

Ghejjun ta' Ilma Frisk u Dejjem Haj

*Holqa bejn il-Hbieb ta' Missirijiet il-Knisja
ppubblikata mis-Socjeta' Patristika Maltija*

Nru 23 27 ta' Frar 2020

Kelmtejn bejn il-Hbieb

Gheziez hbieb,

Nittama li tinsabu tajbin. Ghadda xahar mill-ahhar hargha ta' din il-holqa li ghandha l-iskop li tohloq ftit komunikazzjoni bejnietna.

Ghadna kemm bdejna z-zmien sabih tar-Randan, perjodu li kitbu dwaru – jew direttament jew indirettament – bosta minn Missirijiet il-Knisja. F'parti ohra ta' dan il-fuljett, qed naqsam maghkom xi siltiet, bl-Ingliż, li sibt minn fuq l-Internet. 'Il quddiem nittama li nkun nista' nibghat xi materjal iehor bil-Malti.

F'parti ohra ta' din il-pubblikazzjoni, se ssibu taghrif dwar l-Irtir tar-Randan li gej, organizzat mis-Socjeta' taghna. Inselli ghalikom u nixtiqilkom kull gid fil-Mulej, u fuq kollox, Randan Qaddis.

Dun Hector Scerri
President

Hsieb ghar-Randan

Mid-Diskorsi tal-Papa San Ljun il-Kbir

Infittxu mela li, f'dan iz-zmien, inkunu jdejna aktar miftuha mal-fqar u ma' dawk li huma mgarrbin minn kull xorta ta' nuqqas, u nuruhom tjieba akbar: b'hekk kotra akbar ta' nies trodd hajr lil Alla; bis-sawm taghna nghinu ha jkollu x'jiekol min ma ghandu xejn. Ebda tjieba ma toghgob lil Alla daqs l-ghajnuna lill-foqra, ghaliex f'kull ghemil ta' hniena hu jara xbieha tat-tjieba tieghu.

M'ghandniex nibzgħu li se nnaqsu gidna meta nghinu lill-foqra, ghaliex, fl-ahhar mill-ahhar, tjieba bhal din hi gid liema bhalu, u meta Kristu jkun dak li jagħti u jircievi l-ghajnuna, il-gid li jitqassam qatt ma jonqos. Fl-ghajnuna lill-foqra hemm dejjem l-id ta' Dak li ha l-hobz, qasmu, kattru u qassmu 'l kulhadd.

Irtir tar-Randan 2020

L-Irtir se jsir **is-Sibt 28 ta' Marzu 2020**, bejn id-9.30am u l-4.00pm.

It-tema hi marbuta mal-Ħames Ħadd tar-Randan: "Jiena hu l-Qawmien u l-Ħajja". L-irtir se jkun iffukat fuq is-silta ta' Ġwanni 11:1-45 meta Ġesù ta mill-ġdid il-ħajja lil Lazzru, kif ukoll silta oħra mil-liturġija tal-istess Ħadd, Eżekjel 37:12-14. Dan se nippruvaw nagħmluh ukoll permezz tal-kontribut ta' Missirijiet il-Knisja. L-Irtir se jsir f'Mount Saint Joseph, il-Mosta.

Programm tal-Irtir:

09.30am Ċelebrazzjoni tal-Ewkaristija
10.15am Waqfa għall-Kafè
10.45am Punti għar-Riflessjoni
11.30am Ħin għar-riflessjoni privata
01.00pm Pranzu (fir-Refettorju ż-żgħir)
02.15pm Punti għar-Riflessjoni
02.45pm Ħin għar-Riflessjoni u Adorazzjoni fis-skiet
03.30pm Talba tal-Għasar
04.00pm Tmiem

Id-donazzjoni li qed tintalab mid-Dar tal-Irtiri għall-ikel, *coffee break* u l-użu tal-post hi ta' 22 euro.

Min jixtieq jieħu sehem, huwa mitlub li jibgħatli email sat-Tlieta 17 ta' Marzu 2020, f'dan l-indirizz hector.scerri@um.edu.mt ... filwaqt li bħala sugġett tal-email iniżżel "Irtir Randan SPM". Grazzi tassew!

Ir-Randan f'xi Missirijiet tal-Knisja. Dawn is-siltiet instabu fuq is-sit elettroniku <http://full-of-grace-and-truth.blogspot.com/2011/03/selected-quotes-of-fathers-on-great.html>

"Blessed is the mind that passes the time of its pilgrimage in chaste sobriety, and loiters not in the things through which it has to walk, so that, as a stranger rather than the possessor of its earthly abode, it may not be wanting in human affections, and yet rest on the Divine promises." - *St. Leo the Great - 'Homily 49: On Great Lent*

"...We must then so moderate our rightful use of food that our other desires may be subject to the same rule. For this is also a time of peace and serenity, in which having put away all stains of evil doing we strive after steadfastness in what is good. Now is the time when generous Christian souls forgive offences, pay no heed to insults, and wipe out the memory of past injuries. Now let the Christian soul exercise itself in the armour of justice, on the right hand and on the left, so that amid honour and dishonour, evil report and good, the praise of men will not make proud the virtue that is well rooted, the conscience that has peace, nor dishonour cast it down. The moderation of those who worship God is not melancholy, but

blameless." - *St. Leo the Great - "Lent the Season of Purification (The Sunday Sermons of the Great Fathers)*

"When He had fasted for forty days and forty nights, and afterwards was hungry, He gave an opportunity to the devil to draw near, so that He might teach us through this encounter how we are to overcome and defeat him. This a wrestler also does. For in order to teach his pupils how to win he himself engages in contests with others, demonstrating on the actual bodies of others that they may learn how to gain the mastery. This is what took place here. For, desiring to draw the devil into contest, He made His hunger known to him. He met him as he approached, and meeting him, with the skill which He alone possessed, He once, twice, and a third time, threw His enemy to the ground." - *St. John Chrysostom - The Sunday Sermons of the Great Fathers*

"Special services, special foods, continence, not going to dances and events, all this awakes one to piety and reflection on our present purpose, on the past and on eternity. Seeing in ourselves a falling away from the commandments of God, we try to reconcile ourselves to God through repentance and communion of the most pure and life-giving Mysteries of Christ, which burn the thorns of our sins. You, when you have not fulfilled this duty during the year, of course will fulfill it during the Fast. The most merciful Lord loved us so much, that He gave us, through food and drink, His most pure Body and life-giving Blood, as a token of life eternal and the incorrupt future feast. Let us offer Him thanksgiving with pure hearts, lips and acts!" - *St. Macarius of Optina (Letters...)*

"And though every day a man lives may rightly be a day of repentance, yet is it in these days more becoming, more appropriate, to confess our sins, to fast, and to give alms to the poor; since in these days you may wash clean the sins of the whole year." - *St. John Chrysostom - "The Sunday Sermons of the Great Fathers"*

"Brethren and Fathers, our good God who gives us life and brings us from year to year, has brought us also with love for mankind to this present time of fasting, in which each of the eager, as their choice directs, enters the contest; one devoting himself to self-mastery, eating only every two or three days, another to vigil, keeping vigil for so long or so long, another spending even longer in prostrations, and others in other ascetic actions. Quite simply during these holy days it is possible to see great zeal and attention. But the true subject behaves with obedience not at any particular time, but keeps up the struggle always. What is the struggle? Not to walk according to one's own will, but to let oneself be ruled by the disposition of the superior. This is better than the other works of zeal and is a crown of martyrdom; except that for you there is also change of diet, multiplication of prostrations and increase of psalmody are in accord with the established tradition from of old. And so I ask, let us welcome gladly the gift of the fast, not making ourselves miserable, as we are taught, but let us advance with cheerfulness of heart, innocent, not slandering, not angry, not evil, not envying; rather peaceable towards each other, and loving, fair, compliant, full of mercy and good fruits; breathing in seasonable stillness, since hubbub is damaging in a community; speaking suitable words, since too unreasonable stillness is profitless; yet above all unsleepingly keeping watch over our thoughts, not opening the door to the passions, not giving place to the devil. If the spirit of the powerful one, it says, rise up against you, do not let it find your place. So that the enemy has power to suggest, but in no way to enter. We are lords of ourselves; let us not open our door to the devil; rather let us keep guard over our soul as a

bride of Christ, not set about with tumult, unwounded by the arrows of the thoughts; for thus we are able to become a dwelling of God in Spirit. Thus, we may be made worthy to hear, "Blessed are the pure in heart, for they shall see God." Quite simply, Whatever is true, whatever noble, whatever just, whatever pure, whatever lovely, whatever of good report, if there is anything virtuous, if there is anything praiseworthy, to speak like the Apostle, do it; and the God of peace will be with you all, in Christ Jesus, our Lord, to whom be the glory and the might, with the Father and the Holy Spirit, now and for ever, and to the ages of ages. Amen." - *St. Theodore the Studite - Catechesis 53 "On fasting; and that the true fast of the obedient and the subject is the cutting off of one's will."*