

THE TRISAGION (THRICE- HOLY) PRAYERS

In the name of the Father and of the Son
and of the Holy Spirit. Amen.

Glory to Thee, O Lord, Glory to Thee
O heavenly King, Comforter, Spirit of
Truth who art in all places and fills all
things, Treasury of blessings and Giver of
life: Come and abide in us, cleanse us from
all transgressions, and save our souls, O
good One.

Holy God, Holy Mighty, Holy Immortal:
Have Mercy on us. (three times)

Glory to the Father and to the Son and to
the Holy Spirit, now and ever and unto ages
of ages. Amen.

All-holy Trinity, have mercy on us. Lord,
cleanse us from our sins, Master, pardon
our iniquities. Holy God, visit and heal our
infirmities for Thy name sake.

Lord, have mercy. (three times)

Glory to the Father and to the Son and to
the Holy Spirit,, now and ever and unto
ages of ages. Amen.

Our Father, who art in heaven, hallowed be
thy name. Thy kingdom come, thy will be
done, on earth as it is in heaven. Give us
this day our daily bread, and forgive us our
trespasses as we forgive those who tres-
pass against us. And lead us not into temp-
tation, but deliver us from evil.

For thine is the kingdom and the power and
the glory of the Father and of the Son and
of the Holy Spirit, now and ever and unto
the ages of ages. Amen.

THE BROTHERHOOD

The Brotherhood of St. Moses
the Black is a fellowship of
Orthodox Christians who are
committed to multi-racial, pan-
Orthodox fellowship, and study
of the ancient African roots of
our faith. We desire through
our efforts to make the
Orthodox faith available to the
African American community
and help the Church itself in
realizing this goal. For more
information about the Ortho-
dox Church and the Brother-
hood, please visit the website
www.mosetheblack.org or
contact the chapter through
the information below.



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**Virginia Chapter
Brotherhood of
St. Moses the Black**

DESERT FATHERS DISPATCH



*"Our goal is the kingdom of
God. Our immediate purpose
is purity of heart, for without
this we cannot reach our goal"*

**Saint Moses of Ethiopia
(from the Philokalia vol I)**

*"Blessed are the pure at heart
for they shall see God."*

Matthew 5:8

Volume I Number I

THE IMPORTANCE OF A PURE HEART

When the Romans stopped persecuting Christians in 312 AD, believers noticed that people were coming to church for the wrong reasons. To escape the falsehood, some Christians went to live in the Egyptian deserts to maintain a simple life of prayer and seeking God's wisdom. People who were not able to do the same took the time to learn from these holy men and women and bring their stories back to their churches as examples of how to live.

Moses the Ethiopian, the Black (d. 405 AD), was an ex slave and criminal with a vengeful heart. Breaking into an Egyptian monastery, he was convicted by the compassion of the monks who welcomed him. Moses repented of his wicked ways and joined the monastery. Through fasting, labor, prayer, and worship; Moses overcame his personal demons was known for his compassion and wisdom. A Roman pilgrim, John Cassian, spent time with this African monk and established communities in France based on his Christian teachings.

(From "On the Holy Fathers of Sketis" in The Philokalia vol. I)

- We should always have this purpose (purity of heart) in mind, and if it should ever happen that for a short time that our heart turn aside from the direct path, we must bring it back again at once, guiding our lives with reference to our purpose as if it were a carpenter's rule.
- It is impossible for the mind not to be troubled by sinful thoughts. But if we exert ourselves it is within our power either to accept them and give them our attention, or to expel them.

(From The Sayings of the Desert Fathers)

- If a man's deeds are not in harmony with his prayers, he labors in vain. We should no longer do the things against which we pray. For when a man gives up his own will, then God is reconciled with him and accepts his prayers.



A LIFE OF PRAYER

Now in the morning, having risen a long while before daylight, He went out into a solitary place; and there He prayed. Mark 1:35

Jesus made time for prayer. He didn't simply wake up and mumble a few words as others were beginning their morning routine. No, our Lord intentionally got up before everyone else so that He could be alone with the Heavenly Father. To further prevent interruption, He went off to a place where He could be alone.



The Trisagion, also known and the thrice holy prayers, are offered in both morning and evening prayers by Orthodox Christians. The prayers are an opening prayer to the Holy Spirit, repentance to the Trinity, and the Lord's Prayer (Matthew 6:9-13). The Trinity is prayed to and described as the Holy God, Holy Mighty, and Holy Immortal. Like the tax collector, we humbly bow before him seeking nothing more than His mercy (Luke 18:10-14). May these words enrich your union with God as it has done for Christians worldwide.