



HOLY ASSUMPTION MONASTERY

MAY 2022 NEWSLETTER



Dear Friends,

Why is it easier to fast than to feast? That may seem like an odd question, but sadly, I often ask myself that a day or two after Pascha. Fasting makes plenty of sense to me. Throughout the year, I allow food and my day-to-day routine to absorb my time and energy. By the time that Lent comes around, I KNOW I need to fast and sometimes even look forward to it! Then Pascha comes and it's time to feast. What's hard about that? Well, it's easy to EAT and EAT and EAT. But that's not feasting - not real feasting anyway.

Mother Victoria tells a story about her spiritual father, Elder Dimitri, who fasted very strictly. But when he would go out to bless people's houses, they would feed him sumptuously, and he would eat whatever they gave him – and do so heartily. Then he would go home and fast twice as hard. For him, fasting and feasting were both about the same thing - love of God and love of neighbor. And I think that's why I get fasting better than I get feasting. Fasting gives me an opportunity to deny myself a bit and focus on loving God and neighbor. Feasting shows me how little progress I have made. That is pretty depressing until I remember that it is Christ that I must feast on and Christ Who gives me the desire - and ability - to do so. And it is HE Who will grant us all the joy of feasting in His Kingdom because He is the King AND the Feast.

Christ is risen! Truly He is risen!

with love in Christ,

Mother Melania and the sisters

CALENDAR

SUNDAYS - Divine Liturgy, 10AM
for other services, please see our website

ZOOM RETREATS

SAT. MAY 14 10AM-12PM: His Grace, Bishop DANIEL - Mary, Mother and Disciple

SAT. JUNE 11, 10AM-12PM: Fr. Anthony Roeber - Honoring Saints Peter and Paul

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Website: www.holyassumptionmonastery.com

ZOO UPDATE - Jasper on the Mend

It's been a quiet month for the Zoo. Not that we're complaining! The ducks certainly are happy to opt for less excitement. Jasper is managing better and better with his gimpy leg. He spends time with the other ducks now, but only when one of the sisters is around to encourage Onyx to be on his best behavior. Hopefully, though, Jasper will become strong enough to remind Onyx of his manners all by himself!



Did I hear the dinner bell?



When do we graduate from the kiddie pool?

PASCHA 2022

LAZARUS SATURDAY & PALM SUNDAY



Fr. George Washburn,
Lazarus Saturday



Preparing the palm crosses



Fr. John Takahashi,
Palm Sunday

KIDS BOOK CORNER

Digital copies of *Bad Dog, Scooter!* are still available for free at this link:



bit.ly/BadDogScooterBookFunnel

Scooter Did It, the third book in the same series, is currently being illustrated, and we have a few others in the pipeline!

The *Fearless & Friends* series is on a virtual book tour May 2-20. For more info and to enter A FREE GIVEAWAY of all four books in the series, see bit.ly/Fearless-Friends-Tour. The giveaway ends May 27. In conjunction with the tour, we're offering *Capers and Harry* free as a virtual download.



Fr. Florin Lapustea
Holy Monday



Faithful Friends



In a grave they laid Thee,
O my Life and my Christ;

PASCHA



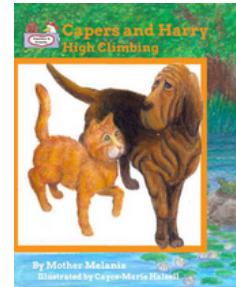
*Thy Resurrection, O Christ our Savior,
the angels in heaven sing. Enable us on
earth to glorify Thee with purity of heart.*



*Let God arise! Let His
enemies be scattered!*



Blessing the baskets



bit.ly/CapersHarryBookFunnel

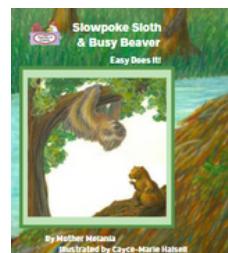
And *Slowpoke Sloth & Busy Beaver*, the fifth book in the series, is nearly finished. We hope to publish it within the next few months.



Agape Vespers - reading the Gospel
in different languages



Bright Tuesday Matins -
proclaiming the Resurrection!



And there are more series in the works. So, stay tuned!

May 2022

Monastery Match!

Double Your Donation!

Holy Assumption Monastery has been part of Calistoga since 1943, and is one of the oldest Orthodox Christian monasteries for women in the United States. The nuns have been fundraising for several years to construct a new, much-needed residential building. Demolition and construction could begin within this calendar year, but the nuns still need your help to make the new St.

Nicholas House a reality!

In May 2022, every dollar you donate toward the new St. Nicholas House will be doubled, up to \$50,000!
We sincerely thank you for your generosity!



To donate online or for more information,
please visit our website:
holyassumptionmonastery.com/support

*Please make checks
payable to:*
Holy Assumption
Monastery
with the memo
“New SNH”

Please mail to:
1519 Washington St.
Calistoga, CA 94515



Holy Assumption Monastery is a non-profit 501(c)(3) organization