

# *St. Makarios the Great Orthodox Christian Mission*

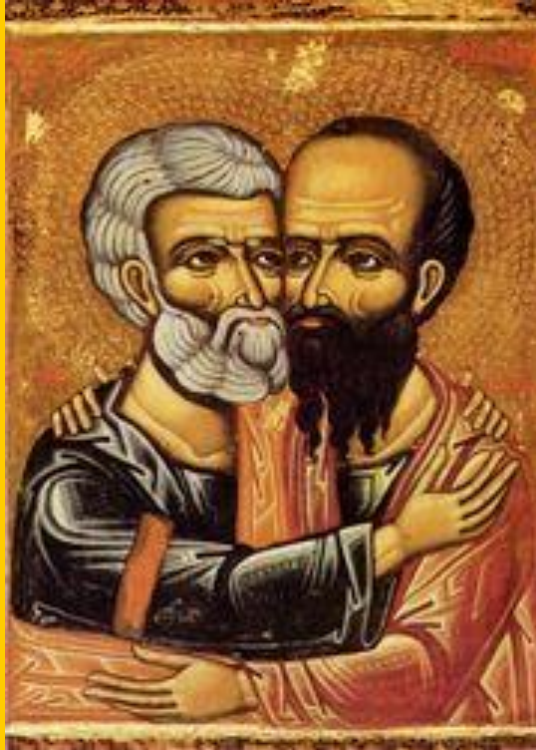
Orthodox Church in America

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Holy Apostles Peter and Paul

**June 20<sup>th</sup>, 2010**

*Confessions can be made before or after services or by appointment.*

**Vespers:** *Tuesday 6:30 pm* at St. John Stone Augustinian Friary, 1160 E. 54<sup>th</sup> Pl. Patristic or Bible study/ discussion afterwards.

*Saturday 6pm; same place as above.*

**Divine Liturgy:** *Sunday, 10am* At Bond Chapel, Southwest Corner of main UC Quad  
<http://maps.uchicago.edu/mainquad/bond.html> .

6/29 Tuesday, Feast Day Liturgy for Sts. Peter Paul, 7:30am at Bond Chapel

**Fr. Elijah and Rebecca will be away this week, until 6/28. Fr. Danial Doss will be serving for Fr. Elijah, and Anthony Harmon will help with the singing.** Fr. Elijah and Rebecca will be in Pittsburgh next Sunday for the ordination of Bogdan Bucur, who, with his wife Cristina, has visited us many times here at St. Makarios. He will be ordained to the priesthood on Sunday the 27<sup>th</sup>.

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An Anti-Depressant Found In Every Orthodox Church

Incense Found To Be Psychoactive

21 May 2008

by Kate Melville

Science A Go Go

Biologists from Johns Hopkins University and the Hebrew University in Jerusalem have discovered that burning frankincense (resin from the *Boswellia* plant) activates poorly understood ion channels in the brain that alleviate anxiety and depression, suggesting that an entirely new class of medicinal drugs might be right under our noses.

Reporting their findings in *The FASEB Journal*, the researchers said that the active compound - incensole acetate - significantly affected areas in the brain known to be involved in emotions as well as in nerve circuits that are affected by currently prescribed anxiety and depression drugs.

"In spite of information stemming from ancient texts, constituents of *Boswellia* had not been investigated for psychoactivity," said researcher Raphael Mechoulam. "We found that incensole acetate, a *Boswellia* resin constituent, when tested in mice lowers anxiety and causes antidepressive-like behavior. Apparently, most present day worshipers assume that incense burning has only a symbolic meaning."

To make their discovery, the researchers administered incensole acetate to mice and found that the compound activated a protein called TRPV3, which is present in mammalian brains and also known to play a role in the perception of warmth of the skin. When mice bred without this protein were exposed to incensole acetate, the compound had no effect on their brains.

...Gerald Weissmann, Editor-in-Chief of *The FASEB Journal*: "The discovery of how incensole acetate, purified from frankincense, works on specific targets in the brain should also help us understand diseases of the nervous system..."