

St. Barbara Monastery – 15799 Ojai Road – Santa Paula, CA 93060
(805) 921-1563 – www.stbarbaramonastery.org

The September Gathering of the Friends of St. Barbara Monastery

September 24, 2017

4:00 pm Presentation:

AN ORTHODOX PERSPECTIVE ON DEPRESSION

Speaker : *Xenia Enke, Licensed Psychologist*
Member Of St. Andrew Church, Riverside, CA

5:00 pm Vespers

6:00 pm Potluck

DIRECTIONS TO THE MONASTERY

From Highway 101 – Exit Hwy 126 East at Ventura.

Travel 11 miles east along Hwy 126 and exit 10th St/Hwy 150 at Santa Paula.

Turn left from the exit ramp and follow 10th St/Hwy 150 through Santa Paula.

Bear right at the fork in the road. This is Ojai Rd/Hwy 150.

Travel about 5 miles (1/4 mile past Thomas Aquinas College) to 15799 Ojai Road.

The monastery driveway is on the right just past our mailbox at Highway Marker 2830.

Drive across the bridge and follow the signs to the parking area.

From Highway 5 – Exit Hwy 126 West at Santa Clarita.

Travel 27 miles to Santa Paula, and exit at 10th St/Hwy 150.

Turn right from the exit ramp and follow 10th St/Hwy 150 through Santa Paula.

Bear right at the fork in the road. This is Ojai Rd/Hwy 150. Continue as directed above.



Dear Friends of St. Barbara Monastery,

We are already aware of a lot of interest in this month's forthcoming Friends' presentation. This is not surprising, of course, because depression is a hot topic these days.

We will not say more about this now, because we want to leave this discussion to Xenia Enke and the observations and insights she will present to us next Sunday. What we do want to point out is that surely it is providential that we are taking a look at this topic of depression at this particular time, that is, when we have just celebrated the Great Feast of the Elevation of the Holy Cross. At this Feast following the Matins Gospel reading—and, indeed, following the Gospel reading at every Sunday Matins—we sing: “through the Cross joy has come into the world.” And we hear words like these: “. . . the wood of the Cross. . . has been set up in the midst of the earth. . . and the whole world is filled with boundless joy.” When we are dealing with depression or mere downheartedness or even despair, let us run to the Cross. One elder of recent times put it this way: “When you are surrounded by turmoil and temptations of all kinds, hold on to the foot of the Cross. As long as you hold on to that, you cannot drown!”

From the very beginning, Christians have embraced the Cross as the never failing source of true joy. We refer to it as “the life-giving Cross,” “a weapon of peace” and “ensign of victory” and proclaim that on it the Lord “killed our passions by His Passion” and “put death to death.” These are not mere plays on words, poetic literary devices. No, they describe the realities that we experience. In the Cross we find powerful healing for our ailing souls, new strength, life itself.

‘What does that look like?’ someone is going to ask. And the Church readily provides a vivid answer: ‘It looks like any martyr as portrayed in his or her icon, gazing ahead with steadfast, peaceful eyes and lightly holding a cross that is pencil thin.’

Abbess Victoria
and the Community
of St. Barbara Monastery

TEENS VISIT FROM ST. LUKE CHURCH, GARDEN GROVE



On Saturday, September 10th, the monastery hosted the Teen SOYO from St. Luke Church, Garden Grove, along with their pastor V. Rev. Michael Tassos and Deacon Stephen Bell.

As soon as they arrived, they set to work and began helping us with tasks all around the monastery: relocating stacks of brick to make room for more parking, gardening, repairing the watering system in one of our lavender fields, etc. We are

especially grateful to Fr. Michael and Deacon Stephen for polishing the chalice set. Following a break at noon for prayer in the chapel and lunch, there was time to relax and enjoy the monastery grounds as well as visit with the sisters. Before returning to their tasks for a couple of hours more of hard work, the teens also had the opportunity for a discussion with Fr. Michael and Mother Victoria about prayer and the monastic life. The afternoon concluded with Vespers served by Fr. Michael and a snack for the road before the group set out for the long ride home.

We heartily thank Fr. Michael, Deacon Stephen and these energetic young people, who not only helped us enormously with our work but joined us in prayer and boosted our own spirits by their fine example.

LAVENDER PRODUCTS ON SALE

The blessing of wonderful rains last winter and spring brought us a bumper crop of lavender. So, we are offering a seasonal sale of some of our lavender products. Now would be a good time to stock up on products you personally use, or even—thinking ahead—you might consider lavender products for Christmas stocking stuffers, gifts for birthdays or other occasions. We are offering sales on sachets, lavender oil and lip balm online and will have these and hydrosols for sale here at the monastery.



A WORD ABOUT OUR SPEAKER



Raised Protestant, Dr Xenia Enke converted to Holy Orthodoxy in her late teens while pursuing her Bachelors degree in Psychology at Wheaton College in Illinois. She went on to complete a MS (2007) and PhD (2009) in Counseling Psychology at Colorado State University. She is currently a part-time staff psychologist for the Veteran’s Health Administration and also the owner of a busy private psychology practice. As an Orthodox Christian Psychologist, Dr. Enke is deeply committed to a therapeutic practice that flows out of her Orthodox Christian faith and abides in the teachings of the Holy Fathers and also draws from evidenced-based practices for effective treatment. She draws heavily from Acceptance and Commitment Therapy and is continually evaluating the intersections between this approach and the teachings from the Holy Fathers. She is married and has four children and attends St. Andrew Orthodox Church in Riverside, CA.

RECORDINGS AVAILABLE

Quite a few of you have been asking about recordings of former “Friends” talks, particularly those presented over the past few months. Yes, thanks to Peter Howe of San Luis Obispo, most of them are available. Peter (and sometimes others) graciously records the talks and burns copies of the recordings on CDs. You can order the the CDs from the monastery. There is no charge, but a donation of a few dollars for postage is appreciated.

TO OUR VOLUNTEERS: “WELCOME!” AND “THANK YOU!”

If you have followed this Newsletter over the past several months, you have heard of our parking problem. The immediate solution is to move our supply of block and brick (intended for future construction) from the strip of land along the south side of Sisar Creek, thus freeing up that area for parking. Relocation of the block and brick has been ongoing for some time, but recently enormous progress was made when we received the help of unexpected volunteers—with this task and others as well. Many, many thanks especially to Tom Piszczek of Camarillo and to Matthias Parkinson and Chad Trenham of Riverside for their hard work.

