



**This week meditations on liturgical texts  
from **Skynia Magazine****

**September 5-11**  
**The Gregorian calendar**

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## Stages of meditation

Please find below some schematic prompts for each stage of the meditation on the Word of God. [Read more.](#)

### 1. Reading

- Read the text
- What does it tell by itself?
- Clear up the context
- Look up the comments
- Find the key-phrase

### 2. Meditation

- What is my here and now?
- What does the Word tell me?
- Use your imagination
- "Digest" the text
- The Word and my life

### 3. Prayer

- What will I say in response?
- Recognition and request
- Gratitude and glorifying
- Prayer in the Word
- My participation in the Divine Liturgy

### 4. Contemplation

- A call to conversion
- Now I am silent
- Staying in the presence of God
- Now He is guiding me

## Biblical readings and meditations

September 5

Sunday 15

2 Corinthians 4:6-15

Matthew 22: 35-46

- [Reading](#)
- [Meditation](#)
- [Prayer](#)
- [Contemplation](#)

### 2 Corinthians 4: 6-15

Brethren, for it is the God who said, “Let light shine out of darkness,” who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus’ sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

But just as we have the same spirit of faith that is in accordance with scripture—“I believed, and so I spoke”—we also believe, and so we speak, because we know that the one who raised the Lord

Jesus will raise us also with Jesus, and will bring us with you into his presence. Yes, everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God.

### **Matthew 22: 35-46**

And one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets."

Now while the Pharisees were gathered together, Jesus asked them this question: "What do you think of the Messiah? Whose son is he?" They said to him, "The son of David." He said to them, "How is it then that David by the Spirit calls him Lord, saying, 'The Lord said to my Lord, "Sit at my right hand, until I put your enemies under your feet"'?"

If David thus calls him Lord, how can he be his son?" No one was able to give him an answer, nor from that day did anyone dare to ask him any more questions.

### **Meditation**

Many feelings are evoked by these simple and profound questions posed in today's Gospel. First of all, shame and regret due to the

fact that we love so little. I ask myself, and everyone can also ask themselves: Did I spend this morning in love for God? Do I love the Lord with all my heart right now or am I inattentive, not feeling His presence full of love? As of others: Did I try this morning to show those around me (at home, on the street, in church) my love for them? Or was I a capricious egoist who is thinking only about himself? I feel that I need to renew my intention of sincere and specific love for God and for others. I have to feel that love is the most beautiful and the greatest thing in the whole universe – it is something really important. Even if the way of thinking of this world suggests only selfishness, introversion and quarrelsomeness. Jesus made the commandment of love from the Old Testament His own one and once again makes it His commandment: *I give you a new commandment, that you love one another* (John 13:34). Sometimes this commandment seems to me too difficult or even impossible to accomplish. But Jesus has not only given it to us, but also has poured out into our hearts His Holy Spirit, Who is the Spirit of love, the power of love, the joy of love. So, everything becomes possible: it is enough to see what great and saint people have done or are doing.

Love is the greatest thing we can give and need ourselves. Paul the apostle says: *Love one another with mutual affection* (Romans 12:10). Love is a mutual enrichment: when you give it you only seemingly lose something, because you actually gain much more than you have given. It is a typical experience of volunteers who help the sick or the poor. John says: *Those who love God must love their brothers and sisters also. For those who do not love a brother or sister whom they have seen, cannot love God whom they have*

*not seen* (cf. 1 John 4: 20-21). The Lord believes that we have done to Him what we have done to one of our neighbors, especially to those in need. Therefore, He can say: *Enter into the joy of your master* (Matthew 25:21).

## September 6

### Monday

**Galatians 4:28 - 5:10**

**Mark 6:54 - 7:8**

- [Reading](#)
- [Meditation](#)
- [Prayer](#)
- [Contemplation](#)

### **Galatians 4:28 - 5:10**

Now you, my friends, are children of the promise, like Isaac. But just as at that time the child who was born according to the flesh persecuted the child who was born according to the Spirit, so it is now also. But what does the scripture say? “Drive out the slave and her child; for the child of the slave will not share the inheritance with the child of the free woman.” So then, friends, we are children, not of the slave but of the free woman.

For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.

Listen! I, Paul, am telling you that if you let yourselves be circumcised, Christ will be of no benefit to you. Once again I testify to every man who lets himself be circumcised that he is obliged to obey the entire law. You who want to be justified by the law have cut yourselves off from Christ; you have fallen away from grace. For through the Spirit, by faith, we eagerly wait for the hope of righteousness. For in Christ Jesus neither circumcision nor

uncircumcision counts for anything; the only thing that counts is faith working through love.

You were running well; who prevented you from obeying the truth? Such persuasion does not come from the one who calls you. A little yeast leavens the whole batch of dough. I am confident about you in the Lord that you will not think otherwise. But whoever it is that is confusing you will pay the penalty.

### **Mark 6:54 - 7:8**

When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honors me with their lips, but their hearts are



far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition."

## **Meditation**

It is so difficult to hear the voice of God amidst all the problems and challenges of this world. So uneasy to recognize the face of Jesus. It so often seems that we are left alone with our problems, face-to-face with our weakness. It seems that we ourselves are a problem. Where is the way out? Where shall we go? What for?

We should stop. And start everything anew. Our beginning is in God. The Lord is our sense, our goal. We should take the courage of facing God. Staying face-to-face with the Creator. And lending an attentive ear to the Truth. Who am I? Who is He? Who are others?

God, I am infirm. I am not strong enough to live and not just to exist. Sometimes I am not strong enough to recognize that I am infirm. I am here and now for you, as on a surgery table. Defenseless against you... So tired of defending against myself, against the world. Therefore, I close my eyes and give myself into your hands. You see my narrow and hardened heart. Make it softer, o God! For it to be made of flesh and blood. Cut it, o Lord, for it to be sensitive to you. Not to worry about the world. About how others see me, what they think of me.

There is a lot of pretense in my life. Forces smiles, pretended success, well-taught kindness. I don't want to be a hypocrite. But I myself am not capable of stopping measuring and assessing myself and others. And even you, o God. I want to descend from the throne of my heart. Do come, o Lord, and be a king of mine. Make

my heart closer to you since only at your feet I feel decent. On my knees in front of you I don't pretend, don't crawl, and don't swell with importance. Only with you, Jesus, I am not afraid of not being like others. And, at the same time, only with you, Jesus, I don't need to take extra effort to stand out among others.

Only when my heart is in yours, Jesus, I may love. Accept myself, others, and God. Give myself, others, my insults, my ideals, beliefs, habits and firm ground to God. Entrust everything and everyone to Jesus' heart. Unclench tense fists. Open my palms to give something I don't really have. And for me to accept what I don't know.

## September 7

Tuesday

Galatians 5: 11-21

Mark 7: 5-16

- [Reading](#)
- [Meditation](#)
- [Prayer](#)
- [Contemplation](#)

### Galatians 5: 11-21

But my friends, why am I still being persecuted if I am still preaching circumcision? In that case the offense of the cross has been removed. I wish those who unsettle you would castrate themselves!

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another. For the whole law is summed up in a single commandment, "You shall love your neighbor as yourself." If, however, you bite and devour one another, take care that you are not consumed by one another.

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law. Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am

warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

### **Mark 7: 5-16**

So the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?” He said to them, “Isaiah prophesied rightly about you hypocrites, as it is written, ‘This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.’

You abandon the commandment of God and hold to human tradition.”

Then he said to them, “You have a fine way of rejecting the commandment of God in order to keep your tradition! For Moses said, ‘Honor your father and your mother’; and, ‘Whoever speaks evil of father or mother must surely die.’ But you say that if anyone tells father or mother, ‘Whatever support you might have had from me is Corban’ (that is, an offering to God)—then you no longer permit doing anything for a father or mother, thus making void the word of God through your tradition that you have handed on. And you do many things like this.”

Then he called the crowd again and said to them, “Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.”

## Meditation

Jesus reproaches the scribes and Pharisees for their neglecting God's commandment for the sake of following human orders; calls them hypocrites since they respect God with their lips, but their hearts are far from Him.

Why did this category of people who were considered to be most educated, who should have been taken as a sample to follow, took greater care of the compliance with the orders of senior people than God's commandments? Probably, because it is easier to follow human orders than to fulfill God's commandments. Human legends and orders often stand for just external actions, practices that do not require any effort, any inner fight with oneself, one's sinful wishes, but don't lead to real conversion, to a deeper spiritual life.

It was possible to conceal one's inner life behind impeccable following of human orders for Pharisees, to distract people's attention from some much more important things – fulfillment of God's commandments, from what their hearts were full of. In that way they could seem to be righteous in people's eyes, be glorious and gain recognition on the earth instead of caring for being liked by God and gaining eternal life.

Jesus explains to people one of the statements which the Pharisees blamed Christ's disciples for not following: *there is nothing outside a person that by going in can defile, but the things that come out are what defile*. These words of Jesus are not just about washing of hands or dishes – the procedure that was scrupulously followed by the scribes and Pharisees. These are the words about something much deeper. About something in our heart and stemming from it.

How can I apply these words of Christ to my life? I often blame others for my sins: colleague at work keeps constantly involving me in rumours and labeling, some family member makes me lose my patience on a daily basis, my neighbour makes me envious ... If they were different, or if I spent less time with them, or if I generally hadn't met them, I would have fewer sins. Probably, that's true. But most often the reason is not those people, but myself. Since nothing external can defile us until we grant consent thereto in our hearts, until we want to participate in that. It is not staying with these people and their behaviour that defiles me, but something that really lives in me all the time and urges me to react that way.

**September 8**

**Wednesday**

**Nativity of Our Most Holy  
Lady, the Mother of God and  
Ever-Virgin Mary**

- [Reading](#)
- [Meditation](#)
- [Prayer](#)
- [Contemplation](#)

**Philippians 2: 5-11**

**Luke 10: 38-42, 11: 27-28**

**2 Philippians 2: 5-11**

Brethren, let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness.

And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

### **Luke 10: 38-42, 11: 27-28**

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

While he was saying this, a woman in the crowd raised her voice and said to him, "Blessed is the womb that bore you and the breasts that nursed you!" But he said, "Blessed rather are those who hear the word of God and obey it!"

### **Meditation**

*Let the same mind be in you that was in Christ Jesus, – urges the Epistle. And what does Jesus think about? We may not hear the thoughts of other people, let alone the thoughts of God?! It would be worth telling together with the psalm singer: *How weighty to me are your thoughts, O God! How vast is the sum of them! I try to count them— they are more than the sand!* (Psalms 139: 17-18). But the Word of God never demands from us any things that can not be done! How can we find out the thoughts of another person? Via communication, via spending time together, via work, thanks to being attentive and ready to watch and understand. We often claim that we have found like-minded people in some business or in our*



views of life. That means that the way of thinking of that person coincides with ours. This rapport normally is mutual. Thus, the abovementioned psalm says that God knows our most secret wishes: *O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away.* (Psalms 139: 1-2). It's our turn now!

What are the thoughts of God like? *He, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness.* Jesus went even further. Not only did he accept human way of thinking, but took our body with all its infirmities and faults. We believe in God who knows our thoughts, wishes, well, who knows how it is to be a human. And we think that we have *hit the jackpot, considering it to be profit* that we believe in God, our Baptism!

God realizes how difficult it is for people to become God's associates. He gives us His Mother – Mary, whose Nativity we are celebrating today – as a sample to follow and as support. *Here am I, the servant of the Lord; let it be with me according to your word!* Already starting with the moment of the Annunciation (probably, even much earlier) the Holy Virgin trusted the Word of God, took the form of a slave. She, the Immaculate, Mother and Virgin, did not consider it her own achievement. Do we want to learn from Mary? At the wedding in Cana of Galilee she shared her secret of like-mindedness with God: *Do whatever he tells you* (John 2:5).

## September 9

Thursday

Ephesians 1: 1-9

Mark 7: 24-30

- [Reading](#)
- [Meditation](#)
- [Prayer](#)
- [Contemplation](#)

### Ephesians 1: 1-9

Brethren, Paul, an apostle of Christ Jesus by the will of God,

To the saints who are in Ephesus and are faithful in Christ Jesus:  
Grace to you and peace from God our Father and the Lord Jesus Christ.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ.

## **Mark 7: 24-30**

From there he set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, "For saying that, you may go—the demon has left your daughter." So she went home, found the child lying on the bed, and the demon gone.

## **Meditation**

This excerpt from the Gospel according to Mark tells us about the healing of the pagan's daughter. Here the first known story of healing a human who does not belong to God's people is presented. The woman is a Phoenician, and she has heard a blunt rejection in response to her request.

Sometimes we are frustrated about the blunt nature of the Savior's words addressed to the mother of the healed girl: comparison with a dog who does not deserve attention really looks harsh as the least. At the same time the reaction of this woman to this alleged harshness turned out to be rather calm.

Jesus calls pagans dogs, children – the people of Israel. Certainly, the personality of Jesus and His Sacrifice are of a universal nature, but His primary mission was to call and enlighten His people that had been taking the news about One God and waiting for His Messiah for centuries.

The healings performed by Jesus testified to Him, they were a part of His news, prophesy fulfillment. Jesus saw in the pagan woman faith in Him and in the fact that He was sent to the children. She was also sure of God's mercy, and her faith did her good. Her request contained humbleness in response to reality and a great hope. Such prayer cannot but be heard. We may learn from this woman how to hope. Even on hearing refusal from Jesus, on realizing the justice that refusal contained, she kept asking Him for grace, at least in the form of bread crumbs. And God gave her more. That is the effect not performance of norms and belonging to the chosen has, but live relations with the Living God who starts a dialogue and responds to words and feelings, and not to nice behaviour.

Let us ask God for mercy, and He will give us much more.

## September 10

Friday

**Ephesians 1: 7-17**

**Mark 8: 1-10**

- [Reading](#)
- [Meditation](#)
- [Prayer](#)
- [Contemplation](#)

### **Ephesians 1: 7-17**

Brethren, in him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord

Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him.

### **Mark 8: 1-10**

In those days when there was again a great crowd without anything to eat, he called his disciples and said to them, “I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. If I send them away hungry to their homes, they will faint on the way—and some of them have come from a great distance.” His disciples replied, “How can one feed these people with bread here in the desert?” He asked them, “How many loaves do you have?” They said, “Seven.” Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. They had also a few small fish; and after blessing them, he ordered that these too should be distributed. They ate and were filled; and they took up the broken pieces left over, seven baskets full. Now there were about four thousand people. And he sent them away. And immediately he got into the boat with his disciples and went to the district of Dalmanutha.

### **Meditation**

Desert, bread and the Lord. We have these components in at least three different situations described in the Bible, but the consequences are different. Remember when Jesus was in the wilderness for 40 days: *He fasted forty days and forty nights, and afterwards he was famished* (Matthew 4:2). Then in the Book of

Exodus we read that the people of Israel spent 40 years in the wilderness. And today we also hear about the crowd in the wilderness.

In all these cases people or Jesus Himself were hungry and found themselves in the wilderness. And in all these cases they received bread. Jesus spent 40 days in the wilderness during His temptations, people from today's reading – 3 days and the people of Israel – 40 years, although researchers say that they could have crossed the wilderness in about 2 weeks. Why so? The answer we will find in the readings themselves.

Jesus was fasting, therefore He was praying and was in communion with God. About the crowd in the wilderness we read: *they have been with me now for three days and have nothing to eat*. On the contrary, we remember that the people of Israel had problems with the faithfulness to God. They either made themselves golden idols, or worshipped the local ones and from time to time returned to the Only God. They often complained and rebelled.

The wilderness is an image of difficult moments in our life: spiritual or physical ones. Bread has many symbolic meanings: the Word of God, Jesus, food for the soul and body.

From today's Gospel we can draw one more obvious but important conclusion: because of the fact that the Bible reminds me several times the same situation, it means that God never leaves me in my wilderness, trials, life, spiritual or soul dryness. He is always by my side and has everything under control. The question here is whether I am always by his side and how long it will take me to

cross my wilderness. Sooner or later He will lead me out of there and I will be full; I will have enough of not only bread but of Him Himself,- the only condition is to be by His side.



## September 11

Saturday before the  
Exaltation of the Cross

1 Corinthians 2: 6-9

Matthew 10:37 - 11:1

- [Reading](#)
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### 1 Corinthians 2: 6-9

Brethren, yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him. "

### Matthew 10:37 - 11:1

And the Lord said: Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.

“Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”

Now when Jesus had finished instructing his twelve disciples, he went on from there to teach and proclaim his message in their cities.

### **Meditation**

Do we have to love our father, mother, son, daughter? Sure, we do. We have to love them very much. But if you love them more than God, that will not do any good. Only in God may one learn to love the way not to bring any harm, to respect, and not to take away freedom. There are many children who were loved, whose every whim was satisfied, they were given all the best things, not forced to learn and to perform different duties. They have become adult, and they keep demanding the same attitude to them, they are not capable of sympathizing and helping their parents. And there are also many children who are not well-brought, disciplined and restrained, who live under the pressure and control first of their parents, and then – of themselves. They don’t know how to relax, how to get pleasure from life. So many mothers are not ready to let their adult sons go and live their own lives, they keep them close to them in different ways and drive away all those who, in their opinion, pose a threat ...

When God comes to the first place in the person's life, all other things will gradually take their places. Children cannot be more important for their parents than God. The same as parents for children.

There is one road to salvation – to take one's cross and to follow Jesus. To undertake responsibility for one's life, not to complain. To do everything possible, and in the things that are not possible – to trust God. Jesus tells paradoxical things that can hardly be understood without God's grace. Those who keep their life will kill it, while those who generously spend their lives following God's will, spend it for Jesus sake, will find it. Cross is not too heavy if it is carried together with Jesus. And performance of God's will is possible if one relies not just on one's own power, but on God's grace, assistance of neighbours, angels, and the saints in heaven.

Each deed of mercy in relation to another person is seen by God. He is ready to provide remuneration even for the fact that a person gives a mug of cold water to a thirsty person. Those who accept a person since (s)he is the disciple of Jesus, listens to his words, gives food and water, takes care of his/her needs, will get remuneration from God.

## What is Skynia Magazine?

**Skynia Magazine** is published with the purpose to help its readers meet the Lord with the help of the Bible.

This is why on most pages of the magazine our readers can find daily meditations on the Word of God: biblical readings according to the liturgical calendar of the UGCC. These meditations are the fruit of the personal prayer of their authors: priests, nuns and laity, who strive to live in the rhythm of the life of the UGCC, trying to tackle present-day issues.

Bible verses are cited according to the New Revised Standard Version Catholic Edition.

### **We offer digital subscriptions:**

- in English and Ukrainian
- according to Gregorian, Julian and New Julian calendars

### For individual readers

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- E-mail letters (Sundays and feasts)
- E-mail letters (daily)
- Telegram letters (daily)

## For parishes and other groups

- You can **print** or upload to your **website** a **PDF** document with the meditations from Skynia Magazine so that parishioners or members of your community could easily download it.
- Or we will send you a **QR code** and a **button/banner** for your website with a link to a registration form of a **special e-mail letter** for your parishioners or community members.

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**What are our needs?** Remuneration for the work of translators and members of the editorial board. Other expenses (payment for services, current expenses, taxes, etc.) are paid from profits.

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