μὴ θανατούμενοι· ὡς λυπούμενοι, αἶε δὲ χαίροντες· ὡς πτωχοὶ, πολλοὺς δὲ πλουτιζόντες· ὡς μηδὲν ἔχοντες, καὶ πάντα κατέχοντες.

Gospel Reading

16th Sunday of Matthew

The Reading is from Matthew 25:14-30

The Lord said this parable: "A man going on a journey called his servants and entrusted to them his property; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. He who had received the five talents went at once and traded with them; and he made five talents more. So also, he who had the two talents made two talents more. But he who had received the one talent went and dug in the ground and hid his master's money. Now after a long time the master of those servants came and settled accounts with them. And he who had received the five talents came forward, bringing five talents more, saying, 'Master, you delivered to me five talents; here I have made five talents more.' His master said to him, 'Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master.' And he also who had the two talents came forward, saying, 'Master, you delivered to me two talents; here I have made two talents more.' His master said to him, 'Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master.' He also who had received the one talent came forward, saying, 'Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you did not winnow; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.' But his master answered him, 'You wicked and slothful servant! You knew that I reap where I have not sowed, and gather where I have not winnowed? Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. So take the talent from him, and give it to him who has the ten talents. For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away. And cast the worthless servant into the outer darkness; there men will weep and gnash their teeth.'" As he said these things he cried out: "He who has ears to hear, let him hear!"

16th Sunday of Matthew
Κατὰ Ματθαῖον 25:14-30

Ἐἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωπος ἀποδημῶν ἐκάλεσε τοὺς ἰδίους δούλους καὶ παρέδωκεν αὐτοῖς τὰ ὑπάρχοντα αὐτοῦ, καὶ ᾧ μὲν ἔδωκε πέντε τάλαντα, ᾧ δὲ δύο, ᾧ δὲ ἓν, ἐκάστῳ κατὰ τὴν ἰδίαν δύναμιν, καὶ ἀπεδήμησεν εὐθέως. πορευθεὶς δὲ ὁ τὰ πέντε τάλαντα λαβῶν εἰργάσατο ἐν αὐτοῖς καὶ ἐποίησεν ἄλλα πέντε τάλαντα. ὡσαύτως καὶ ὁ τὰ δύο ἐκέρδησε καὶ αὐτὸς ἄλλα δύο. ὁ δὲ τὸ ἐν λαβῶν ἀπελθὼν ὤρυξεν ἐν τῇ γῆ καὶ ἀπέκρυψε τὸ ἀργύριον τοῦ κυρίου αὐτοῦ. μετὰ δὲ χρόνον πολὺν ἔρχεται ὁ κύριος τῶν δούλων ἐκείνων καὶ συναίρει μετ' αὐτῶν λόγον. καὶ προσελθὼν ὁ τὰ πέντε τάλαντα λαβῶν προσήνεγκεν ἄλλα πέντε τάλαντα λέγων· κύριε, πέντε τάλαντά μοι παρέδωκας· ἴδε ἄλλα πέντε τάλαντα ἐκέρδησα ἐπ' αὐτοῖς. ἔφη αὐτῷ ὁ κύριος αὐτοῦ· εὖ, δοῦλε ἀγαθὲ καὶ πιστέ! ἐπὶ ὀλίγα ἦς πιστός, ἐπὶ πολλῶν σε καταστήσω· εἰσελθε εἰς τὴν χαρὰν τοῦ κυρίου σου. προσελθὼν δὲ καὶ ὁ τὰ δύο τάλαντα λαβῶν εἶπε· κύριε, δύο τάλαντά μοι παρέδωκας· ἴδε ἄλλα δύο τάλαντα ἐκέρδησα ἐπ' αὐτοῖς. ἔφη αὐτῷ ὁ κύριος αὐτοῦ· εὖ, δοῦλε ἀγαθὲ καὶ πιστέ! ἐπὶ ὀλίγα ἦς πιστός, ἐπὶ πολλῶν σε καταστήσω· εἰσελθε εἰς τὴν χαρὰν τοῦ κυρίου σου. προσελθὼν δὲ καὶ ὁ τὸ ἐν τάλαντον εἰληφώς εἶπε· κύριε· ἔγνω σε ὅτι σκληρὸς εἶ ἄνθρωπος, θερίζων ὅπου οὐκ ἔσπειρας καὶ συνάγων ὅθεν οὐ διεσκόρπισας· καὶ φοβηθεὶς ἀπελθὼν ἔκρυψα τὸ τάλαντόν σου ἐν τῇ γῆ· ἴδε ἔχεις τὸ σόν. ἀποκριθεὶς δὲ ὁ κύριος αὐτοῦ εἶπεν αὐτῷ· πονηρὲ δοῦλε καὶ ὀκνηρέ! ἦδεις ὅτι θερίζω ὅπου οὐκ ἔσπειρα καὶ συνάγω ὅθεν οὐ διεσκόρπισα! ἔδει οὖν σε βαλεῖν τὸ ἀργύριόν μου τοῖς τραπεζίταις, καὶ ἔλθων ἐγὼ ἐκομισάμην ἂν τὸ ἐμὸν σὺν τόκῳ. ἄρατε οὖν ἀπ' αὐτοῦ τὸ τάλαντον καὶ δότε τῷ ἔχοντι τὰ δέκα τάλαντα. τῷ γὰρ ἔχοντι παντὶ δοθήσεται καὶ περισσευθήσεται, ἀπὸ δὲ τοῦ μὴ ἔχοντος καὶ ὃ ἔχει ἀρθήσεται ἀπ' αὐτοῦ. καὶ τὸν ἀχρεῖον δούλον ἐκβάλετε εἰς τὸ σκότος τὸ ἐξώτερον· ἐκεῖ ἔσται ὁ κλαυθμὸς καὶ ὁ βρυγμὸς τῶν ὀδόντων.

Wisdom of the Fathers

There is an old saying: 'Excesses meet.' Too much fasting and too much eating come to the same end. Keeping too long a vigil brings the same disastrous cost as ... sluggishness... Too much self-denial brings weakness and induces the same condition as carelessness. Often I have seen men who would not be snared by gluttony fall, nevertheless, through immoderate fasting and tumble in weakness into the very urge which they had overcome. Unmeasured vigils and foolish denial of rest overcame those whom sleep could not overcome. Therefore, 'fortified to right and to left in the armor of justice,' as the apostle says (2 Cor. 6:7), life must be lived with due measure and, with discernment for a guide, the road must be traveled between the two kinds of excess so that in the end we may not allow ourselves to be diverted from the pathway of restraint which has been laid down for us nor fall through dangerous carelessness into the urgings of gluttony and self-indulgence.

St. John Cassian
Conferences, Conference Two: On Discernment no. 16; Paulist Press pg. 76, 5th century