



# HOLY TRINITY ORTHODOX CHURCH Parish Newsletter

New Parish Center: 20937 Ashburn Rd., #110, Ashburn, VA 31 March 2020

## The following was sent to me by an educator in New Jersey.

JOHNS HOPKINS UNIVERSITY has sent this detailed note on avoiding contagion.

The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.

Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

The virus is very fragile; the only thing that protects it is a thin layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius [=77 degrees Fahrenheit] for washing hands, clothes and everything. In addition hot water makes more foam and that makes it even more useful.

Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

NO BACTERICIDE SERVES. The virus is not a living organism like bacteria; they cannot ill what is not alive with antibiotics, but quickly disintegrate its structure with everything said. NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, because it removes all the moisture and does not let it peel off and disintegrates, 24 hours cardboard, 42 hours metal and 72 hours plastic. But if you shake it or use a feather duster, the virus molecules float

The name of the virus is SARS-2. The disease it causes is Covid-19. All bacteria—around for billions of years—have the ability to destroy a virus. A proprietary gene-editing tool called CRISPER represents science's attempt to understand and use this power for humanity.

in the air for up to 3 hours, and can lodge in your nose.

The virus molecules remain very stable in external cold, or artificial as air conditioners in house and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.

The virus CANNOT go through healthy skin.

Vinegar is NOT useful because it does not break down the protective layer of fat. [Neither is the cleaner 409.]

NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.

LISTERINE SERVES! It is 65% alcohol.

The more confined the space, the more concentration of the virus there can be. The open or naturally ventilated, the less.

This is super said, but you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom. You have to HUMIDIFY HANDS dry from so much washing, because the molecules can hide in the micro-cracks. The thicker the moisturizer the better.

Also keep your NAILS SHORT so that the virus does not hide there. *Caps, I believe, are the sender's.*

Help us!

Save us!

Have mercy on us!

And keep us, O God, by your grace!

Calling to mind our most holy, most pure, most blest and glorious Lady, Theotokos and ever-virgin Mary with [John the Baptiser] and all the saints, let us commend ourselves, and each other, and all our life, to Christ our God.

## Psalm 33—Communion Psalm at the PreSanctified

Carpathian Chant

Taste and see that the Lord... is good! Hap-py the man who takes re-fuge in him.

Al-le-lu-ia! Al-le-lu-ia! Al-----le--lu-----ia!

**NOTE:** The Church reads Psalm 33 with Christ in mind (e.g., none of his bones shall be broken, v.20). In Peter's first epistle, he cites verse 8a in the context of Christian initiation which concluded with the Eucharist. English cannot duplicate the play on words that the Greek translation of Holy Scripture has in this verse: In Greek, good is *chrēstós*, sounds like *Christós*, Christ.

I will bless the Lord at all times; ever shall his praise be on my lips!

<sup>2</sup>In the Lord shall my soul glory; let the lowly hear and be glad.

<sup>3</sup>Come, extol the Lord with me; let us exalt his name together.

<sup>4</sup>I sought the Lord, and he answered me; from all my fears he delivered me.

<sup>5</sup>Whoever looks to him will beam with joy; no longer will he hang his head in shame.

<sup>6</sup>Here was a poor wretch who cried out to the Lord: The Lord heard him and rescued him from all his distress. <sup>7</sup>The angel of the Lord is ever encamped with those who revere him, to rescue them.

<sup>8</sup>Taste and see that the Lord is good; happy is he who takes refuge in him. <sup>9</sup>Revere the Lord, all you, his holy ones; those who revere him want for nothing.

<sup>10</sup>The rich suffer want and go hungry, but those who revere the Lord never lack anything.

<sup>11</sup>Come, children, hear me; awe and respect for the Lord is my lesson for you.

<sup>12</sup>Who is there among you who delights in life, who looks for a long life to enjoy prosperity? <sup>13</sup>Guard your tongue against malice, then, and your lips against words of guile.

<sup>14</sup>Avoid evil and do good; seek out peace and follow after it.

<sup>15</sup>The eyes of the Lord are on the just; his ears hear their cries of anguish. <sup>16</sup>But the Lord turns his face away from the wicked; all trace of them vanishes from the face of the earth.

<sup>17</sup>When the just cry out, the Lord hears, and he frees them from all their troubles.

<sup>18</sup>The Lord is close to the brokenhearted; he saves those who are crushed in spirit.

<sup>19</sup>It is woe upon woe for the just man, but the Lord will deliver him from them all. **<sup>20</sup>For he keeps watchful care over every bone of his body: not one of them will be broken.**

<sup>21</sup>But evil will reward the wicked with death, and he who despises the just will pay for it.

<sup>22</sup>The Lord rescues the souls of his servants; those who take refuge in him shall never perish!

**Glory to the Father and to the Son and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.**

**Alleluia, Alleluia, Alleluia!  
Glory to you, O God! [3]**