



St. Elias the Prophet Church

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Services Schedule

Sundays: Orthros/Matins - 8:45 AM; Divine Liturgy - 10:00 AM

Saturdays: Vespers - 5:00 PM

Weekdays and Saturdays (as announced): Orthros/Matins - 8:45 AM; Divine Liturgy - 10:00 AM

Bulletin for Sunday, December 10, 2017

Saints and Feasts



December 10

10th Sunday of Luke



December 10

The Holy Martyrs Menas, Hermogenes, and Eustrachios

Saint Menas, according to the Synaxaristes, had Athens as his homeland. He was a military officer, an educated man and skilled in speech, wherefore he was surnamed Kallikelados ("most eloquent"); Eustrachios was his scribe. Both had Christian parents. The Emperor Maximinus (he was the successor of Alexander Severus, and reigned from 235 to 238) sent Saint Menas to Alexandria to employ his eloquence to end a certain strife among the citizens. Saint Menas, having accomplished this, also employed his eloquence to strengthen the Christians in their faith, which when Maximinus heard, he sent Hermogenes, who was an eparch born to unbelievers to turn Menas away from Christ.

But Hermogenes rather came to the Faith of Christ because of the miracles wrought by Saint Menas. Saints Menas, Eugraphus, and Hermogenes received the crown of martyrdom in the year 235.



December 10

Thomas the Righteous of Bithynia



December 13

Herman the Wonderworker of Alaska & First Saint of America

Saint Herman (his name is a variant of Germanus) was born near Moscow in 1756. In his youth he became a monk, first at the Saint Sergius Hermitage near Saint Petersburg on the Gulf of Finland; while he dwelt there, the most holy Mother of God appeared to him, healing him of a grave malady. Afterwards he entered Valaam Monastery on Valiant Island in Lake Ladoga; he often withdrew into the wilderness to pray for days at a time. In 1794, answering a call for missionaries to preach the Gospel to the Aleuts, he came to the New World with the first Orthodox mission to Alaska. He settled on Spruce Island, which he called New Valaam, and here he persevered, even in the face of many grievous afflictions mostly at the hands of his own countrymen in the loving service of God and of his neighbour. Besides his many toils for the sake of the Aleuts, he subdued his flesh with great asceticism, wearing chains, sleeping little, fasting and praying much. He brought many people to Christ by the example of his life, his teaching, and his kindness and sanctity, and was granted the grace of working miracles and of prophetic insight. Since he was not a priest, Angels descended at Theophany to bless the waters in the bay; Saint Herman used this holy water to heal the sick. Because of his unwearying missionary labours, which were crowned by God with the salvation of countless souls, he is called the Enlightener of the Aleuts, and has likewise been renowned as a wonderworker since his repose in 1837.



December 16

The Holy Prophet Aggaeus (Haggai)

The Prophet Aggaeus, whose name means "festive," was born in Babylon at the time of the captivity Of the Jews. He began to prophesy in Jerusalem after their return thereto, and to admonish the people to rebuild the Temple, in the days of Zorobabel, the second year of the reign of Darius Hystaspes, King of Persia, about the year 520 before Christ. His prophecy, divided into two chapters, is ranked tenth among the minor Prophets.

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/>.

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

December 2017

10 Dec (10th Sunday of Luke) Prosforon & coffee hour April Dellas.

17 Dec (11th Sunday of Luke) Prosforon April Dellas, coffee hour Mary Black.

24 Dec (Sunday before the Nativity of Christ) Prosforon April Dellas. Coffee hour: Mezedes by Parish Council.

25 Dec (Mon., Feast of the Nativity of Our Lord) Prosforon Fr. Dimitri. No coffee hour.

31 Dec (Sunday before Epiphany) Prosforon April Dellas, coffee hour Maryanne Malone.

Volunteer Prosforon bakers: please have the Prosforon to Fr. Dimitri by 9:00 a.m.

Coffee hour hosts: please stay after the coffee hour to help clean up.

GOC Links

Greek Orthodox Metropolis of Denver <http://www.denver.goarch.org/>.

Greek Orthodox Archdiocese of America <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 Meeting

The next Parish Council meeting will be Sunday, December 10, after the Divine Liturgy.

Fr. Ambrose and Fr. Thomas Will Celebrate the Divine Liturgy While Fr. Dimitri Is Away

While Fr. Dimitri is away in Greece, Rev. Hieromonk Ambrose Omayas from the Metropolis of Denver and Rev. Fr. Thomas Lynch, from St. John the Baptist Parish in Pueblo, Colorado, will celebrate the Divine Liturgy in our church. Last Sunday and again on December 17, Fr. Ambrose led the services. This Sunday, Fr. Thomas will take the helm. Please extend warm welcomes to both of them.

Please pickup your bake sale orders

Don't forget to pick up your bake sale orders on the day you selected. Thank you all for making this year's Christmas bake a success! Questions? Please call Niki Constantaras at (505) 890-2939 (home), (505) 930-1940 (mobile), or yaiyaniki@aol.com.

Volunteers are needed to host coffee hours and to bake prosfora

Please get in touch with April Dellas to volunteer to bake prosforon and to host a simple coffee hour: some cookies, a pastry, pie, or coffee cake, some bagels—two or three items of your choice. Contact April at (505) 466-1340, (575) 684-0125, or ridingsecret@aol.com.

2017 Stewardship

We thank all of our members who have made a stewardship pledge to our church. 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 complete your 2017 pledge card and return it to the church as soon as you can. Thank you!

Recycling for St. Elias

The church receives a donation for recycling your used toner cartridges and inkjet cartridges. When you get new ones, please bring the used ones to the church, in their packing if possible. 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 Second Mode

When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou didst also raise the dead out of the nethermost depths, all the powers in the Heavens cried out: O Life-giver, Christ our God, glory be to Thee.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἢ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεώτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

Apolytikion for Martyr Menas and Companions in the Plagal Fourth Mode

Since they had slain through their abstinence and struggles the fiery ragings and fierce motions of the passions, the staunch Martyrs of Christ God laid hold on the graces to drive off the pains and illnesses of the sick and work wonders both while living and after death. Strange indeed is the miracle! That these bare bones should pour forth such overflowing streams of cures. Glory be to our only God.

Δι ἐγκρατείας, τῶν παθῶν τὰς περιφλέκτους, ἀπονεκρώσαντες ὀρμᾶς καὶ τὰς κινήσεις, τοῦ Χριστοῦ οἱ Μάρτυρες, ἔλαβον τὴν χάριν, τὰς νόσους ἀποδιώκειν τῶν ἀσθενῶν, καὶ ζῶντες καὶ μετὰ τέλος θαυματουργεῖν, ὄντως θαῦμα παράδοξον! ὅτι Ὅστέα γυμνά, ἐκβλύζουσιν ἰάματα. Δόξα τῷ μόνῳ Θεῷ ἡμῶν.

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.

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Ὁ ἐνσαρκος ἄγγελος, τῶν Προφητῶν ἡ κρηπίς, ὁ δεῦτερος Πρόδρομος τῆς παρουσίας Χριστοῦ, Ηλίας

ο ένδοξος, άνωθεν καταπέμψας, Ελισαίω τήν χάριν, νόσους αποδιώκει, καί λεπρούς καθαρίζει, διό καί τοίς τιμώσιν αυτόν βρύει ιάματα.

Seasonal Kontakion in the Third Mode

On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.

Ἡ Παρθένος σήμερον, τόν Προαιώνιον Λόγον, ἐν Σπηλαίῳ ἔρχεται, ἀποτεκεῖν ἀπορρήτως. Χόρευε ἡ οἰκουμένη ἀκουτισθεῖσα, δόξασον μετὰ Ἀγγέλων καὶ τῶν Ποιμένων, βουληθέντα ἐποφθῆναι, παιδίον νέον, τόν πρὸ αἰώνων Θεόν.

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Apolytikion for Martyr Menas & Companions in the Plagal of the Fourth Tone © Holy Transfiguration Monastery - Brookline, MA

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Gospel and Epistle Readings

Matins Gospel Reading

Fifth Orthros Gospel

The Reading is from Luke 24:13-35

At that time, two of them were going to a village named Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from recognizing him. And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still looking sad. Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! Was it not necessary that the Christ should suffer these things and enter into his glory?" And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself.

So they drew near to the village to which they were going. He appeared to be going further, but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. And their eyes were opened and they recognized him; and he vanished out of their sight. They said to each other, "Did not our

hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, who said, "The Lord has risen indeed, and has appeared to Simon!" Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

Fifth Orthros Gospel **Κατὰ Λουκᾶν 24:13-35**

Καὶ ἰδοὺ δύο ἐξ αὐτῶν ἦσαν πορευόμενοι ἐν αὐτῇ τῇ ἡμέρᾳ εἰς κώμην ἀπέχουσαν σταδίου ἐξήκοντα ἀπὸ Ἱερουσαλήμ, ἣ ὄνομα Ἐμμαούς. καὶ αὐτοὶ ὠμίλουν πρὸς ἀλλήλους περὶ πάντων τῶν συμβεβηκότων τούτων. καὶ ἐγένετο ἐν τῷ ὁμιλεῖν αὐτοὺς καὶ συζητεῖν καὶ αὐτὸς ὁ Ἰησοῦς ἐγγίσας συνεπορεύετο αὐτοῖς· οἱ δὲ ὀφθαλμοὶ αὐτῶν ἐκρατοῦντο τοῦ μὴ ἐπιγνῶναι αὐτόν. εἶπε δὲ πρὸς αὐτούς· τίνες οἱ λόγοι οὗτοι οὗς ἀντιβάλλετε πρὸς ἀλλήλους περιπατοῦντες καὶ ἐστε σκυθρωποὶ; ἀποκριθεὶς δὲ ὁ εἷς, ὃ ὄνομα Κλεόπας, εἶπε πρὸς αὐτόν· σὺ μόνος παροικεῖς ἐν Ἱερουσαλήμ καὶ οὐκ ἔγνωσ τὰ γενόμενα ἐν αὐτῇ ἐν ταῖς ἡμέραις ταύταις; καὶ εἶπεν αὐτοῖς· ποῖα; οἱ δὲ εἶπον αὐτῷ· τὰ περὶ Ἰησοῦ τοῦ Ναζωραίου, ὃς ἐγένετο ἀνὴρ προφήτης δυνατὸς ἐν ἔργῳ καὶ λόγῳ ἐναντίον τοῦ Θεοῦ καὶ παντὸς τοῦ λαοῦ, ὅπως τε παρέδωκεν αὐτόν οἱ ἀρχιερεῖς καὶ οἱ ἄρχοντες ἡμῶν εἰς κρίμα θανάτου καὶ ἐσταύρωσαν αὐτόν. ἡμεῖς δὲ ἠλπίζομεν ὅτι αὐτὸς ἐστὶν ὁ μέλλων λυτροῦσθαι τὸν Ἰσραὴλ· ἀλλὰ γε σὺν πᾶσι τούτοις τρίτην ταύτην ἡμέραν ἄγει σήμερον ἀφ' οὗ ταῦτα ἐγένετο. ἀλλὰ καὶ γυναῖκες τινες ἐξ ἡμῶν ἐξέστησαν ἡμᾶς γενόμεναι ὄρθριαι ἐπὶ τὸ μνημεῖον, καὶ μὴ εὐροῦσαι τὸ σῶμα αὐτοῦ ἦλθον λέγουσαι καὶ ὀπτασίαν ἀγγέλων ἑωρακένας, οἱ λέγουσιν αὐτόν ζῆν. καὶ ἀπῆλθόν τινες τῶν σὺν ἡμῖν ἐπὶ τὸ μνημεῖον, καὶ εὔρον οὕτω καθὼς καὶ αἱ γυναῖκες εἶπον, αὐτόν δὲ οὐκ εἶδον. καὶ αὐτὸς εἶπε πρὸς αὐτούς· ὦ ἀνόητοι καὶ βραδεῖς τῇ καρδίᾳ τοῦ πιστεύειν ἐπὶ πᾶσιν οἷς ἐλάλησαν οἱ προφῆται! οὐχὶ ταῦτα ἔδει παθεῖν τὸν Χριστὸν καὶ εἰσελθεῖν εἰς τὴν δόξαν αὐτοῦ; καὶ ἀρξάμενος ἀπὸ Μωϋσέως καὶ ἀπὸ πάντων τῶν προφητῶν διηρμήνευεν αὐτοῖς ἐν πάσαις ταῖς γραφαῖς τὰ περὶ ἑαυτοῦ. Καὶ ἤγγισαν εἰς τὴν κώμην οὗ ἐπορεύοντο, καὶ αὐτὸς προσεποιεῖτο πορρωτέρω πορεύεσθαι· καὶ παρεβιάσαντο αὐτόν λέγοντες· μείνον μεθ' ἡμῶν, ὅτι πρὸς ἑσπέραν ἐστὶ καὶ ἐκκλικεν ἡ ἡμέρα. καὶ εἰσῆλθε τοῦ μείναι σὺν αὐτοῖς. καὶ ἐγένετο ἐν τῷ κατακλιθῆναι αὐτόν μετ' αὐτῶν λαβὼν τὸν ἄρτον εὐλόγησε, καὶ κλάσας ἐπέδιδου αὐτοῖς. αὐτῶν δὲ διηνοιχθησαν οἱ ὀφθαλμοί, καὶ ἐπέγνωσαν αὐτόν· καὶ αὐτὸς ἄφαντος ἐγένετο ἀπ' αὐτῶν. καὶ εἶπον πρὸς ἀλλήλους· οὐχὶ ἡ καρδία ἡμῶν καιομένη ἦν ἐν ἡμῖν, ὡς ἐλάλει ἡμῖν ἐν τῇ ὁδῷ καὶ ὡς διήνοιγεν ἡμῖν τὰς γραφάς; Καὶ ἀναστάντες αὐτῇ τῇ ὥρᾳ ὑπέστρεψαν εἰς Ἱερουσαλήμ, καὶ εὔρον συνηθροισμένους τοὺς ἑνδεκα καὶ τοὺς σὺν αὐτοῖς, λέγοντας ὅτι ἠγέρθη ὁ Κύριος ὄντως καὶ ὤφθη Σίμωνι. καὶ αὐτοὶ ἐξηγοῦντο τὰ ἐν τῇ ὁδῷ καὶ ὡς ἐγνώσθη αὐτοῖς ἐν τῇ κλάσει τοῦ ἄρτου.

Epistle Reading

Prokeimenon. Second Mode. Psalm 117.14,18.

The Lord is my strength and my song.

Verse: The Lord has chastened me sorely.

The reading is from St. Paul's Letter to the Ephesians 6:10-17.

Brethren, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. Therefore take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand, therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the gospel of peace; besides

all these, taking the shield of faith, with which you can quench all the flaming darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Προκείμενον. Second Mode. ΨΑΛΜΟΙ 117.14,18.

Ἰσχύς μου καὶ ὕμνησίς μου ὁ Κύριος.
Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος.

τὸ Ἀνάγνωσμα Πρὸς Ἐφεσίους 6:10-17.

Ἀδελφοί, ἐνδυναμοῦσθε ἐν κυρίῳ, καὶ ἐν τῷ κράτει τῆς ἰσχύος αὐτοῦ. Ἐνδύσασθε τὴν πανοπλίαν τοῦ θεοῦ, πρὸς τὸ δύνασθαι ὑμᾶς στήναι πρὸς τὰς μεθοδείας τοῦ διαβόλου. Ὅτι οὐκ ἔστιν ἡμῖν ἡ πάλη πρὸς αἷμα καὶ σάρκα, ἀλλὰ πρὸς τὰς ἀρχάς, πρὸς τὰς ἐξουσίας, πρὸς τοὺς κοσμοκράτορας τοῦ σκότους τοῦ αἰῶνος τούτου, πρὸς τὰ πνευματικὰ τῆς πονηρίας ἐν τοῖς ἐπουρανίοις. Διὰ τοῦτο ἀναλάβετε τὴν πανοπλίαν τοῦ θεοῦ, ἵνα δυνηθῆτε ἀντιστῆναι ἐν τῇ ἡμέρᾳ τῇ πονηρᾷ, καὶ ἅπαντα κατεργασάμενοι στήναι. Στήτε οὖν περιζωσάμενοι τὴν ὀσφὺν ὑμῶν ἐν ἀληθείᾳ, καὶ ἐνδυσάμενοι τὸν θώρακα τῆς δικαιοσύνης, καὶ ὑποδησάμενοι τοὺς πόδας ἐν ἐτοιμασίᾳ τοῦ εὐαγγελίου τῆς εἰρήνης· ἐπὶ πᾶσιν ἀναλαβόντες τὸν θυρεὸν τῆς πίστεως, ἐν ᾧ δυνησθε πάντα τὰ βέλη τοῦ πονηροῦ τὰ πεπυρωμένα σβέσαι. Καὶ τὴν περικεφαλαίαν τοῦ σωτηρίου δέξασθαι, καὶ τὴν μάχαιραν τοῦ πνεύματος, ὅ ἐστιν ῥῆμα θεοῦ.

Gospel Reading

10th Sunday of Luke

The Reading is from Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

10th Sunday of Luke

Κατὰ Λουκᾶν 13:10-17

Τῷ καιρῷ ἐκεῖνῳ, Ἦν δὲ διδάσκων ἐν μιᾷ τῶν συναγωγῶν ἐν τοῖς σάββασι. καὶ ἰδοὺ γυνὴ ἦν πνεῦμα ἔχουσα ἀσθενείας ἔτη δέκα καὶ ὀκτώ, καὶ ἦν συγκύπτουσα καὶ μὴ δυναμένη ἀνακῦσαι εἰς τὸ παντελές. ἰδὼν δὲ αὐτὴν ὁ Ἰησοῦς προσεφώνησε καὶ εἶπεν αὐτῇ· γύναι, ἀπολέλυσαι τῆς ἀσθενείας σου· καὶ ἐπέθηκεν αὐτῇ τὰς χεῖρας· καὶ παραχρῆμα ἀνωρθώθη καὶ ἐδόξαζε τὸν Θεόν. ἀποκριθεὶς δὲ ὁ ἀρχισυναγωγός, ἀγανακτῶν ὅτι τῷ σαββάτῳ ἐθεράπευσεν ὁ Ἰησοῦς, ἔλεγε τῷ ὄχλῳ· ἕξ ἡμέραι εἰσὶν ἐν αἷς δεῖ ἐργάζεσθαι· ἐν ταύταις οὖν ἐρχόμενοι θεραπεύεσθε, καὶ μὴ τῇ ἡμέρᾳ τοῦ σαββάτου. ἀπεκρίθη οὖν αὐτῷ ὁ Κύριος καὶ εἶπεν· ὑποκριτά, ἕκαστος ὑμῶν τῷ σαββάτῳ οὐ λύει τὸν βοῦν αὐτοῦ ἢ τὸν ὄνον ἀπὸ τῆς φάτνης καὶ ἀπαγαγὼν ποτίζει; ταύτην δὲ, θυγατέρα Ἀβραὰμ οὐσαν, ἦν ἔδρασε ὁ σατανᾶς ἰδοὺ δέκα καὶ ὀκτώ ἔτη, οὐκ ἔδει λυθῆναι ἀπὸ τοῦ δεσμοῦ τούτου τῇ ἡμέρᾳ τοῦ σαββάτου; καὶ ταῦτα λέγοντος αὐτοῦ κατησχύνοντο πάντες οἱ ἀντικείμενοι αὐτῷ, καὶ πᾶς ὁ ὄχλος ἔχαιρεν ἐπὶ πᾶσι τοῖς ἐνδόξοις τοῖς γινομένοις ὑπὲρ αὐτοῦ.

Wisdom of the Fathers

The Savior Himself is He Whom we are asked to put on. It is one and the same thing to say, 'Put on the whole armor of God,' and 'Put on the Lord Jesus Christ.' Our belt is truth and our breastplate is righteousness. The Savior is also called both 'truth' and 'righteousness.' On this principle He is also to be understood as the 'Gospel of peace.' He is Himself the 'shield of faith' and the helmet of salvation. He is the 'sword of the Spirit,' because He is the Word of God, living and efficacious, the utterance of which is stronger than any helmet and sharp on both sides.

St. Jerome

Unknown, 5th century

The mind of a heedful man is as it were a watchman on duty, or an unsleeping guard of the inner Jerusalem. Standing at the height of spiritual contemplation, he looks with an eye of purity upon the enemy powers who go around and attack his soul, in accordance with the Psalmist: 'And my eye hath looked down upon my enemies' (Ps. 53:9). From his eye the devil is not hidden, who 'as a roaring lion walketh about seeking whom he may devour' (1 Pet. 5:8), nor are they who bend their bow 'to shoot in the dark the upright of heart' (Ps. 10:2). And thus such a man, following the teaching of the divine Paul, receives 'the whole armor of God, that [he] may be able to withstand in the evil day' (Eph. 6:13), and with this armor and with the cooperating grace of God, he repels visible attacks and vanquishes invisible warriors.

St. Seraphim of Sarov

Spiritual Instructions no. 30, Little Russian Philokalia Vol. 1; Saint Herman of Alaska Brotherhood pgs. 48-49, 19th century