

## The Central Youth of S.A inspired by St. Joseph the Hesychast



On Sunday the 30th of August, Saint Stephen's Central Youth Committee S.A showcased the film of St Joseph the Hesychast at the community hall of the parish of Prophet Elias, Norwood.

It was blessed evening with many Christ-centred conversations, laughter, and new faces.

Following Saint Joseph's example, the faithful were encouraged to persevere in their spiritual struggle towards the narrow path of salvation.

The evening was blessed with the attendance of His Grace, Bishop Silouan of Sinope, along with clergy of South Australia.

The Central Philoptochos Committee of the Archdiocesan District of Adelaide, kindly set up a wide range of spiritual books, icons, prayer ropes and other devotional items.

Mr Michael Psalios, a Central Youth Committee member, presented a thoughtful

introductory insight into St Joseph's life and teachings. Below are a few sections he shared from St. Joseph's books:

You don't see how, with every prayer you utter, many demons fall and turn back.

Your endeavours should begin with God and end with God, and do not fear the temptations that come. For by the grace of Christ, they dissipate like smoke.

Before temptation has the opportunity to draw the tempting thought into your mind, destroy it with the prayer. Don't let it be!

The film provided an insight into how St Joseph became a master of the prayer of the heart and how he came to be known as a hesychast, which refers to an inner stillness or quiet. Furthermore, the film vividly depicted how St. Joseph overcame every passion through exercising much patience, prayer, and obedience.

At the conclusion of the film, His Grace Bishop Silouan gave a closing speech. His Grace related that even though Saint Joseph wept over his human weaknesses, Christ was still with him. Just as He is with us not only in joyous times such as these, but so close to our inner being at every moment, throughout every trial. The evening program ended with a delicious supper.

By the grace of God, may these spiritually enriching events continue in South Australia.



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