



# UNCREATED LIGHT

ORTHODOX STUDENT PLANNER

2024—2025





## WHY DO WE PLAN?



### ON THE IMPORTANCE OF THE DAILY SCHEDULE IN OUR LIFE

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One of the duties that the memorable Elder Joseph first taught the disciples under his wise guidance was orderliness and the daily schedule, while he spoke very disparagingly of disorder.

He would often refer to the saying of Saint Ephraim the Syrian: “Those who have no self-governing fall like the leaves...”

Elder Joseph used to relate many incidents from the lives of contemporary ascetics regarding their precise observance of the daily schedule. He used to say that the beginning of acquiring character and personality lies in the insistence to follow a scheduled and systematic way of life.

A man who has made the decision to keep inviolate the schedule acquires determination and bravery, which are very important and necessary in our life, since our (spiritual) struggle is a battle, and a fierce one at that.

Another vital reason that necessitates having a schedule is that after the fall of Adam, man’s character is unstable and

fluid. Also, the comprehensive sinfulness that accompanies each one of us blunts our courage and decisiveness.

Our inexperience, our ignorance, the unknown form of the invisible warfare and its inequality naturally increase our discouragement. No other human factor reinforces our success (in this warfare) as much as strong and persistent decisiveness and a methodical schedule.

—*Saint Joseph the Hesychast*

+ 15/28 August 1959

From the book by Elder Joseph of Vatopedi,  
*Elder Joseph the Hesychast: Life and Teachings*



For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.

A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.

Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded.

Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.

Then shall they offer bullocks upon Thine altar.

## THE CREED

**I** BELIEVE in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord, Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages; Light of Light, true God of true God; begotten, not made; being of one essence with the Father; by whom all things were made;

Who for us men, and for our salvation, came down from the Heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man;

And was crucified for us under Pontius Pilate, suffered and was buried;

And arose again on the third day according to the Scriptures;

And ascended into the Heavens, and sitteth at the right hand of the Father;

And shall come again, with glory, to judge both the living and the dead; Whose Kingdom shall have no end;

And in the Holy Spirit, the Lord, the Giver of life; Who proceedeth from the Father; Who with the Father and the Son together is worshiped and glorified; Who spake by the Prophets;

In One, Holy, Catholic, and Apostolic Church.

I confess one baptism for the remission of sins.

I look for the resurrection of the dead,

And the life of the age to come. Amen.

## A PRAYER OF SAINT BASIL THE GREAT

**T**HREE do we bless, Thou Most High God and Lord of mercy, Who ever workest with us deeds great and unfathomable, glorious and extraordinary, whereof there is no number; Who hast given unto us sleep for rest from our infirmity, and for repose of our much toiling flesh. We thank Thee that Thou hast not destroyed us in our iniquities, but hast shown Thy wonted love for man, and though we were prostrate in despair, Thou hast raised us up to glorify Thy dominion. Wherefore, we beseech Thine incomparable goodness: Enlighten the eyes of our understanding and raise our mind from the heavy sleep of slothfulness. Open our mouth and fill it with Thy praise, that we may be able undistracted to sing and chant and give thanks unto Thee, Who art God glorified in all and by all, the beginningless Father, with Thine Only-begotten Son, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

**M**OST glorious, Ever-virgin, blessed Theotokos, present our prayer to thy Son and our God, and pray that through thee He would save our souls.

**M**Y hope is the Father, my refuge the Son, my shelter the Holy Spirit. O Holy Trinity, glory be to Thee.

**U**NTO thee do I commit mine ever hope, O Mother of God, guard me under thy shelter.

**I**T is truly meet to call thee blest, the Theotokos, the Ever-blessed and all-immaculate and Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

**F**ORGIVE them that hate us and do us wrong, O Lord; do good unto them that do good unto us. To our brethren and kinsmen, grant their requests that are unto salvation and life everlasting. Visit them that be in sickness, and grant them healing. Pilot them that

be at sea. Accompany them that journey. Be Thou the ally of Orthodox Christians. Unto them that minister and show mercy unto us, grant forgiveness of sins. Upon them that have enjoined us, the unworthy, to pray for them, have mercy, according to Thy great mercy. Remember, O Lord, all our fathers and brethren who are gone to their rest before us, and grant them rest where the light of Thy countenance shineth. Remember, O Lord, our brethren who are in captivity, and deliver them from every misfortune. Remember, O Lord, them that bring oblations and do good works in Thy holy churches, and grant them their requests that are unto salvation and life everlasting. Remember, O Lord, us also, Thy humble and sinful and unworthy servants, and enlighten our mind with the light of Thy knowledge, and lead us in the path of Thy commandments; by the intercessions of Thine all-immaculate Mother, our Lady the Theotokos and Ever-virgin Mary, and of all Thy Saints, for blessed art Thou unto all ages of ages. Amen.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.

## BEFORE THE BEGINNING OF ANY WORK

O Lord Jesus Christ, Only-begotten Son of Thine unoriginate Father, Thou hast said with Thy most pure lips: For without Me, ye can do nothing. My Lord, O Lord, in faith having embraced Thy words, I fall down before Thy goodness; help me, a sinner, to complete through Thee Thyself this work which I am about to begin, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## BEFORE LESSONS

O Most-good Lord! Send down upon us the grace of Thy Holy Spirit, Who granteth gifts and strengtheneth the powers of our souls, so that by attending to the teaching given us, we may grow to the glory of Thee, our Creator, to the comfort of our parents, and to the service of the Church and our native land.



# ECCLESIASTICAL YEAR



	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
1	ECCLESIASTICAL NEW YEAR	PROTECTION OF THE THEOTOKOS			CIRCUMCISION OF OUR LORD	
2						MEETING OF THE LORD
3						
4						
5						
6					THEOPHANY	
7						
8	NATIVITY OF THE THEOTOKOS					
9						TRIODION BEGINS
10						
11						
12						
13						
14	ELEVATION OF THE CROSS					
15			NATIVITY FAST BEGINS			
16						
17						
18						
19						
20						
21			PRES. OF THE THEOTOKOS			
22						
23						MEATFARE
24						
25				NATIVITY OF CHRIST		
26						
27						
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31						







# FIRST SEMESTER



## CLASS SCHEDULE

COURSE	INSTRUCTOR	LOCATION	PERIOD/TIME	M	T	W	TH	F

## DAILY HABITS

TIME(S)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

GOALS	PRIORITIES
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# SEPTEMBER



**The Holy Monastery of Saint Panteleimon.**

**Source:** <https://obitel-minsk.org/en/saint-silouan-the-athonite>





# SAINT SILOUAN THE ATHONITE

**S**TARETZ SILOUAN, beloved of God, was born to a poor peasant family in Russia. From a young age, he vowed to seek God across the world, inspired by the lives of the saints and ascetics. Yet, as he matured, he fell into a worldly life, marked by a fateful quarrel in which he nearly took the life of another man. This act of violence helped him to regain his former sobriety. In a vision, the Most Holy Mother of God revealed to him that just as he found it repulsive to swallow a snake, so did his ways appear to her. This revelation ignited a deep repentance and a longing for Mt. Athos. In 1892, at the age of 27 and after completing his military service, he journeyed to the Holy Mountain and became a novice at the renowned Monastery of Saint Panteleimon, then bustling with nearly two thousand monks.

As a novice monk he began to struggle with thoughts of returning to the world. His confessor taught him to never focus on bad thoughts, and to drive them away with the Jesus Prayer immediately. Just 3 weeks into monastic life, the Prayer entered his heart. This grace was accompanied by struggles and trials, including deceptive visions and temptations from demons. His life was marked by a continuous practice of the Jesus Prayer, especially during the night, with little sleep. Over his 45 years of monastic life, he attained a rare purity of mind, never again

harboring an evil thought or losing his temper.

Desiring to pray unceasingly, he moved to Old Rossikon, a strict ascetic community, but fell ill, suffering from persistent headaches. Despite this, he was later appointed steward at the monastery, managing over two hundred workmen while continuing his ascetical life. His prayers were often troubled by attacks of pride and despair, yet he remained steadfast. The Lord Himself taught him, “The proud always suffer from devils,” advising him: **“Keep thy mind in hell, and despair not!”** This guidance led Saint Silouan to understand that true ascetic striving lies in acquiring Christ’s humility. He prayed fervently for all humanity, especially the dead, emphasizing that to pray for others is to shed blood. He said that as soon as he let his mind leave the fire of hell, the ‘thoughts’ immediately recovered their power.

Saint Silouan’s life of profound humility and unceasing prayer calls all people to live in hope, rejoice, and celebrate his memory. He fell asleep in the Lord on September 24, 1938, having upheld the world by his prayers.



## FEAST DAY:

September 11/24

## BIRTH PLACE:

Shovskoye village, Lebedyan County, Russia

## LIFETIME:

January 17, 1866 – September 24, 1938 (NS)

## KNOWN FOR:

Asceticism, Unceasing Prayer

## SIT AT THE FEET OF THE SAINT



*Understand two thoughts, and fear them. One says, “You are a saint,” and the other, “You won’t be saved.” Both of these thoughts are from the enemy, and there is no truth in them. But think this way: I am a great sinner, but the Lord is merciful. He loves people very much, and He will forgive my sins.*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>19</b> <b>Beginning of the Ecclesiastical Year</b> Symeon the Stylite & his mother Martha  <i>1 Timothy 2:1-7</i> <i>Luke 4:16-22</i>	<b>2</b> <b>20</b> Martyr Mamas  <i>2 Corinthians 2:3-15</i> <i>Matthew 23:13-22</i>	<b>3</b> <b>21</b> Translation of the relics of Saint Nectarios, bishop of Pentapolis  <i>2 Corinthians 2:14-3:3</i> <i>Matthew 23:23-28</i>	<b>4</b> <b>22</b> Prophet Moses   <i>2 Corinthians 3:4-11</i> <i>Matthew 23:29-39</i>	<b>5</b> <b>23</b> Prophet Zacharias, father of Saint John the Baptist  <i>2 Corinthians 4:1-12</i> <i>Matthew 24:13-28</i>	<b>6</b> <b>24</b> Miracle of the Archangel Michael at Chonac   <i>2 Corinthians 4:13-18</i> <i>Matthew 24:27-33, 42-51</i>	<b>7</b> <b>25</b> Martyr Sozon  <i>1 Corinthians 2:6-9</i> <i>Matthew 10:37-11:1</i>
<b>8</b> <b>26</b> <b>Nativity of the Most Holy Theotokos</b>  <i>Philippians 2:5-11</i> <i>Luke 10:38-42, 11:27-28</i>	<b>9</b> <b>27</b> Righteous Joachim & Anna  <i>2 Corinthians 5:10-15</i> <i>Mark 1:9-15</i>	<b>10</b> <b>28</b> Martyrs Menodora, Metrodora & Nymphodora  <i>2 Corinthians 5:15-21</i> <i>John 3:16-21</i>	<b>11</b> <b>29</b> Euphrosynos the Cook   <i>2 Corinthians 6:11-16</i> <i>John 12:19-36</i>	<b>12</b> <b>30</b> Hieromartyr Autonomos  <i>2 Corinthians 7:1-10</i> <i>John 11:47-54</i>	<b>13</b> <b>31</b> Hieromartyr Cornelios the Centurion   <i>2 Corinthians 7:10-16</i> <i>John 12:25-36</i>	<b>14</b> <b>1</b> <b>Elevation of the Precious and Life-Giving Cross</b>   <i>1 Corinthians 1:18-24</i> <i>John 19:6-11, 13-20, 25-28, 30-35</i>
<b>15</b> <b>2</b> Sunday after the Elevation Great-martyr Nicetas the Goth  <i>Galatians 2:16-20</i> <i>Mark 8:34-9:1</i>	<b>16</b> <b>3</b> Great-martyr Euphemia  <i>2 Corinthians 8:7-15</i> <i>Luke 3:19-22</i>	<b>17</b> <b>4</b> Martyrs Sophia, Faith, Hope & Love  <i>2 Corinthians 8:16-9:5</i> <i>Luke 3:23-4:1</i>	<b>18</b> <b>5</b> Eumenios, bishop of Gortynia   <i>2 Corinthians 9:12-10:7</i> <i>Luke 4:1-15</i>	<b>19</b> <b>6</b> Martyrs Trophimos, Sabbatios & Dorymedon  <i>2 Corinthians 10:7-18</i> <i>Luke 4:16-22</i>	<b>20</b> <b>7</b> Great martyr Eustathios & his family   <i>2 Corinthians 11:5-21</i> <i>Luke 4:22-30</i>	<b>21</b> <b>8</b> Apostle Codratos of the 70  <i>1 Corinthians 1:26-2:5</i> <i>John 8:21-30</i>
<b>22</b> <b>9</b> 1st Sunday of Luke Hieromartyr Phocas  <i>1 Corinthians 16:13-24;</i> <i>Luke: 5:1-11</i>	<b>23</b> <b>10</b> Conception of Saint John the Baptist  <i>Galatians 4:22-31</i> <i>Luke 1:5-25</i>	<b>24</b> <b>11</b> <b>Ven. Silouan the Athonite</b>  <i>2 Corinthians 12:20-13:2</i> <i>Luke 5:12-16</i>	<b>25</b> <b>12</b> Ven. Sergios of Radonezh   <i>2 Corinthians 13:3-13</i> <i>Luke 5:33-39</i>	<b>26</b> <b>13</b> Apostle John the Theologian  <i>1 John 4:12-19</i> <i>John 19:25-27, 21:24-25</i>	<b>27</b> <b>14</b> Saint Akylina the New Martyr   <i>Galatians 2:6-10</i> <i>Luke 6:17-23</i>	<b>28</b> <b>15</b> Prophet Baruch  <i>1 Corinthians 4:1-5</i> <i>Luke 5:17-26</i>
<b>29</b> <b>16</b> 2nd Sunday of Luke Kyriakos the anchorite  <i>2 Corinthians 1:21-2:4</i> <i>Luke 6:31-36</i>	<b>30</b> <b>17</b> Hieromartyr Gregory of Armenia  <i>Galatians 2:11-16</i> <i>Luke 6:24-30</i>			<p>“Without prayer the soul will not dwell in the love of God, for the grace of the Holy Spirit comes through prayer.”</p> <p>- SAINT SILOUAN THE ATHONITE</p>		



# SEPTEMBER PLANNING



## DATES TO REMEMBER

FEAST DAYS / APPOINTMENTS / EVENTS	
SEPT. 8	Nativity of the Most Holy Theotokos
SEPT. 14	Elevation of the Precious and Life-Giving Cross

## GOALS

SPIRITUAL	SCHOOL	HOME	PERSONAL

## To Do

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## BOOKS TO READ


## NOTES & DOODLES


## MY PRAYER RULE

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# LENTEN PLANNING



## GOALS / ACTIVITIES



O Lord and Master of my life, a spirit of idleness, curiosity, ambition, and idle talking give me not. †

But a spirit of chastity, humility, patience, and love, bestow upon me, Thy servant. †

Yea, O Lord King: grant me to see mine own failings and not to condemn my brother; for blessed art Thou unto the ages of ages. Amen. †

— PRAYER OF SAINT EPHRAIM THE SYRIAN

TRIODION	GREAT LENT	PASCHA / BRIGHT WEEK
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FEB 9</b> <b>27</b> <b>TRIODION BEGINS</b> <b>SUNDAY OF THE</b> <b>PUBLICAN AND THE</b> <b>PHARISEE</b>	<b>10</b> <b>28</b>	<b>11</b> <b>29</b>	<b>12</b> <b>30</b> 	<b>13</b> <b>31</b>	<b>14</b> <b>1</b> 	<b>15</b> <b>2</b>
<b>16</b> <b>3</b> <b>SUNDAY OF THE</b> <b>PRODIGAL SON</b>	<b>17</b> <b>4</b>	<b>18</b> <b>5</b>	<b>19</b> <b>6</b> 	<b>20</b> <b>7</b>	<b>21</b> <b>8</b> 	<b>22</b> <b>9</b> <b>SOUL SATURDAY</b>
<b>23</b> <b>10</b> <b>SUNDAY OF THE</b> <b>LAST JUDGEMENT:</b> <b>MEATEFARE</b>	<b>24</b> <b>11</b> 	<b>25</b> <b>12</b> 	<b>26</b> <b>13</b> 	<b>27</b> <b>14</b> 	<b>28</b> <b>15</b> 	<b>MAR 1</b> <b>16</b> <b>ASCETIC FATHERS &amp;</b> <b>MOTHERS</b> 
<b>2</b> <b>17</b> <b>EXPULSION FROM</b> <b>PARADISE:</b> <b>CHEESEFARE</b> 	<b>3</b> <b>18</b>  Clean Monday	<b>4</b> <b>19</b>  Clean Tuesday	<b>5</b> <b>20</b>  Clean Wednesday	<b>6</b> <b>21</b>  Clean Thursday	<b>7</b> <b>22</b>  Clean Friday	<b>8</b> <b>23</b>  Clean Saturday
<b>9</b> <b>24</b> <b>SUNDAY OF THE</b> <b>TRIUMPH OF</b> <b>ORTHODOXY</b> 1st Sunday of Lent 	<b>10</b> <b>25</b> 	<b>11</b> <b>26</b> 	<b>12</b> <b>27</b> 	<b>13</b> <b>28</b> 	<b>14</b> <b>1</b> 	<b>15</b> <b>2</b> 
<b>16</b> <b>3</b> <b>SUNDAY OF SAINT</b> <b>GREGORY PALAMAS</b> 2nd Sunday of Lent 	<b>17</b> <b>4</b> 	<b>18</b> <b>5</b> 	<b>19</b> <b>6</b> 	<b>20</b> <b>7</b> 	<b>21</b> <b>8</b> 	<b>22</b> <b>9</b> 

\* Some typica allow for no fasting on these days. | \*\* Some typica allow for dairy on these days.