

YOUR SUPPORT AT WORK



UKRAINE: A two-year conflict in Ukraine has displaced 1.5 million people, nearly 180,000 of which are children. IOCC is responding with emergency food assistance for infants and toddlers severely impacted by the conflict.



LEBANON: Along with ensuring better access to clean water in refugee settlements, IOCC hygiene educators also meet with refugee mothers and children regularly to share basic health tips.



INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES
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IOCC EVENTS & PRESENTATIONS

- **October 24, 2015 – Palos Heights, IL**
St. Spyridon's 7th Annual IOCC Walk
Lake Katherine
- **October 25, 2015 – New York, NY**
Poland Spring Marathon / Kick-Off Race
- **October 25, 2015 – Indianapolis, IN**
Chef's Tasting and Wine Pairing to Benefit IOCC
St. George Orthodox Christian Church
- **November 1, 2015 – Los Angeles, CA**
Evening to Benefit IOCC
St. Anthony Greek Orthodox Church

**FATHERS: PLEASE DISPLAY THE
INSIDE POSTER IN YOUR PARISH**



IOCC SUNDAY
A Day of Sharing
Your generous gift will be matched dollar-for-dollar to provide relief to those in need worldwide.
NOVEMBER 22, 2015
iocc.org/dayofsharing • 1-877-803-IOCC



INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES

PRIEST *to* PRIEST

Fall 2015

Fasting And Philanthropy

As Orthodox Christians, when speaking about the fast, our minds tend to go to food and dietary restrictions, what can and what cannot be eaten. We tend to give emphasis to the least important aspect of fasting, as if food will save us. The Book of Tobit, so often overlooked and even forgotten when studying Scripture, speaks of these disciplines as being woven together into a tapestry of virtuous practices. "Prayer is good when accompanied by fasting, almsgiving, and righteousness. A little with righteousness is better than much with wrongdoing. It is better to give alms than to treasure up gold. For almsgiving delivers from death, and it will purge away every sin. Those who perform deeds of charity and of righteousness will have fullness of life; but those who commit sin are the enemies of their own lives." (*Tobit 12:8-10*)

This calling is clearly expressed repeatedly by Christ, as numerous passages verify. Fasting, then, should properly be understood and lived as an expression of love and it must be combined with other disciplines that have love at their core. The prime example is what we often refer to as almsgiving or charity. These terms are used to express the practices related to helping those in need. But, the term "philanthropy" is not just the giving of money or having pity on another person. It is something that is done out of compassion, pity, and love. One only needs to examine the word "philanthropia" in an etymological manner to understand this. The word "philanthropy" means the love for a person, being derived from the two – the verb "fileo/filo" and the noun "anthropos".

The great Christian orator and preacher, St. John Chrysostom, also spoke and wrote about the relationship between fasting and true philanthropy. He says, "This is the true rule of the most perfect Christianity, its most exact definition, its highest point, namely, the seeking of the common good."

While all the theory about the relationship between fasting and philanthropy is wonderful, it is critical that this does not remain only a philosophical understanding and expression. It must be put into action if we are to remain true and faithful to the teachings Christ and the Church have given us.

+Metropolitan Nikitas
Ecumenical Patriarchate
Patriarch Athenagoras Orthodox Institute

A QUARTERLY PUBLICATION FOR ORTHODOX CLERGY

From the clergy of the IOCC Board of Directors:
His Eminence Archbishop Nicolae, Very Rev. Fr. Leonid Kishkovsky, Rev. Fr. Luke Palumbis, Very Reverend Fr. Nicholas Triantafilou



Paul Jeffrey/IOCC



Lebanon

New water and sewer systems installed at two refugee settlements help protect the health of both Syrian refugees and local residents.

With your support, IOCC is helping quench the world's thirst for clean water

Uganda

A new school well and rainwater harvesting system ensure access to safe water in an area where existing sources are often contaminated.



Gaza

Storage tanks and communal faucets bring safe water to communities with deteriorating water and sewage lines.



Kosovo

A newly dug village well provides a reliable source of safe water to minority families living in isolation



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