



**Food For Soul Ministry participants enjoy a meal at Chuck's Southern Comfort Restaurant and Devon Steak and Seafood Restaurant.**

# The Evangelist

**St. Luke the Evangelist Orthodox Church  
Orthodox Church in America  
10700 South Kean Avenue  
Palos Hills, Illinois 60465**

Return service requested



# The Evangelist

St. Luke the Evangelist Orthodox Church

Palos Hills, IL

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## Mind, Body and Soul

By V. Rev. Fr. Howard E. Sloan

In the beginning, God formed man from the earth and breathed His spirit into him to give us life. Jesus instructed us to love God with our whole heart, soul and body. The Apostle Paul wrote to the Thessalonians that our whole spirit, soul and body be preserved blameless and to the Ephesians that we should be renewed in the spirit of our mind. Man, therefore, is a trinity of mind, body and soul.

Of these three parts what is the most important? Without a right mind, how are we to learn or comprehend? If our body is sickly, how are we to function normally? And what does it mean to have a right soul or spirit?

The scriptures don't differentiate the importance of one element over another. Paul writes that we are to glorify God in our body and spirit (1Cor. 6:20). It would be wrong, therefore, to advance one and ignore another. We should strive to maintain a proper balance of our mind, body and soul. Each is essential that we may fulfil our call to love God and one another.

An athlete trains themselves by watching their diet and conditioning their body. Likewise they condition their mind to envision success in whatever event they participate. They learn the rules of the event and study films in preparation for competition. The Apostle Paul drew similar comparisons for those in the church to "prepare" for living a life in Christ as if they were running a race!

One of the reasons the church fa-

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## Jesus Christ, the Ultimate Counselor and Healer

By Matthew Potter

Suffering and turmoil is a human condition. When we define it by the effect it has on our minds and soul then we contemplate relief or solutions for our pain. We then we investigate what the problems, the symptoms and the remedies are. In the year 2014, our best model appears to be mental health services. Professionals in the mental health field include psychiatrists, psychologists, nurses, social workers, and counselors. Within the mental health field there is a "diagnostic manual" (DSM) that a mental health professional uses to make a clinical diagnosis of a cluster of symptoms. This manual is 991 pages long and lists over 150 "diagnostic codes", or psychiatric illnesses, such as depression and anxiety. This is the 5<sup>th</sup> volume of this type of book, with the first manual being published in 1952.

Classification of a condition or an illness is somewhat after the fact. What a patient or client seeks is treatment. The "remedy" for the most part is psychotherapy. Derived from its Greek origin, Psychotherapy is *psyche- "breath, spirit, soul" and therapeia - "healing, medical treatment"*. According to the "internet" there are over 160 recognized psychotherapies being practiced by mental health practitioners. Some terms you have heard likely such as, family therapy, cognitive therapy or art therapy. Others like Reiki (life force energy flow) therapy or Vegetotherapy (physical manifestation of emotions) may be less commonly known. For those of you practicing Yoga, your breathing and exercise is viewed as "therapeutic".

We have shortened the therapy process in the last few decades. No longer will your

HMO or PPO pay for years of twice weekly visits to Dr. Freud while you sit on his couch and complain about your mother. Being labeled "neurotic" or "hysterical" has changed. In modern times we have brief therapy, a few sessions over a few weeks or months. We have free advice on TV or radio. Our new guru's Dr. Phil, Dr. Drew, Dr. Laura or Oprah gives us instant advice. Celebrity Rehab allows us to be "entertained" and informed by the lives of once famous celebrities with substance abuse addictions. The "self-help" book industry is reportedly a 10 billion dollar industry in the United States alone. I confess to reading many, and will plug a guy named Dr. Steven Stephen, who uses a Christian perspective. If "self-help" isn't the only source you want to rely on then I refer you to the original mental health agency, the Bible.

A NIV Bible is around 1,000 pages. Part Old Testament and New Testament, the Bible contains stories, lessons and guidance for mankind. Chapter upon chapter provides us with examples of our Biblical and Christian ancestors. Their choices, decisions and lifestyles inspired and altered the history of millions of souls and serves as a daily inspiration when accessed by the reader. The Bible does touch upon the human condition. Multiple Biblical stories of depression, fear, guilt, and anxiety can be found. It also describes demons and spirits. An almost outright warfare is described between Jesus and demons, plaguing villagers he encountered. We have an ances-

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**Jesus Christ, Counselor**

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try that is born into a world at war over good and evil, at peace and in chaos.

God was aware of our suffering and out of this we have John 3:16 "For God so loved the world he gave his one and only son...". And from that act, until his death, we have the counsel of Jesus. In John 6:33 he tells us "...In this world you will have many trials and sorrows (troubles)". Christ himself openly communicates to us the emotional pain, his own trials and sorrows that he experienced, while in human form. He bears testimony of mental and emotional pain inflicted upon him by the Evil conditions of the world. His own soul or psyche was under attack daily, until his ultimate crucifixion. In the end of John 6:33 he also provided Hope when he says, "...but take heart because I have overcome the world". He also teaches us to call upon the Father, asks for His will be done, not our own. This last part

is significant because secular therapy can be guilty of over valuing the self, the individual. Christians are taught to put God above all else, to balance self-interest vs selfishness (C.S Lewis).

The best legacies that both the Bible and mental health share are that at their root they aim to provide the individual with some relief. Yet circumstance and solutions are most often viewed in opposite ways. Paul writes in James 1:2-3 that troubles ought to illicit true joy, they are a chance to grow. In psychology we can "reframe" a bad event but do we tell the person to be joyous over it? No, the Bible does not make assurances a believer will be spared hardships in life. The history books are filled with Christian persecution and world-wide new chapters are being written daily. Christians suffer depression, anxiety and other conditions like non-believers. We are promised though an eternal peace. Mental health can provide therapy, medication and make improvements to our lives, our relationships. Yet secular psychotherapy never fully has fulfilled its promise to heal the soul. Of the 160 psychotherapies I referred to, Christian counseling or faith based counseling is not recognized. For me personally, that has had a profound effect on how I interacted in the mental health field.

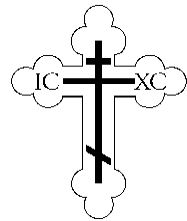
I have 24 years in the mental health field. My resume is quite varied but the bulk of my work has been in direct care, in psychiatric and residential settings. I have worked under psychiatrists, alongside psychologists and therapists. We attempted to treat "maladaptive behaviors", "irrational thoughts", "self-harmful acts", "eating disorders", "addictions", "compulsions", "mania and depression". We gave medication. We altered patients' environments by locking them in a secure unit. We gave them structure and daily groups. Over days, sometimes weeks, we would finally say "the patient is stable" and a discharge plan would be written. God or Christ rarely was a topic of conversation. Sometimes though, the patient was labeled delusional and "too religious" for mainstream. We imagine the Chicago homeless, street-corner "preacher" as a "bit off" and doubt he is a modern day prophet. He lifts the words from the Bible, but we worry that non-believers will see another religious zealot speaking for us.

I know I have a different point of view when it comes to the topic of mental health. I forget that what I have seen over 24 years is not the majority of what occurs in most people's life. My view also reflects a road taken by a Christian who really didn't grow in the faith for years. As an 18 year old I considered Bible colleges, to "help souls". By the time I graduated from the University of Illinois, I wanted to "change minds". This is not an easy field to earn a living. It requires far more self-maintenance than I ever knew. I typically gave better advice than I took myself. My Christian life was intermittently present over these 24 years, and personally and professionally it showed. I had become that undesired "lukewarm water" Christian which Christ spoke about. Very recently though, God did something for me that my wife, Caroline, said he will do, he didn't leave me alone. He offered me a second chance at counseling, but this time specifically as a Christian Counselor. My prayer is to do the Lord's work and help aide others in true therapy of the mind and their soul.

Each and every one of us individually has certain capacities for how well we tolerate and cope with issues that come our way. At times we may enlist the support of mental health providers or seek pastoral advice. We may turn to Biblical studies/books, watch Joel Osteen or listen to KLOVE radio in the car to get through the day. Maybe you have a phone "app" that reminds you to pray, meditate, or take a deep breath. What we likely won't do is ask our doctor or insurance provider to recommend a good "Demon Exorcist". The DSM book I cited doesn't consider that a condition. Angels and Demons are taboo in the field of mental health. We might say the addict is "wrestling with his demons" but it's metaphorical. The mysticism of the Bible and the life of the Christ, prophets, and disciples is not a theme secular psychology/psychiatry can endorse. The science in these encounters is "unproven". The effectiveness of prayer becomes a subject of researchers who want to know does "prayer" really work. Can I accept or reject my hypothesis about prayer? Acts of hope, faith are even a requirement for a Christian and are reduced to a question

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*The Evangelist*



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**Archpriest Andrew Harrison  
 Deacon Andrew Werbiansky  
 Caroline Potter, editor**



**His Grace, Bishop Irénée of Québec City is surrounded by Archpriest Paul, Protodeacon Robert, Protodeacon Andrew, altar server James, Archpriest Andrew and Father Howard.**



**St. Luke's 30th Anniversary Banquet**



**The New Deacon John is Vested and presented to the St. Luke congregation.**





## Adult Children of Alcoholics

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diminish the hurts and feelings of others. They develop an ability to pick up signals of anger, resentments, and sadness. They try to smooth things over in their adult life. They attract needy people because of their unselfish giving and compassion. They apologize endlessly. They have a good listening ear and make compassionate counselors but they refuse to seek personal help. They judge relationships on their ability to give to others. They have trouble sharing feelings. They become the family clown by turning difficulties into jokes. They have learned to defuse anger or violence with well-placed humor

The third child is labeled the **Adjuster** child. Because of the chaotic environment of an addicted family, they tend to be shy, apathetic, paralyzed by fears, and a sense of inadequacy. They tend to do nothing. They do not even leave an impression on others. In adult life they “slip through the cracks.” They see themselves as powerless, lacking direction, and emotionally detached. They marry people who can create the same chaos they grew up with while still being lonely and despairing.

The fourth child is labeled as the **Rebellious** Child. They are seen as the family problem child becoming the scape goat. They have difficulty with authority while seeking negative attention. You might say they run with the wild crowd which is composed of others of low self-esteem. Drinking and experimenting with harder drugs is prevalent during teen years. They enter adulthood with chip on their shoulder. They are usually high school drop outs. They make poor decisions by having illegitimate children or marrying early. They are plagued with financial problems and debts they cannot pay. They get involved in violent and illegal acts.

Eventually life catches up with all of the maladjusted family members. They meet people who cannot be manipulated or placated. Adjusting and jokes do not work anymore. They get caught in their lies and pay a high price for their delinquent behavior. They begin to see the problems in their emotional development. This can lead to a period of crisis which can threaten career, marriage, sanity and ultimately his/her life. It can lead to suicide. Alcoholics and drug addicts have a four times higher rate of suicide than the average. Since this is a hidden and opportunistic illness, crisis can appear late in life even in

retirement.

For those who “come to themselves” and seek help, the process never ends. Just like an alcoholic, adult children of alcoholics (ACOA) must realize how they have been affected by their alcoholic family. Just knowing that something is wrong with you is the beginning of recovery. Even a suspicion is enough to begin the process. ACOA’s can search for individual therapy and/or self-help groups like Adult Children of Alcoholics ACOA. They can begin looking at their family realistically tracing the effects of alcoholism through the generations by doing a family tree. This way they begin to disengage and eventually, through a long process, reach forgiveness of their parent and of themselves. They can follow the same twelve step program of Alcoholics Anonymous. The church can also be helpful if it is a healthy family (If it is as dysfunctional as any alcoholic family it should be avoided like the plague). Relationships with ideal individual and family role models can be developed. The sacrament of Confession can help in the healing process. Seek out a priest for counseling who understands the disease. Books and pamphlets such as **Do not Resent** by Metropolitan Jonah, **Steps of Transformation** by Fr. Meletios Weber are of great help. These will help express repressed emotions of fear, anger and hurt. The hidden rules of silence, rigidity, isolation and denial which lead to fear, anger, rage, deep grief and resentment need to be addressed. All this emotional pain must be released. This discharge can take place at ACOA meetings, in therapy or confession.

Once the discharge has taken place, learning how to think in a new healthy way can begin. It can start with healthy communication, like “I messages” which express your feelings which help in new ways to resolve conflicts, with listening skills which help to negotiate with others, thought patterns like “how am I supposed to behave?” are replaced with affirmations. Start taking care of yourself by developing a healthy life style, eating healthy food, exercise and surrounding yourself with healthy people who love you for who you are not what you had become by be raised in a drug addicted family.

Lawson Ann, Lawson Gary, [Alcoholism and the Family](#), Pro-Ed 8700 Shoal Creek Blvd. Austin Texas 1998

Matthew 17:21  
Luke 15:11-32

## SOJOURNS

### Funerals

Lillian Novak—November 29

Donald Thorpe—December 16

### Want to grow in your faith?

Do it at St Luke's  
Orthodox School of the Seventy

Study and learn  
from books, podcasts,  
articles and more.

[www.70school.blogspot.com](http://www.70school.blogspot.com)

### Codependents Anonymous (CODA)

Meets Sundays at St. Luke's at  
5:30 pm

### Alcoholics Anonymous

Meets Wednesdays at 7:30 pm  
and Thursdays at 8:00 pm

## Mind, Body and Soul

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thers stressed fasting, was to condition our body and help us to focus on the spiritual. Fasting takes both mental and physical discipline. Yet, Jesus said that it isn't what enters our body that defiles us, but what comes out of our mouth! Doing the one, assists us in accomplishing another.

But what if we are not in good health or suffer a physical or mental ailment that is not medically correctable? At the age of 70, my father was diagnosed with a tumor in his spinal cord which was inoperable. This resulted in him becoming a paraplegic and restricted to a wheel chair for the remaining 23-years of his life. Dad was an outdoors man who enjoyed a very active life prior to his illness.

Rather than complain or be bitter, my dad accepted the reality of his condition and made the best of his years. He continued to use the gifts of mind and spirit in engaging family and others. He became a powerful witness that despite his infirmity, he remained faithful and cherished each day as a gift. We need to be realistic in assessing ourselves and not just see limitations, but the gifts and talents that are God given.

Jesus told us that we are to know the truth and truth will set us free. We should set our minds to understand the principals of our faith so we may incorporate them in our life and act on them. He further said that if we have faith the size of a mustard seed, we could do the unimaginable. It is easy to be distracted or complacent. That is way we must be balanced in our approach. The mind maybe willing,

but the body is weak. Oh how true!

How can we become more balanced in life? Jackie Mason, the comedian, was once asked how someone could possibly eat an elephant? His answer, “one bite at a time”. We need to take deliberate steps to achieve our goals and avoid over reaching one's ability.

Mark Owen, a retired member of Seal Team Six, discussed the “three foot” rule in a recent interview on 60 Minutes. Mr. Owen stated the single most important hand hold or foot support in rock climbing was the one within three feet of your reach. Anything beyond that was foolish and could lead to disaster. I believe that lesson equally applies to everything we do in life. Over reaching one's understanding or ability, despite our good intentions, may not be wise or beneficial.

If I decide, for example, to schedule a time for daily prayer and scripture reading, I need to be reasonable on when or how long I'll spend on doing each. It isn't prudent to say I 'm going to set aside one hour, when I can only manage 15 minutes. Over reaching leads to frustration, discouragement and abandonment of objectives.

Maintaining a proper balance between the physical and spiritual is so important. Jesus taught us concerning the Kingdom of God by speaking in parables. Each parable related the practicality of everyday life. Whether it was the sowing of seed, drawing water from a well or embracing a rebellious son.

God has created us in His image. Our mind, body and soul are a unique gift given to us for a purpose. Let us glorify Him in all three!

## Jesus Christ, Counselor

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for scientists. We investigate each brain lobe, lesion and map the synapsis connections. We believe we are learning more and more about the brain, and the mind, but what homage is given to the creator of our grand intellect and creativity? We know once upon a time our mind, body and spirit were in perfect alignment. Now we are inheritors of imperfection and daily we learn to cope in that reality.

In summary, the connection between our mind and soul, is not viewed through the same lenses by the secular world and people of faith. The extra dimension of the Holy Spirit found in the process of prayer and scripture devotion, does not get “measured” by the statistician. Scientists look for a lobe in the brain that “needs religion”, “invents” God. The Bible has become a “nice story” with good “lessons” but not a “living word”. Even though mankind will keep coming up with a new version of the DSM, the inspired words and authenticity of the Bible remains intact. It remains a source of grace, clarity, hope, inspiration, faith and compassion for tens of millions of people. The Bible doesn't offer 160 therapies to fix our psyche. It offers grace, salvation, compassion and faithfulness for those willing to seek a Christ-like way of life. My prayer for your mental health and psyche is to schedule a daily “Intake appointment” with the ultimate counselor and one true healer, Jesus Christ. Your suffering is a specialty God can treat.



**The Gospel reading was about the healing of the Gerasene demons (Luke 8:26-39). Fr. Andrew blessed the new wall mural depicting this Gospel story.**





## Father's Corner

### Adult Children of Alcoholics and Drug Addictions

When I was serving as the Priest of St. Herman's mission parish in California I was also employed by the Veteran's Administration as an addiction therapist. During the 19 years as the Priest of St. Luke, I was able to utilize the skills I acquired at the VA on mission trips to Romania, Africa and Alaska speaking on alcoholism and drug addiction. In October, I was invited to speak to the Colorado Clergy Association by Fr. Seraphim Gisetti. Fr. Seraphim and his wife have established a treatment program in Denver for Drug and other addictions. They utilize the 12 step program of Alcoholic Anonymous and Orthodox Christian principles

Through various research studies, it has been shown that all members of a family are affected when a parent is suffering from alcoholism or drug addiction.<sup>1</sup> Members of a family can become as psychologically sick as the parent. Based on the statistics of families in the United States with alcoholism and drug addiction, there are over 70 million people in danger of severe psychological problems. Research has shown that even children of the second or

third generation, without any presence of alcoholism in the family are still at risk. The risk is connected to genetics and the roles each family member is forced to play in reaction to the chaos caused by the drug addicted member. Unknowingly they become enablers through denial or cover up. Even the larger circle of relationships can become supporters of the addiction. Doctors may avoid asking pertinent questions about injuries and sickness which may be directly related to the addiction and support the addiction by prescribing psychoactive drugs. Clergy tend to pacify the family by words of empathy and forgiveness. Many see alcoholism as a moral weakness rather than a disease affecting body soul and spirit. The words of Christ come to mind, "this kind, referring to demonic possession, can be cured only through prayer and fasting"<sup>2</sup> Prayer is part of treatment but fasting or abstinence is critical to recovery. Many clergy are not prepared to give the proper spiritual direction because of their own issues with alcoholism in their families of origin.

The one who enables the most may be the spouse who maintains the supply of the drug. It could be by directly purchasing and or by taking over the duties of the addicted parent. They become financial supporters as well as caregivers for the children. They take over the leadership responsibilities as the addict descends into his/her addiction. They may have tried methods to cut the supply but give up under pressure. The only choices they have are either to leave or maintain the status quo while the addiction becomes the central organizing principle of the family. This can continue even until the addict dies. The enabler may not know or deny the role they played in the demise of their spouse. If they do decide to leave and they are not treated for their mental health, the chances are high that they will marry another alcoholic.

All addiction counselors instruct those classified as enablers to stop enabling. They need to recognize the problem and take steps to make the addict "come to himself." The story of the prodigal Son from the bible is a good example<sup>3</sup>. The father let his son go. This is also good an example for a family with an addicted child. Doctors and clergy should ask the right questions not avoiding the reality of the addiction. For the enabling spouse or parent, they need to seek help. The process of curtailing the enabling behavior takes time, effort and a lot of risk. It

can even be physically dangerous. Organizations like ALANON, CODA and Tough Love are available to help. The priest can give encouragement to both the spouse and the addict to seek help but the priest must recognize that he may not be qualified to confront this issue as Jesus told his apostles. "This kind requires prayer and fasting"

As was stated above, alcoholism or drug addiction effects each member of the family beginning with the spouse but the children are hurt the worst. They become the victims as they mature into adult life. Research has shown that each child take the roles learned growing up in a family with an alcoholic or drug addicted parent into their adult life. These roles in adult life have been labeled as the family hero, placator, adjuster, or rebellious child. Each adult child can express this role behavior individually or they are combined together and come out at different phases of adult life.

The first born can be described as the family **Hero**. They become obsessed in saving the family name. They may become obsessed leaders driven to success who try to maintain control because as children they were forced into adults roles. Studies have shown that children raised in alcoholic, drug addicted families are prominent in the helping professions such as doctors, lawyers, psychologists, nurses and clergy. They become so driven in their need for control and self-acceptance they develop stress which can set them up for some other addictions. They may turn to drug addiction or be repulsed by it and seek to self-medicate with addictions such as work, gambling, eating disorders, sexual/ pornography. When they excel in their work they tend to have difficulty accepting success and unknowingly create situations which cause failure. They become more lonely and depressed. They are unable to share feelings. They cannot relax; they become more and more inflexible and defensive. They take on bigger and bigger projects with more responsibility which makes them even more insecure, "compulsively feeding the very fire she is trying to put out."

The second child is labeled as the **Placater or Helper** child. They try to

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## You Want To Go Where

By Lynn Betsanes

A few years ago I heard about some anatomy students that were going to 'Cadaver Camp' at Northern Illinois University. There they got to dissect and learn on people that had donated their bodies for that purpose. I was so envious that these high school students got to experience this! I totally wished I could do something like that as well.

My opportunity came along when my daughter Joan's friends announced that their class was going for three days in January 2013. After telling them that I wanted to go they said they would put me on the list for chaperoning. Since I didn't have a student in the class I wasn't sure if the teacher would allow it. She did find it a little bizarre that I wanted to chaperone other people's kids when mine wasn't going but she said as long as I had students in the school it would be ok. WOW! I was going to cadaver camp! My duties included, but were not limited to, rising

early in the mornings to help get everyone where they needed to be and keeping long, late night hours to help keep them where they needed to stay but the tradeoff was so worth it!

When we arrived on Wednesday night we checked into the hotel and then headed for the lab. We were met by Professor Olson, the man in charge of the program. He explained all of the rules and procedures and informed us that we were the only school that actually gets to dissect the cadavers. All of the other schools that will be coming from now through May will only come for a day and observe the work that our students have done! To be a part of that in and of itself was an honor. I was a little nervous about what to expect and I was hoping that I was as brave as I professed to be. It turns out I was and once the work started I became so fascinated with the intricate vessels, muscles and nerves and how the body works that I forgot about being

squeamish.

The people who have donated their bodies are treated with the utmost respect and I was very proud of the maturity and knowledge the students possessed. Seeing pictures in books can teach a lot but actually seeing how everything is connected and how it works was absolutely awesome! I truly cannot imagine how somebody can examine the human anatomy and how it functions and not believe in God. There is no way, in my opinion, that the delicate and intricate work of art known as the human body was created by chance. Our bodies are temples of the Holy Spirit and the way they function is nothing short of a miracle!

Some people thought I was crazy for wanting to go to cadaver camp and I guess it does seem kind of weird. Though seeing God's creation and how it works from the inside out isn't weird at all! The human body is an amazing machine and I respect it more now than ever before. But more importantly, I realize that it is a gift. It should be used as Christ taught, to help and serve others during our lives and sometimes ~ as these generous donors have done ~ even in death!



**Fr. Paul Jannakos and Fr. Andrew together at the end of the Liturgy. Fr. Paul grew up in Colorado and was a parishioner of St. Herman's when Fr. Andrew was rector. Fr. Paul led the Advent retreat and presented the book of Revelations.**



**St. Nicholas visits St. Luke's**