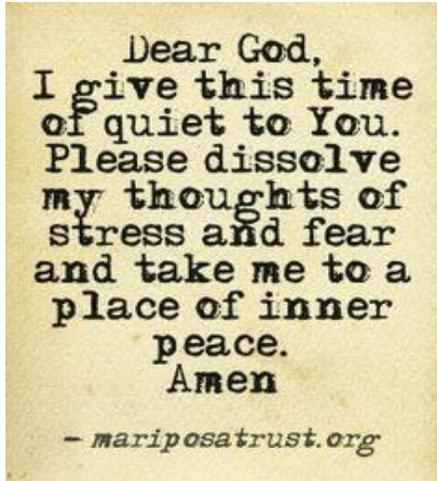


FATHER ANTON'S WORDS OF WISDOM: Summer is here! It's funny how fast the summer months go by, and if we're not careful before you know it, its fall and we ask ourselves "what did we do that last couple of months?" I've been here at St. John's now for 15 years this September, and in all these years I've never had more than 7 days off in a row, and most years

not even that. I am entitled to six weeks paid vacation per year because of my number of years serving our Eparchy. Since December I have been experiencing some health problems and the past couple of months they



have escalated. I have been and continue to be under Doctors care and undergoing a number of tests. My energy level is quite low and I find that I am tiring quicker and easier. Things will improve, but it going to take time. During the majority of July and August, I will

not be around the Church except for services and as is needed, I will be taking some time for rest and recuperation. Chrystine, our secretary can get a hold of me, and of course if there is an emergency I will be available at the emergency number 905-327 3563. This month we have been celebrating a bi-weekly Moleben, to Christ the Lover of Mankind – and this past Tuesday as I read the Gospel... it really hit home: "Come to me all you who are weak and heavy laden, and I will give you rest..." I think this is a lesson for all. If we don't take care of ourselves, sooner or later it will catch up with us, and eventually it can knock the wind out of you. It is hard at times to keep that word "servant" in

perspective. Often we think we have to say yes to everything, and then eventually we are overwhelmed and not sure how we're going to get through the commitment we made. As I have mentioned many times, I love what I do, but I have to learn the word "no" once in a while as well. Trying to be all things to all people has worn me out, and realizing that

I can't make everyone happy has been an important revelation. For me to remain effective in my ministry to others, I have to learn to minister to myself from time to time also. Haven't you felt at one time or another that your life is like a bank account? People withdraw from it to the point you feel there's nothing left, and if they don't make a deposit once in a while you become physically and emotionally bankrupt. Let's remember to praise more and criticize less; to be patient with one another and to be quick to forgive. Remember to take care of yourself so you can care for others, and to support each other regardless of personal feelings. Always step back... take a deep breath... look at the whole picture... and you'll see that in the course of your life whatever it is you're dealing with will seem pretty small and not worth all the negative energy you give it. Paul tells us in his letter to the Romans this Sunday "Christ is near you, in your hearts and on your lips... the one who believes with their heart is justified, and the ones who give example through their words are saved."

Let us pray: Loving God, Your Son Jesus, our brother offered to share our burdens. We know that his heart is one of love and compassion. Help me to recognize when I need to step back, and slow down that I may be renewed by your spirit and encouraged by your compassion. And in time's when things seem a bit out of hand and my prayer is "Lord, grant me patience, but hurry!" understand I am simply calling out for your calming understanding. Amen.