



ARCHBISHOPS  
CORNER  
- PAGE 2 -

THE LOVE OF  
GOD 3-4

INTO THE DEEP  
- PAGE 5-6

TECHNOLOGY  
- PAGE 7-12

CHRISTIAN  
AVOIDANCE  
DISORDER  
PAGE 13—17

LAST THOUGHTS  
PAGE 18



## January New Year Edition

### 2023 Synod Meetings

#### From the Desk of ARCHBISHOP MAURICE

##### 2023 New Year Resolutions

1- Brief Mass and Holy Communion ever day.

2-Memorize a Scripture once a week, ie, The Lord is my shepherd, I shall not want

3- Read the Bible daily for at least 15 minutes

4- Let all that I do be done in Love 1 Corinthians 16-14

5- Help someone less fortunate than me.

6- Continue to love myself even if I fail one of the above

Leviticus 19:17-18, Mark 12:31

Create a Holy and productive 2023. Happy New Year

In odd numbered years our synods and gatherings are generally at the Diocesan level. We will be posting the dates for the various events as they are scheduled.



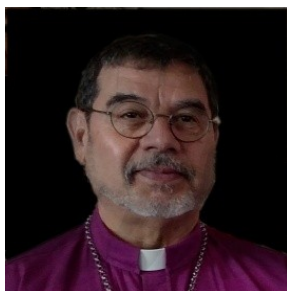
Holy Spirit of Hope serves as the COCC Cathedral of the West .  
When in town please visit us at:  
7728 Alameda Ave El Paso, Texas 79915

Holy Spirit of Hope has a Zoom Sunday Mass at 2:00 PM Eastern Standard Time. Request a free subscription to the weekly service by emailing [pastorrobert@holyspiritofhope.org](mailto:pastorrobert@holyspiritofhope.org)  
Please include your email address in the request.

## Complaining to God!

### ARCHBISHOP ROBERT

**ORTEGA** is a Founding member of the COCC. Bishop Robert is the Pastor of a thriving COCC brick and mortar church, "Holy Spirit of Hope" in El Paso Texas.



Archbishop Dr. Robert Ortega,  
BSCE, MSCE, DDiv.

**I complained to  
God of a very  
busy 2022 with  
no help, He fi-  
nally sent me  
some help.  
But then...**

Holy Spirit of Hope church rests in the lower valley of El Paso, Texas. This town, although bustling with 600,000+ people, is still a sleepy little 'home' town. Things hardly change and children can't wait to leave for larger cities offering sports arenas and other glamorous attractions. Weather is fine with no threats of tornados or hurricanes. Cold

weather here is 30 degrees. Hot weather in the 100's. We see very little snow and lots of sun. The town sits on the US / Mexico border, so population is 90% Hispanic which translates to 90% Catholic. When God started Holy Spirit of Hope Charismatic Catholic Church in 2002, the Roman Catholic Church was alarmed enough to issue warnings of this new church that was not part of 'them' and who's sacraments 'may not' be valid.

But to the general public, catholic is catholic – especially when one is able to receive what they want – the Sacraments!

So Holy Spirit of Hope was founded with little fanfare and a small (five, counting the dog) family following.

While the affiliation of the church has changed from Catholic Charismatic to Independent Old Catholic to Charismatic Old Catholic the heart of this family centered church has always remained the same and true. Post Covid Sunday church attendance has grown to 75 and God continues to support the church with a blessed revival.

Overall, Holy Spirit of Hope has celebrated Sacraments for many families: 4000 Baptisms; 500 First Communions; 300 Quinceanera's/ Confirmations; 300 Marriages; and a few hundred funerals. We now are celebrating Baptisms and Quinceanera's for couples we married! Yesterday we even laid hands on ailing Casper, the Scottish terrier of one of our members.

I complained to God of a very busy 2022 with no help, He finally sent me some help, but not before piling it on more. We started receiving door knocks from South American migrants crossing the US/Mexico border in droves, they were cold and hungry. We didn't ask for credentials but invited them in for dry clothes, a warm bed and food. Many had been on their journey, for 4 months and had in mind any place but El Paso. After 2 months of serving over 20 migrants, I heard Jesus remind me: "whoever does this for the least of my brothers, does it unto Me."

When I complained, He sent me MORE instead of easing the burden. He showed me I could do more through Him who strengthens me. He didn't open His bank account but provided cots from Florida, clothes from many in our neighborhood, part-time employment for migrants to gather cash for rest of their journey and a small church membership rolling up their sleeves to feed our 'primos'.

Careful when you complain. Things will get better! Thank you, Jesus!

## Sustained by the Love of God

## Rev. Johannys Jimenez-Hartog



*The Reverend Johannys Jimenez-Hartog is a Deacon in the Charismatic Old Catholic Church, serving at St. Andrews Anglican Church at Riberas del Pilar, Chapala, Jalisco, Mexico.*

It was like I was deaf when I was told the news. My brain couldn't process what my ears had just heard.

The afternoon of Wednesday, July 18, 2007 was beautiful. I was at my home with one of my sisters, helping her with some projects, when the phone rang. The doctor's assistant called to give me the results of my breast exam. I remember her cold words clearly: "Unfortunately, you have cancer." I felt my heart beat accelerate.

Jack and I had been married for five years. We loved each other with all our hearts, enjoying a relationship close to perfect. We cared for each other with intensity, with the most important thing being to make the other happy. I didn't want him to worry, to suffer. We had already surmounted the challenges of dif-

ferences in age, religious/cultural backgrounds and language, and three miscarriages. I had been unable to carry babies to term, and now I doubted if motherhood would ever be in my future. Before I could continue with my thoughts, Jack was home from work. We were worried and scared, crying and hugging each other. That evening I decided, despite the terrifying news, that I would facilitate the service at the Unity church where I served as a minister in training. I had heard the call to serve through ministry; in whatever way I feel the Holy Spirit guides me to serve, I will say yes. The diagnosis preoccupied my thoughts, changed my plans, and affected my whole world dramatically although my job as an assistant Unity Minister, which seemed so important before, now became almost unimpor-

tant. During my Wednesday Service I delivered my message and sang with passion, love and joy from my heart. But, my husband's stress and our worries about the future of our life together dominated my thoughts.

At the end of the service, a young woman approached me: "Can you please pray for me?" I lovingly looked at her sad eyes, took her hands and asked: "How can I pray with you?"

We sat down in a pew. She paused and asked, "What do you say to someone you love who has just been diagnosed with cancer?"

I was stunned. As the director of the church's prayer group, during the training I always told prayer trainees that whenever they are asked to pray for someone, they will find that they really will be praying for themselves

-continued-

## Sustained by the Love of God (cont)

IT WAS LIKE I WAS DEAF WHEN I WAS TOLD THE NEWS. MY BRAIN COULDN'T PROCESS WHAT MY EARS HAD JUST HEARD.

because that's a way God has to communicate His Presence. I instantly knew: God had shown up to support me.

"Well..." I answered, not knowing where the words were coming from, "Let your friend know how much you love her; that she is not alone, that God is present and tell her that Jesus will walk with her every step of this process". God was talking through and to me. We are never alone.

In addressing my diagnosis, my faith, enriched by wide-ranging spiritual studies, guided me. It has been unwavering. I was raised by loving, Catholic parents; as a child I was captivated by reading the lives of catholic saints. I learned about the love and care of Jesus and Mary through the nuns and priests in the catholic school where I studied in my

little town of Nagua in the Dominican Republic, my parent's devotion and the books of saints.

As a child I told my parents and the nuns that I wanted to dedicate my life and to serve God by becoming a priest. I was told endlessly time after time that it was impossible.

This thirst for God, led me as a teenage to study A Course in Miracles. By 2007 I was a Licensed Unity Teacher and had started the journey of becoming an Ordained Unity Minister. I knew that regardless of what was going to happen to me, the illness was not witnessing God's Will for me. I knew that Jesus was guiding me all the way through this experience. I was regularly affirming "I am a child of God; God's will for me is perfect health."

The night before surgery to remove the tumor I heard the Voice of Jesus, which I had often heard before: "The nightmare is over." The nightmare is over? The nightmare is over!

Thank you God! My knees buckled at the awesomeness of this assurance. I couldn't help to say again and again, "Thank you God; thank you Jesus." *That night I slept like a baby knowing that my prayers for health had already been answered.*

On September 13, I had surgery. The night before, family and friends prayed incessantly.

Two of my sisters prayed the rosary over and over the whole night. That morning, a Unity minister and his wife stayed connected by phone with my husband in prayer during my surgery. After the procedure, the surgeon told me: "You are the happiest person that I have ever operated on. You have been smiling during the whole procedure."

The pathology results showed that I had no cancer cells around the tumor. It had not spread anywhere. I didn't need chemotherapy. I was completely, 100%, healed!

This episode made me a stronger, healthier spiritual person, a persistent believer in the power of love and an unwavering faith that God is always present in my life no matter what I am experiencing at the moment. It taught me to be brave, knowing I am never alone.



## This Year, Into the Deep and Obey

Fr. Hal West

**Monsignor Harold (Hal) Ellis West, O.S.S.T., O.S.L., S.T.A., S.T.B., S.T.M., M.Div.**

**Fr. Hal is a Priest, Chancellor and Vicar General for the State of Florida of the Archdiocese of the Southeastern States and Missionary Dependencies. Order of the Most Holy Mary Theotokos in the Evangelical Orthodox Catholic Church in America and Shofar contributor.**



**I HEARD A SERMON ON THIS PASSAGE GIVEN BY A SCOTTISH SALVATION ARMY OFFICER. IT CHANGED MY OUTLOOK ON THIS STORY AND MADE ME LOOK BEYOND THE SURFACE**

*Then He got into one of the boats, which was Simon's, and asked him to put out a little from the land.*

*And, He sat down and taught the multitudes from the boat.*

*When He had stopped speaking, He said to Simon, "Launch out into the deep and let down your nets for a catch." But Simon answered and said to Him, "Master, we have toiled all night*

*and caught nothing; nevertheless at Your word I will let down the net." And when they had done this, they caught a great number of fish, and their net was breaking.*

***Luke 5: 3-6 (NKJV)***

I had heard this story from the bible many times as a young man. I regarded it as an example of one of Jesus' miracles designed to demonstrate to His disciples and to us his divinity. Then I heard a sermon on this passage given by a Scottish Salvation Army officer. It changed my outlook on this story and made me look beyond the surface appearance. It was no longer a historical record of a miracle performed to establish for the witnesses who Jesus is. It is a teaching moment for us in following God's will even when the odds are against us and it just does not seem to be right.

Someone once said, "We all want to serve God. But, mostly as advisors." So true. Many times we hear God's voice, feel His nudg-

ing, or find ideas or plans for our ministry playing over and over again in our minds like a never ending loop recording until we finally respond. Sometimes, our response is wrong. "I can't do that!" "I don't have those kinds of resources." That is the part of us who is the 'wannabe' advisor. I've done it many times and later looked back and thought, "Who did I think I was that I could tell God He is wrong?" I don't know who I thought I was but, I know that what I was, was a fool who probably missed the boat and never got a chance to drop my nets for a big catch.

There is also something within our human nature that causes us to become defensive and react strongly to someone telling us how to do our jobs. Even more so when that person is not your boss and not even involved in the same industry. Imagine, it was Simon's boat. He was the captain. It was his job and his responsibility.

But this Jesus was a carpenter, not a fisherman. Simon's first response is to tell Him they have been fishing all night and caught nothing. In other words, "So, what makes you think the fish are there now?"

- continued -

## This Year, Into the Deep and Obey

*Fr. Hal West (cont)*



LET DOWN  
YOUR NETS

“Hmmm” But Simon decides that he will do what Jesus says anyway. I wonder if his thinking was that, when he still caught nothing, he could say to Jesus, “I told you so!”

Later, in verse 8, Simon sees the huge haul of fish that now was nearly sinking his boat and he fell to his knees and asked Jesus to depart from him as he was such a sinful man. Simon was moved to drop all he was doing and begin to follow Jesus. He was a fool who nearly missed the boat. If he felt such shame for nearly missing the boat, how should we respond when we completely miss that boat?

Major Walter Kennedy's message of many years ago that has stayed with me over the years was not just about responding to God's calling and obeying His commands. It is also that God wants us to always be ready to “let down our nets”. When we are in the deepest darkest waters and it seems things are hopeless, God may be saying, “Let down your nets!” When you have been trying and failing

and are ready to give up, God may be saying, “Let down your nets!” The big catch, the finally reaching a goal, seeing accomplishments you never imagined, receiving an abundance of blessings, finding healing, peace, joy, and so much more, may be when we quit being the boss, the advisor, and say to God, “Tell me when and where to let down the nets and I will obey.”

As we begin this new year in a time when Christianity seems to be challenged at every turn, we must be ready to let down our nets. To cast into the deep. To press on against all odds. Let us pray daily that God will help us hear and obey when he calls. We are called to be “fishers of men”. Therefore, this year, let us learn from and be obedient to the Master Fisherman. He will lead us to the big catch, to the blessings, and to the hope that we must share with the world.

Wishing you a Happy New Year in Christ!

Fr. Hal



# WORSHIP TECHNOLOGY

with Deacon Mark



## The Brick n Mortar Church Church Acoustics and Sound Treatment Panels



Happy New Year everyone,

In the 2022 Issues of the Shofar, we explored Audio and Video **Worship Technology** for both the traditional “**Brick and Mortar**” Church and the Pandemic-driven Gift of the new “**Virtual**” Church (aka “**Online Mass**”). In those issues, we discovered and discussed:

An overview of the goals this Blog (Blog 1)

Components and Roles of the new “Online Streaming Mass” (Blog 2)

Basic components (and understanding) of “Brick and Mortar Church” Sound Systems (Blog 3)

Three “practical and appropriate” types of potential Sound Systems for each of your Churches (Blog 4)

Now, for the motivation of this Issue’s Blog: Assuming that you have figured out which System was right for you and your parishioners (and had it installed correctly), there is a strong possibility that the investment did not pay off exactly as you had hoped. Why does the sound system not meet our needs perfectly? Was the Sound system chosen inadequate to meet the size of the room? Did you not spend enough money? Why are my Parishioners still complaining that they still can’t hear me? Why does my Music still sound muddy?

Quite possibly (and with high probability), the physical construction (brick, drywall, glass, and flooring) as well as the actual shape of your Church may be working against you.

Let’s start the new year off and learn about a necessary Audio Solution which will address this new challenge and make each Churches’ appropriate Sound System as effective as possible.

This month’s Blog will discuss that solution: **Acoustic Sound Treatment Panels**.

## Part I: Basics of Acoustics

To understand how Acoustic Sound Treatment Panels can enhance your PA system investment, we must first discuss the basics of Sound.

**What is Sound?-** Sound is nothing more than a disturbance in a medium. Whelp.. ‘That’s a nice delicious word salad Deacon Mark. How about you tell us “What’s being disturbed and in what medium is the disturbance occurring in?” ‘.

-continued-

# WORSHIP TECHNOLOGY

with Deacon Mark



## Church Acoustics and Sound Treatment Panels

—continued—



The Medium is (usually) “Air” and what’s being disturbed are the tiny little molecules that make up the air.

When we speak or sing (or when a Speaker amplifies what we speak or sing), our Vocal Chords (or the speaker in a PA System) excite and push the air in our Lungs (or in the Church) out towards the listeners as well as the walls, floors, and ceilings (more on the importance of this fact later in the blog). From there, this “pushing” disturbs the air near our ears and solid objects and pushes it into our ears. Once the air is pushed in our ears, it vibrates the bones (and other ear components) which eventually triggers electrical impulse in our brains. Our brains then determine the frequencies (Bass, Midrange, and Treble) and then maps and assembles these converted air vibrations into what’s known as a social construct. Language or music are two examples of this phenomenon. Without the brain, Sound is nothing more than a vibration. Thus, the answer to the ever-ending question: ***“If a tree falls in the forest, but there is no one around to hear it, does it make a sound?”*** is.... Well, the answer to this ever-taunting riddle is at the end of the Blog. So, please keep reading...

It is really important to know, the brain processes sound as a combination of “Direct Sound” plus “Reflected Sound”. Both exist together and when they exist in harmony (the best ratio/balance between the two), Sound is said to be “Constructive”. But when we have too much of either (The not-so-best ratio between the two), sound becomes “Destructive”. Too Much Direct Sound sounds unnatural to humans. Too much Reflective Sound makes the sound source (your homily or as Basil the Great teaches us in his ever classic Homily On the Value of the Psalms, the “delight of the Melody”) sound unintelligible and/or muddy.

*Also important to know is that there are three (3) components of Sound:*

- *Frequency (The categories, groupings, or ranges of Sound: Bass, Midrange, and Treble)*
- *Amplitude (The volume of Sound)*
- *Phase (The timing of Sound)*

These three components of Sound are important as we will see how Sound Treatment panels are used to control any or all of these components for a better listening experience.

Lastly, other factors that influence Sound include Temperature, Humidity, the physical state of the medium, and believe it or not, the number of parishioners attending Mass that day.

Sound is heard better through thicker/denser mediums. Music sounds better on cooler days than hotter days. Sound arrives faster at our ears in more humid climates. Wood is a better conductor of Sound than air. Lastly, believe it or not, physical bodies of the Parishioner both Absorb and redirect sound. The greater the number of parishioners attending Mass that day, the more “tight” the sound will be.

- continued -



# WORSHIP TECHNOLOGY

with Deacon Mark



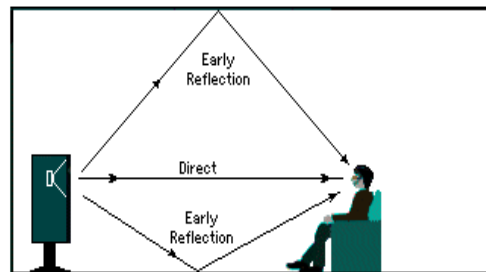
## Church Acoustics and Sound Treatment Panels

—continued—



Now, let's take a closer look at the Direct Sound and the Reflected Sound from the view-point of the Parishioner.

ESP



**Figure 1-** *A Speaker, Direct & Reflected Sound and one of our Parishioners actually paying attention to our Homily.*

**Direct Sound-** In Figure 1, we can identify the “Direct Sound” at the straight line of sound that comes *directly* from the PA Speaker straight to the Parishioner’s ears. In a perfect world, there would be no obstacles (other parishioners sitting in front of the other parishioners, an overabundance of Reflected sound) to obstruct or distort the Direct sound.

**Reflected Sound-** Also in Figure 1, we can identify the “Reflected Sound” at the angular lines from the PA Speaker to the Church’s ceilings, floors, and walls and then to the Parishioner’s ears. In a perfect world, there would be some form of Acoustic technique to control the Reflected sound, making both the Direct Sound and the Reflected sound work in harmony.

The best technique applied would be in the design and architecture. In the early days of legalized Christianity, when the numbers of believers increased (and eventually the number and size of Churches increased too), “Form followed Function”. The size and shape of the Church was utilized by what best amplified the Presider’s spoken words. This actually made sense since Muddy Waters had not yet invented electricity.

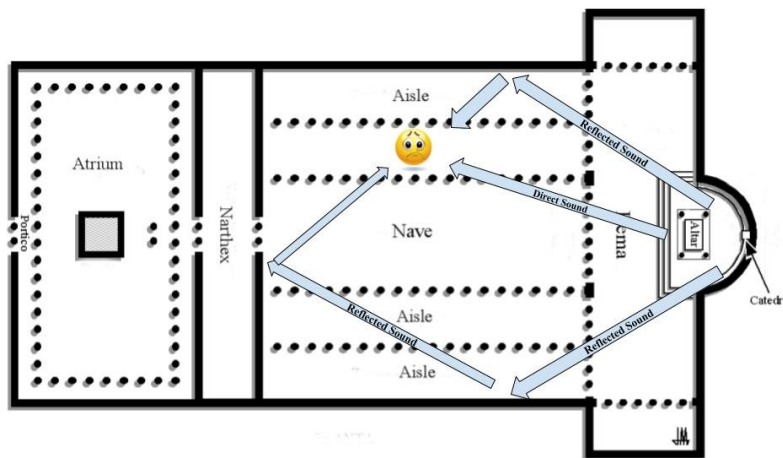
- continued -

# WORSHIP TECHNOLOGY

with Deacon Mark



## Church Acoustics and Sound Treatment Panels



**Figure 2-** Sound is amplified “parabolically” via natural reflections from behind the Altar to the Nave and Aisle. Parishioners really did pay attention back then because Doctrine was Sound.

In Figure 2, we see an example of those early Churches and see how early Church Architects utilized math and knowledge of materials and shapes to amplify sound. In the above icon, Sound is amplified “parabolically” via natural reflections from the Stony Surface behind the Altar to the Nave and Aisle.

Now to the heart of the issue: As seen in Figure 2, what happens when you combine “natural” Acoustical Amplification (Parabolic reflections off of stony surfaces) of a Church made in circa 325 AD with “electronic” Amplification (that PA System you just had installed) made in 2023?

Answer: Unexpected Acoustic disaster!

The PA System has now “excited” all of the many Reflective surfaces so much that **the Reflected sounds are now louder than the Direct sounds!!!!** Now, remember that too much reflected sound can muddy things up, making Homilies and Worship songs unintelligible as well as uncomfortable.

-continued -

## WORSHIP TECHNOLOGY

with Deacon Mark



**Figure 3-** Reflected Sound is controlled via Acoustic Treatment panels. Parishioners can now choose to pay attention to our Homily or sleep comfortably as they day-dream about the football game starting right after Mass.

As seen above in Figure 3, the back wall (probably composed of Dry-wall or Gypsum board) of the Church has been both acoustically and aesthetically treated to control Reflected Sound. This Acoustic Technique uses what's known as **“Absorption”** to control the Air Molecules at the back of the wall. Those Air Molecules go through the Acoustic panels and then via the friction from the material in the panels, instead of reflecting off of the back walls, they are converted to heat and dissipated. Don't worry about needing more Air conditioning to cool things off. The heat is marginal at best.

The panels that you see in Figure 3 have different dimensions and shapes. But they also have different thickness as well. This (along with the materials the panels are composed of, plus how they are mounted on the surface (walls and/or ceiling) determine the control of Frequency. Thicker panels control more lower Midrange Bands and Bass. Thinner panels control the upper Midrange band and Treble, making them a bad choice for Bass Control.

This is very important to know!

Mounting the panels the exact amount of the panel depth from the wall effectively doubles the performance of the panel. A 4” thick panel mounted 4” off the wall makes it perform as an 8” panel. This means more Bass Control (FYI- Bass Energy is more powerful than Midrange and Treble Energy. Too much Bass actually “masks” the Midrange and Treble, making speech and lyrics more difficult to understand for both the speaker/singer and the listener).

Lastly, Fiber Panels are more effective than Foam Panels.

Oh... another benefit of Acoustic Panels, as seen in Figure 3, is that it raises the Aesthetic value of the Church Interior. What do you see when you stare at the Panels in Figure3? Did you see the three (3) Crosses at Calvary?

**“Absorption”** is not the only technique out there, Sound can also be redirected via an Acoustical panel known as a Diffuser. But that's another story for another day.

Before we sum up, I want to also clear up another common misconception: Acoustic Panels are not Sound Transmission Solutions! These panels do not isolate Sound from the Outside. If there is noisy traffic from the main road or if for some reason, the Auto Body shop on the other side of Alameda is louder than Rev. Liz's teaching, Acoustic Panels will not help. But that also is another story.

-continued-

## WORSHIP TECHNOLOGY

with Deacon Mark

Let's sum this up and maybe even "reflect" on all of this. One of the goals of our Communion is to "build up" the Body of Believers, both physically and Spiritually, and equip them for every Good Work. To start this goal off, some of us invested in a Church that came with some Acoustical challenges (El Paso comes to mind as I have spent many hours working on the sound during Synods and other trips). The building is composed of concrete, Drywall, and wood. These are all "Reflective" Surfaces. The only absorptive items in the Cathedrals are the Pews, the Carpets, and the Mass Attendees.



As I mentioned earlier, Parishioner Bodies (Mass Attendees) count as Acoustic Treatments. They absorb sound, making both Speech and Music clear and enjoyable. As we Invest in Music Technology, meeting the Spiritual needs of the world, and lastly, preach Homilies worth paying attention to, the "bodies" of believers will become so dense, that the need for investments in Physical Acoustic Solutions will be less. By the looks of Holy Spirit of Hope's Social media, Rev. Liz and our beloved Archbishop Robert must be doing something right. The Density of Believers is starting to look really thick in their Posts. It appears to be... "Sound edification" and I'm guessing "Sound Doctrine".

Oh.. By the way.. The answer to the riddle in the first section *"If a tree falls in the forest, but there is no one around to hear it, does it make a sound?"* is: *"no, it only makes a vibration"*.

Sound needs a brain and since there is no body (or brain), there is no Sound. That said, if a Homily is taught, but no one is listening (because they cannot clearly hear or understand... or even appreciate what is being said), is the Word sent into a void?

For more fun on Acoustics, please feel free to reach out. Email- [Catholicmrk@gmail.com](mailto:Catholicmrk@gmail.com) Cell: 954-501-4899.



**Deacon Mark is the Chaplain to the House of Bishops and production manager for the online COCC South American Sunday Church service with Bishop Fuentes.**

**Professionally Mark is an audio engineer in Boca Raton FL where he also leads congregational worship in a RC Church**



## Christian Avoidance Disorder (CAD) Dr. David Brown



**Dr. David Brown, DMin**

*Fr David is an active Priest in the COCC and psychological counselor. He lives in Timberlane Tx with his wife Terry. They have 6 children and 22 grandchildren. Tlots of chickens and cows coming soon.*

**METANOEO,  
MEANING TO  
CHANGE ONE'S  
MIND AND  
PURPOSE**

Christians Avoidance Disorder (CAD) sufferers have a keen fear of mockery, embarrassment, denial, and destructive personal interaction. Among the symptoms of CAD are refraining from physical contact, emotions of failure, extremely low self-regard and even self-hatred, struggle with believing others, emotional isolation, and a keen sense of guarded self-consciousness.

Christians who exist with avoidance rob themselves of many encounters, explorations, and relationships. Panic-related avoidance behaviors may inhibit Christians from living their Christian life to the fullest. If Christians are exhibiting some anxiety-related avoidance behaviors, there are some things the clergy can teach to address the issue.

I will present this condition in the heart, mind, and soul, or behaviorism, CBT, and Psychotherapy paradigms.

First, we must clarify a few definitions between the counselor and counselee. What is repentance? What does it mean to allow the potter to transform us? What is a transformed heart? What does Satan have to do with it?

### The Heart or Behaviorism

An unrepentant heart is a tempest of internal cluelessness. Why repentance? Because Jesus Christ said, "From that time Jesus began to preach, and to say, repent for the kingdom of heaven is at hand" (Matthew 4:17).

There are three Greek words used in the New Testament to denote repentance.

(1.) The verb *metamelomai* is used for a change of mind, such as to produce regret or even remorse on account of sin, but not a change of nature. This word is used concerning the repentance of Judas. This type of repentance is regretted getting caught. (Metanoia M M, 2019)

Example of *metamelomai* – 2 They bound Him, led Him away, and handed Him over to Pilate, the governor. 3 When Judas, who had betrayed Him, saw that Jesus was condemned, he was remorseful and returned the thirty pieces of silver to the chief priests and elders. 4 "I have sinned by betraying innocent blood," he said. "What is that to us?" they replied. (Matt 27:2 - 4)

-continued-



## Christian Avoidance Disorder (CAD) Dr. David Brown

(2.) **Metanoeo**, meaning to change one's mind and purpose, as the result of after-knowledge. The theological concept of repentance is linked with metanoia, which is a prostration before God, both spiritually and physically. Biblical passages of Matthew 2:11, "And when they were come into the house, they saw the young child with Mary, his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense and myrrh." Luke 5:12, " And it came to pass, when he was in a certain city, behold a man full of leprosy: who seeing Jesus fell on his face, and besought him, saying, Lord, if thou wilt, thou canst make me clean." Luke 17:15-16, " And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, and fell down on his face at his feet, giving him thanks: and he was a Samaritan." (Metanoia, 2022)

(3.) This verb, with the cognate noun metanoia, is used for true repentance, a change of mind, purpose, and life, to which remission of sin is promised.

Evangelical repentance entails (1) a true sagacity of one's guilt and sinfulness; (2) gratefulness of God's mercy in Christ; (3) an actual abhorrence of sin (Psa 119:128; Job 42:5, Job 42:6; 2Cor 7:10) and turning from sin to God; and (4) an ongoing work after a consecrated life in a walking with God in the way of his instructions. (Easton's Bible Dictionary, 2020)

The true penitent is conscious of guilt (Psa 51:4, Psa 51:9), of contamination of the soul (Psa 51:5, Psa 51:7, Psa 51:10), and of helplessness (Psa 51:11; Psa 109:21-22). Thus, he captures himself to be just what God has always seen him to be and declares him to be. Nevertheless, repentance comprehends such a sense of sin and an apprehension of mercy, without which there can be no true repentance (Psa 51:1; Psa 130:4). (Metanoia M M, 2019)

YOU O LORD ARE  
OUR FATHER YOU  
ARE THE POTTER,  
WE ARE THE CLAY,  
THE WORK OF  
YOUR HAND

*What does it mean to allow the potter to transform us?*

Pottery Defined - Pottery is the process of forming pots (bowls, cups, vases, and more) out of wet clay, then firing it in an oven to make it hard and usable.

One of the great analogies in the Bible regarding our transformation and sanctification in the Lord must be the analogy of the potter and the clay. "But now, O Lord, You are our Father; we are the clay, and You our potter; and all we are the work of Your hand." (Isaiah 64:8) (Zech 11:12-13, 2021)

A few essential tools are needed: a sponge, a knife, a cutting wire, a cutting needle, and a hard scraping rib will do. Christians let God cover us with water (Holy Spirit), take pieces away, and add new forms; our walk will be filled with thorns and cuts, but Christ went before us, so we follow Him no matter the cost.

We need to become the clay, a solid substance God forms into a baby, then adult Christians. In the clay's wet form, it can be molded and re-molded. It will hold its shape after creation. It is soft when wet and gets stiffer as it dries.

-continued-

## Christian Avoidance Disorder (CAD) Dr. David Brown

We, as Christians, will walk through the valley of darkness and the heat of the day. God's kiln is just a heat source for form, like a clay pot. It bakes the moisture out of the clay and melts the clay just enough to fuse the clay particles, making it extremely hard and permanent.

As part of the repentance process, they should be made aware of the Sower of the Seeds and The Wise and Foolish Virgins parables.

Parable of the Sower: Lesson one, "The condition of his heart determines a man's reception of God's Word." A secondary lesson would be "Salvation is more than a superficial, even though joyful, hearing of the gospel. Someone who is truly saved will go on to prove it." "When anyone hears the message of the kingdom but does not understand it, the evil one comes and snatches away what was sown in his heart. This is the seed sown along the path." (Matt 25:19)

WE DO NOT  
WANT YOU  
TO BE  
UNINFORMED

The mind or Cognitive Behavioral Therapy

Parable of the 10 Virgins: Are we ready and have enough oil for our lamps?

"At that time, the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish, and five were wise. The foolish ones took their lamps but did not take any oil with them. The wise ones, however, took oil in jars along with their lamps. The bridegroom was a long time in coming, and they all became drowsy and fell asleep. At midnight the cry rang out: 'Here is the bridegroom! Come out to meet him!' Then all the virgins woke up and trimmed their lamps. The foolish ones said to the wise, 'Give us some of your oil; our lamps are going out.' "'No,' they replied, 'there may not be enough for both us and you. Instead, go to those who sell oil and buy some for yourselves.' "But while they were on their way to buy the oil, the bridegroom arrived. The virgins who were ready went in with him to the wedding banquet.

Moreover, the gate was shut. "Later, the others also came. 'Lord, Lord,' they said, 'open the door for us!' "But he replied, 'Truly I tell you, I do not know you.' "Therefore, keep watch, because you do not know the day or the hour." (Matt 25:1-13)

The problems that beg to be presented are 1. What is the oil? , and 2. Where did they receive it? In the Bible, oil symbolizes the Holy Spirit, so the question is, are you full of the Holy Spirit? Consider this verse in Romans, "You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ." (Rom 8:9) Without the Holy Spirit, as declared in this parable of the 10 virgins, you are just a void lamp. It does not matter how moral the lamp looks on the outside. "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit." (Eph 5:18) So, it is an inside thing, not an outside presentation.

-continued-

## Christian Avoidance Disorder (CAD) Dr. David Brown

*What is a transformed heart?*

This parable of the 10 Virgins is about the Transformation & Rapture.

In our story, the virgins got tired, and all fell asleep. In the Bible, falling asleep is a reference to dying. After they fell asleep, they were awoken by a cry that rang out. When that cry came, those who were ready went into the banquet with the bridegroom, and those who were not prepared went to hell. Consider what Paul said in Thessalonians. You may notice some parallels. (Jersak, 2022)

**THE MOST  
CRITICAL  
QUESTION IN  
LIFE IS,  
DOES JESUS  
KNOW YOU?**

"Brothers and sisters, we do not want you to be uninformed about those who sleep in death so that you do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. According to the Lord's word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the

air. And so we will be with the Lord forever." (1 Thes 4:13-17)

I think one of the most stunning statements in this entire story is verse 12. "But He replied, 'Truly I tell you, I do not know you.'" (Jersak, 2022)

Imagine the virgins heard these words and the shock when faced with this reality. This condition is not the first time Jesus used the phrase "I do not know you. If you remember, in the Sermon on the Mount, He said on that day there will be many people who had done things in Jesus' name. Yet his response to them will be, "depart from me I never knew you." (Matt 7:23). This comes to the most critical question in life not do you know about Jesus? The most crucial question in life is, does Jesus know you? Jesus knows you have nothing to do with your deeds or actions. Jesus knows what you have to do with you putting your trust in him as Savior and Lord. Nothing else matters. If there is any day you want to be known by Jesus, it is on that day.

The parable of the 10 virgins is a wake-up call. First, to those who do not know Jesus, it goes beyond that. Remember, the virgins did have lamps. Furthermore, it is a wake-up call to those who may go to church but are not walking with God. In other words, those who have empty lamps. More than ever, if you are not walking the way you should, this is the day to get it right. Not only because Jesus could return at any moment but because life is fleeting. (Jersak, 2022)

The Spirit of our existence or Psychotherapy paradigm.

What does Satan have to do with it?

### The Fiery Trial

"Beloved, do not be surprised at the fiery trial when it comes upon you to test you as though something

-continued-

## Christian Avoidance Disorder (CAD) *Dr. David Brown*

strange was happening to you. But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed." (1Pet 4:12-13)

Grief, agony, defeat, loss, and injustice are qualities in this life. The Christian experiences these ordeals more than everyone else. These trials are an attack by Satan. Paul called one of his trials "A messenger of Satan to buffet me." (2Cor 12:7) (How Satan, 2022)

God frustrated Satan by turning this test to Paul's advantage so that he would boast only about the Cross. However, please notice that God did not exact this trial on Paul. It was Satan who was aggressive toward Paul. God was giving Paul abundant grace. (2 Cor 12:9) "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability to withstand, but with the temptation, he will also provide the way of escape, that you may be able to endure it." (1Cor 10:13)

**THE MOST  
CRITICAL  
QUESTION IN  
LIFE IS,  
DOES JESUS  
KNOW YOU?**

### False Prophets

"But false prophets also arose among the people, just as there will be false teachers among you, who will secretly bring in destructive heresies, even denying the Master who bought them, bringing upon themselves swift destruction. And many will follow their sensuality, and because of them, the way of truth will be blasphemed." (2Pet 2:1-2)

Regrettably, only some people who come into your fellowship are sincere. Some wish to lead you astray from the truth and your faith in it. These people do not wear a badge saying, "False prophet." So, we must be on guard and fortify ourselves and each other with knowledge of the truth. "You, therefore, beloved, knowing this beforehand, take care that you are not carried away with the error of lawless people and lose your stability. But grow in the grace and knowledge of our Lord and Savior, Jesus Christ. To him be the glory both now and to the day of eternity. Amen." (2Pet 3:17-18)

### Abortive Confidence

"Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy inexpressible and full of glory, obtaining the outcome of your faith, the Salvation of your souls." (1Pet 1:8-9)

Our faith in Jesus is intensely personal and public. We believe in Him and love Him, and want to share His message. Satan does his best to wane this profound emotional connection with Jesus, our Lord, and Savior.

Satan recognizes that he needs to break down our love for Jesus and the self-confidence we find in our Lord. Satan tries to make us feel that there is some obstacle between Jesus and us. We feed him some fuel by worrying about the past and our failings.

Christians would have repented and been involved in trials and tribulations. These will come from God and Satan. The difference is that one will help you become more robust, and the other is filled with fear. We love, believe in, and serve Him without the advantage of physical sight. We should always be of good courage and know through the Spirit of God that we are righteous in Him." Be always of good courage and knowing that while we are at home in the body, we are absent from the Lord; for we walk by faith and not by sight." (2Cor 5:6-7) Our willingness to serve will help us overcome Christian Avoidance Disorder (CAD).



**AFFILIATED  
CHURCH DIRECTORY**

**IF YOU'RE IN TOWN ON A SUNDAY  
PLAN TO COME JOIN US!**

**CATHOLIC**

**AGAPE OF JESUS CATHOLIC  
CHURCH, Jeffersontown KY**

**HOLY SPIRIT OF HOPE  
CHARISMATIC OLD CATHOLIC  
CHURCH, El Paso TX**  
(Ground and Zoom Services)

**ST MICHAEL'S INDEPENDENT OLD  
CATHOLIC CHURCH, Loganville GA**

**AFFILIATED  
CHURCH DIRECTORY**

**IF YOU'RE IN TOWN ON A SUNDAY  
PLAN TO COME JOIN US!**

**INDEPENDENT**

**FIRST UNITED CHURCH OF CHRIST,  
Warren OH**

**\*\*INLIT FELLOWSHIP, Titusville FL**

**ONLINE SEMINARY**

**AGAPE SEMINARY LOUISVILLE**

**ST THOMAS OLD CATHOLIC  
THEOLOGICAL SEMINARY**

**\*\*House Church**

**Contact editor to list your weekly celebration and to welcome our  
brothers and sisters to join your local Worship!**

**UPCOMING EDITION**

- Testimonies/News
- Training
- Articles
- Columns



**To unsubscribe send an email to the editor and we'll remove you from our mailing list....**

**To subscribe send us an email and we'll add you in....**

**For any particular reason contact Text: 412.849,3443**

**E-mail: revjohngeinzer@gmail.com**