

## 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](http://www.mosetheblack.org) or  
contact the chapter through  
the information below.



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**Virginia Chapter  
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## DESERT FATHERS DISPATCH



*With thy virtues as with the  
rays of the sun,  
thou didst enlighten the  
unbelieving philosophers  
(from the Troparian of St.  
Catherine of Alexandria)*

*"... has God not made foolish  
the wisdom of this world?"*

**I Corinthians 1:20**

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## THE POWER OF WISDOM AND VIRTUE

Catherine, the daughter of the Egyptian Governor was one of the most beautiful and intelligent young ladies in the Roman Empire. However, rather than to wed a soldier or statesman, she became the bride of the One being who surpassed her own beauty and wisdom. In a vision, she saw that unless she were to convert to the Christian faith, she was ugly and ignorant to the Lord. After she humbled herself and was baptized did Jesus accept her as a lovely and bright bride.

The emperor put her in a debate with 50 of the wisest philosophers to shame her into forsaking Christianity. However, she outwitted them and led them to convert to the faith. Rather than accept marriage to and wealth from a heathen king, Catherine was put to horrible tortures and to death on November 24th, 310.

St. Catherine's Monastery in the African Sinai Peninsula still stands today with one of the greatest libraries of ancient Christian writings.

(From The Sayings of the Desert Fathers)

- One day, Abba Arsenius consulted an elderly Egyptian monk about his thoughts. Someone noticed this and asked, "Abba Arsenius, why is it with your education in Greek and Latin do you ask for advice from this peasant?" Arsenius replied, "I am well schooled in Greek and Latin. But, don't even know the alphabet of this peasant."

(From "No Righteousness By Works" in The Philokalia vol. I)

- (107) He who is gentle in God's sight is wiser than the wise; and he who is humble in heart is stronger than the strong. For they bear the yoke of Christ with spiritual knowledge.



## A LIFE OF PRAYER

*He who says prayers hurriedly without hearty understanding and feeling, being conquered by his slothful and lazy flesh does not serve God, but serves his own flesh, his self love and reviles God by his inattention and indifference of his heart to prayer. 'God is Spirit and they that worship Him must worship Him in Spirit and truth'\* John of Kronstat My Life In Christ \*John 4:24*



The Trisagion, also known as 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.