

2019 FFHP Sunday Bulletin Inserts

- “We make a living by what we get. We make a life by what we give.”
Winston Churchill
- “The merciful person is he who gives to others what he has himself received from God, whether it be money, food, strength, a helpful word, prayer or anything else that he has through which he can express his compassion for those in need. At the same time he considers himself a debtor since he has received more than he is asked to give.”
St. Peter of Damascus
- Prove yourself a god to the unfortunate by imitating the mercy of God. There is nothing so godly in human beings as to do good works.”
St. Gregory the Theologian
- Prayer is the test of everything; prayer is also the source of everything; prayer is the force of everything; prayer is also the director of everything. If prayer is right, everything is right. For prayer will not allow anything to go wrong.”
St. Theophany the Recluse
- When giving, give magnanimously with a look of kindness on your face, and give more than what is asked of you.”
St. Isaac the Syrian
- “Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work.”
Mother Teresa
- “For it is in the giving that we receive.”
Francis of Assisi
- “If man shuts his ears to the cry of the poor, he too will cry out and not be answered.”
Proverbs 21:13
- “He who is kind to the poor will lack nothing, but he who closes his eyes to them receives many curses.”
Proverbs 28:27
- “Give to him who asks you, and from him who wants to borrow from you do not turn away.”
Mathew 5:42
- “When you do a charitable deed, do not let your left hand know what your right hand is doing. That your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly.”
Mathew 6:3-4
- “You cannot show a kindness too soon, because you never know how soon it will be too late.”
Unknown

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- Vigils and fast and acts of mercy are the methods advocated by the saints to attain the spiritual life. But they must not stand alone, not must the Christian put his trust in them. Humility must have faith for its principle, and fasting be combined with charity, that is, feed the hungry, give water to the thirsty, clothe the naked.”
St. Basil the Great
- “Share what you have, lest you lose what you have. Spend what you possess on the needs of others in order to keep what you possess.”
St. John Chrysostom
- “A holy soul cares for his neighbors, either close at hand or far away. He cares where the homeless will spend the night, how the hungry will be fed, with what the naked will be clothed. He cares and he prays for the salvation of his neighbors: that their hearts may be filled with love towards God, that their minds may be directed towards God, that the wicked may turn from the paths of wickedness, that the hesitant may be confirmed in the Faith, that the firm may persevere, that the departed may behold the Face of God, that the living may be written in the Book of Life in the Kingdom of Light.”
St. Nicholas Velimirovich
- “It is not right or proper for the rich to keep excess wealth when there are many poor people in need of the means of existence, of necessary clothing and proper dwellings, for we have nothing of our own; everything belongs to God!”
St. John of Kronstadt
- “Blessed are the merciful for they will receive mercy (Mt 5:7). The merciful is he who gives to others what he himself received from God. Whether it is money, food, strength, a helpful word, a prayer, or anything else that he has through which he can express his compassion for those in need. At the same time he considers himself a debtor, since he has received more than he is asked to give by Christ’s grace, both in the present and in the world to come, before the whole of creation he is called merciful, just as God is called merciful.”
St. Peter of Damascus
- “If you give something to someone who is in need, then let a cheerful face precede your gift, along with kind words and encouragement for his suffering.”
St. Isaac the Syrian
- “A tree is known by its fruit, a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.”
St. Basil the Great

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- “Do you fast? Give me proof of it by your works. If you see a friend being honored, do not envy him. Do not let your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers and sisters? May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.”
St. John Chrysostom
- “The bread you do not use is the bread of the hungry. The garment hanging in your wardrobe is the garment of the person who is naked. The shoes you do not wear are the shoes of the one who is barefoot. The money you keep locked away is the money of the poor. The acts of charity you do not perform are the injustices you commit.”
St. Basil the Great
- “Whoever gives a hand to help his neighbor is helped by God’s own hand.”
St. Isaac the Syrian
- “Do not neglect the Forty Days; it constitutes an imitation of Christ’s way of life.”
St. Ignatius the God-bearer
- “The merciful person is he who gives to others what he himself received from God, whether it be money, or food, or strength, a helpful word, a prayer, or anything else he has through which he can express his compassion for those in need.”
St. Peter of Damascus
- “Prayer, together with almsgiving, can furnish us with countless good things from above. They can quench the fire of sin in our souls and can give us great freedom. Cornelius had recourse to these two virtues and sent his prayers up to heaven. Because of these two virtues he heard the angel say: ‘Thy prayers and thy alms have gone up and been remembered in the sight of God.’”
St. John Chrysostom
- “One must inspire the children themselves to good deeds. At first one must guide them into doing good deeds. The most ordinary good deeds in this regard are: almsgiving, compassion, mercifulness, yielding to others, and patience. It is not difficult to train them to do these things. Opportunities for them occur every minute; one has only to use them.”
St. Theophan the Recluse
- Prayer for others which is made gently and with deep love is selfless and has great spiritual benefit.”
St. Porphyrios of Kafsokalyvia

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- “Find out how much God has given you and from it take what you need; the remainder is needed by others.”
St. Augustine
- “You give but little when you give of your possessions. It is when you give of yourself that you truly give.”
Kahlil Gibran
- “It is not how much we give but how much love we put into giving.”
Mother Teresa
- “Share your seed and watch it grow, then you’ll know the joy of giving. Share yourself and your whole life, then you’ll know the joy of living.”
Joyce C. Lock
- “He who is kind to the poor will lack nothing, but he who closes his eyes to them receives many curses.”
Proverbs 28:27
- “He who is kind to the poor lends to the Lord, and he will reward him for what he has done.”
Proverbs 19:17
- “When you do a charitable deed, do not let your left hand know what your right hand is doing, that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly.”
Matthew 6:3-4
- “He who is generous will be blessed, for he gives some of his food to the poor.”
Proverbs 22:9
- “Fasting is wonderful because it tramples our sins like a dirty weed.”
St John Chrysostom
- “Material treasures will serve us for a time and fade away. It is sharing ourselves and our time that creates authentic value; it enriches life with lasting expressions of gratitude and indelible memories. Giving opens our spiritual eyes to the many small blessings before us each moment.” *Steve Brunkhorst*
- “He who oppresses the poor man insults his Maker, but he who is kind to the needy honors Him.”
Proverbs 14:31
- “Send your treasures to the heavenly storage room. Deposit your wealth in God’s bank, distributing to the poor, the orphans and the widows, so that you can receive a million times more in the Second Coming of Christ.”

Elder Joseph the Hesychast



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- “The rich man is not one who has much, but one who gives much.”
St. John Chrysostom
- “The amount we give is not judged by the largeness of our gifts but the largeness of our hearts.”
St. John Chrysostom
- “Do not let pass any opportunity to pray for anyone, either at his request or at the request of his relatives, friends, of those who esteem him, or of his acquaintances. The Lord looks favorably upon the prayer of our love, and upon our boldness before him. Besides this, prayer for others is very beneficial to the one himself who prays for others; it purifies the heart, strengthen faith and hope in God, and enkindles our love for God and our neighbor. When praying, say thus: ‘Lord, it is possible for Thee to do this or that to this servant of Thine; do this for him, for Thy name is the Merciful Love of Men and the Almighty.’”
St. John of Kronstadt
- “Above all things: forget not the poor, but support them to the extent of your means.”
St. Vladimir of Russia
- “There is no joy in the world without God.”
St. Justin Popovich of Chelije
- “If you want Christ to bless you and what you have, when you meet a poor individual, who is hungry and asks you for food, give him. Also, when you know a poor man, or a widow, or an orphan are hungry, do not wait for them to ask you for food, but give them. Give with pleasure, and be not afraid that you will become indigent. Have faith that Christ invisibly blesses your few possessions, and you shall never starve, nor will you be in want till the end of your life.”
St. Arsenios of Paros
- “A holy soul cares for his neighbor, either close at hand or far away. He cares where the homeless will spend the night, how the hungry will be fed, with what the naked will be clothed. He cares and he prays for the salvation of his neighbors: that their hearts may be filled with love towards God, that their minds may be directed towards God, that the wicked may turn from the paths of wickedness, that the hesitant may be confirmed in Faith, that the firm may persevere, that the departed may behold the Face of God, that the living may be written in the Book of Life in the Kingdom of Light.”
St. Nikolai Velimirov

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- He who loves God will certainly love his neighbor as well. Such a person cannot hoard money, but distributes it in a way befitting God, being generous to everyone in need.
St. Maximos the Confessor
- The greatest act of love is to take care of a sick person. If you take care of him with love and patience, he is saved through you and you are saved through him.
+Elder Paisius of Sihla
- Do not fear God because of the greatness of His majesty, but fear Him because of the greatness of His love.
St Isaac the Syrian
- God asks little, but He gives much. *St. John Chrysostom*
- It seems that from my childhood I had a great desire to help those suffering, especially those whose souls are in pain...We must rise from the mournful earth to Heaven and rejoice with the angels over the salvation of a single saved soul, over a single cup of cold water given in the Name of the Lord.
St. Elizabeth the New Martyr
- If you continue your almsgiving, offering to the poor out of the little that you have, not only will you not be in want, but the Lord will bless and increase what you have. And for the few things which you will give here, in this temporary life, you will receive a thousand fold, more in the eternal life; and you will hear the Lord saying to you: "I was hungry, and you gave me food." And when you say to Him: "Lord, when did we see You hungry and feed You?", He shall say: "Yes you did not see me, but you did see my poor brethren, the hungry. The bread which you gave them, it is the same as if you gave it to me. So now I grant unto you the eternal Heavenly Kingdom: and whatever goods I have, you shall have also and all those who fed the poor, the hungry, and showed mercy unto them."
St. Arsenios of Paros
- We are not asked merely to call ourselves Christians; we are asked to be Christians through our deeds.
St. Ignatius of Antioch
- Happiness is a pure heart, for such a heart becomes the throne of God.
St. Nectarios of Aegina
- The key to the kingdom of Heaven is prayer. *St. Elijah the Priest*