



73<sup>rd</sup> Year

June 15, 2025

Pamphlet #24 (3759)

## **THE SUNDAY EPISTLE (Hebrews 11:33-12:2)**

**Let us run with patience the race of life.**

*Brethren, all the saints through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated - of whom the world was not worthy - wandering over deserts and mountains and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith.*

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## **THE ACQUISITION OF PATIENCE**

Today, our Church honors and uplifts the entirety of its saints from all eras. That is why the Epistle reading presents to us the sanctified and martyric personalities of the Old Testament,

who, in a way, served as heralds of the entrance of the God-Man into history. At the conclusion of the passage, the Apostle exhorts Christians, who are surrounded by the cloud of saints and martyrs, to cast off sin and engage in the struggle of patience within the arena of life, where tribulations and trials reign. Just as those who lived before Christ endured hardships, so must the faithful remain steadfast in perseverance.

## **The antidote to life's many trials**

For this reason, let us dedicate a few simple reflections to the great virtue of patience, which seems an urgent necessity in our time for confronting life's many tribulations that trouble each person individually.

Under the weight of problems and afflictions, the practice of patience often appears as a posture of weakness and resignation, an attitude seemingly adopted by those who lack the strength to overturn evil, incapable of confronting unbearable pressures, deprivations, and upheavals in life. In worldly perception, patience takes on a negative tone. It does not align with humanity's relentless pursuit of gain, acquisition, and happiness. It cannot be considered merely as a waiting stance, anticipating the correction or reversal of circumstances. By contrast, our Church regards patience as a supreme virtue and calls upon its members to cultivate it as a means of overcoming life's adversities.

## **Avoidance of impulses**

A contemporary psychotherapist highlights: "Patience is the blessed time during which no immediate reaction occurs, allowing for the processing of information... It is the blessed time required to avoid impulsive responses, which lead to the miserable repetition of ineffective behaviors. It is the blessed time that must be consumed by insatiable need because it seeks the freedom of transcendence... It resembles a scientific laboratory conducting a significant new discovery. There,

everyone remains vigilant but refrains from rushed actions, as such haste would only divert them from the goal... Thus, patience does not signify inaction, but rather a deliberate stance that avoids impulsive, spontaneous reactions. It does not lead to victimization by the unjust behaviors of others but instead seeks to establish a functional way of relating."

### **"Let us place our hope in God"**

This perspective finds a profound echo in the teachings of Saint Nektarios, who was especially trained in patience, enduring various afflictions and temptations which, for many would seem terrifying and insurmountable. Saint Nektarios teaches that: "We must endure afflictions with patience. First, because when we are impatient, we listen to no one; and not only that, but we also intensify our suffering. Second, because the one who patiently endures life's afflictions will receive a reward in the life to come, since through patience, he practically confesses faith in the future life, which is faith in God Himself..."

He then gives patience an eschatological dimension: "A Christian ought not to feel disheartened by his affliction, for Christ secretly comforts and consoles him. Christ, working mystically within the soul, instills a firm confidence in His redemptive grace and fortifies the person in the struggle of afflictions, so that he may endure life's bitterness and pains with dispassion. The Christian must forbear, for in exchange for a few sorrows, he will inherit the Heavenly Kingdom..."

Saint Nektarios prays for all who face various trials in this life: "Let us place our hope in God, for He who healed the paralytic will also aid us in our suffering. Just a little longer, and the grace of the Lord will come. Let us endure a little more for the Heavenly Kingdom. For the one who perseveres, in the end, shall be saved." Let it be!

June 15, 2025: 1st Sunday of Matthew

Sunday of All Saints.

Amos the Prophet (8th c. B.C.); Apostles Achaicus and Stephanas;  
Jerome the Venerable (†420); Augustine, Bishop of Hippo (†430).

Pl. 4th Tone – Eothinon: 1 – Epistle: Hebrews 11:33-12:2  
– Gospel: Matthew 10:32-33, 37-38, 19:27-30

NEXT SUNDAY: June 22, 2nd Sunday of Matthew  
Epistle: Romans 2:10-16 – Gospel: Matthew 4:18-23

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