

**SAINTS PETER & PAUL ORTHODOX CHURCH**  
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**BULLETIN OF MARCH 16, 2008**

**SUNDAY/MARCH 16th**

**Sunday of Orthodoxy (Tone 1)**

9:10a.m. Hours; 9:30a.m. Divine Liturgy  
Coffee Hour; Church School Classes

**End of the 1st and beginning of the 2nd  
week of the Great Fast**

4:00p.m. Vespers at Holy Trinity Church in  
Randolph

4:00p.m. Vespers at St. John the Baptist  
Church in Perth Amboy

**MONDAY/MARCH 17th**

7:00p.m. Vespers

**TUESDAY/MARCH 18th**

7:00p.m. Vespers; Confessions

**WEDNESDAY/MARCH 19th**

9:30a.m. Akathist to the Passion; Confessions  
6:30p.m. Presanctified Liturgy

**THURSDAY/MARCH 20th**

3:00p.m. Akathist of Repentance; Confessions

**FRIDAY/MARCH 21st**

7:00p.m. Vespers; Confessions

**MEMORIAL SATURDAY/MARCH 22nd**

9:30A.M. Akathist for the Departed;  
Confessions

5:30p.m. Vigil; Confessions

**SUNDAY/MARCH 23rd**

**2nd Sunday of Great Lent (Tone 2)**

9:10a.m. Hours; 9:30a.m. Divine Liturgy  
Coffee Hour; Question & Answer Period

**End of the 2nd and beginning of the 3rd  
week of the Great Fast**

4:00p.m. Deanery Vespers at Mother of God  
Church in Mays Landing



**Hymns on the Beginning of the Second  
Week of the Great Fast**

Let us now set out with joy upon the second week  
of the fast; and like Elias the Tishbite let us fashion  
for ourselves from day to day, O brethren, a fiery  
chariot from the four great virtues;  
let us exalt our minds through freedom from the  
passions;  
let us arm our flesh with purity and our hands with  
acts of compassion;  
let us make our feet beautiful with the preaching  
of the Gospel;  
and let us put the enemy to flight and gain the  
victory

Leading us through the time of the Holy Fast, O  
God, Thou hast enabled us to enter on its second  
week, Grant, O Lord, that in the weeks to come we  
may run the race with all our power. Give to our  
souls and bodies grace and strength, that with  
good courage and in joy we may complete the  
course and come to the Royal Day of Thy  
Resurrection; and wearing the crowns of victory,  
we shall praise Thee without ceasing.

### **The New Parish Council**

Will be installed on Sunday, Mar. 23rd at the Divine Liturgy.

The next Parish Council Meeting is Mar. 27th Thursday at 7:00p.m.

### **Offerings for the week of March 9<sup>th</sup>**

Olive Oil – in memory of Emilia; in memory of Eugenia; for the health of Justina; in memory of Joan; for the health of Robert (birthday);

Wine – in memory of Michael.

### **Preparing for Holy Communion**

In the time of Great Lent, we partake more frequently of the Precious Body and Blood of Christ “for the remission of sins and life everlasting.” Let us be mindful of the discipline expected of us in preparing to receive the Holy Gifts.

\*A total fast from food and drink is held from midnight. Medicines may be taken at anytime.

(A fast for the evening Presanctified Liturgy should be held from at least 12:00 noon.)

\*Pre-Communion Prayers are recited from the Prayer Book on the evening before or morning of the Divine Liturgy.

\*Participation in the evening service on Saturday is part of the discipline for minimal preparation for receiving Holy Communion. This being said, not everyone can be present due to health, work, dependence on rides, etc. Nonetheless, we should strive to worship at the Vigil Service (or part of it, either the Vespers 5:30-6:15 or the Matins 6:15-7:30).

Our Saturday evenings ought to be spent in prayerful preparation at church and at home.

### **Namesday Greetings**

St. Patrick/Mar. 17<sup>th</sup>: Diaconissa Patricia Sokol; Many Blessed Years!

### **Parish Synodicon – Memory Eternal!**

Mar. 16, 1973 Edmund Kornacki  
Mar. 16, 1979 Joseph Peschek  
Mar. 17, 1949 Theresa Krivka  
Mar. 17, 1968 Andrew Hnatuk  
Mar. 17, 1989 Philip Kulina  
Mar. 18, 1981 Metropolitan Ireney  
Mar. 19, 2004 Anna Lisneski  
Mar. 20, 2000 Theodore Adamchak  
Mar. 21, 1991 Eugenia Kozlov  
Mar. 23, 1925 Peter Chabra  
Mar. 23, 1975 Anna Yalsh

### **Parish Educational Classes**

Teen Discussion Group (high school students) a brief 20 minute informal discussion to be held on the 2<sup>nd</sup> Sunday during the Coffee Hour.

Class A (K thru 3<sup>rd</sup> grade) on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays during Coffee Hour.

Class B (4 thru 8 grade) on the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Sundays during Coffee Hour.

General Question & Answer Period on the 4<sup>th</sup> Sunday during Coffee Hour.

No classes on the 5<sup>th</sup> Sunday of the month.

### **Boiled Wheat for the Divine Services**

Mar. 22nd, Memorial Saturday

Mar. 29th, Memorial Saturday

Apr. 5th, Memorial Saturday

If you wish to prepare the wheat for any of these days, please let Father James know.

### **Lenten Almsgiving**

- OCMC Boxes – for mission work of the Church in USA and other countries. You may secure a box on the vestibule stand.
- The Poor Basket – in the middle of the church is the venue for the charitable work of our parish through the St. Philaret Society, which provides help for parishioners and others.
- St. Mary Magdalen Church in Jeruslaem an annual offering is made on Palm Sunday (use the envelope in your packet).



### **Offerings for the Week of March 16th**

**Olive Oil** - in memory of Emilia; in memory of Michael; for the health of Diaconissa Patricia (namesday); for the health of Arpastean family; in memory of Eugenia.

**Wine** - for the health of Justina; in memory of Joan; for the health of Barbara.

### **Feast of the Annunciation – March 25th**

This is “one of the 12 Great Feasts” of the year. On March 24<sup>th</sup>, Monday, 7:00p.m. Matins & Confessions  
March 25<sup>th</sup>, Tuesday, 9:30a.m. Vespers & Liturgy.  
On this festal day, fish, wine & oil are permitted.  
We should strive to participate in these divine services.

### **Easter Candy Has Arrived**

Have you picked-up your order?

### **To Conquer the Enemy is to Conquer Ourselves – by St. Leo the Great (+461)**

In the days of Saul and David, it was when the Israelites fell into sin that the Lord allowed the Philistines to oppress them. In order to regain their ascendancy over their enemies, the people were ordered to fast. The Israelites understood that there was no use for them to try to win their freedom by taking up arms; they first had to rid themselves of their sins. So they began to discipline themselves and to conquer the desire of the flesh to be able to conquer their opponents. When they fasted their oppressors gave way before them, whereas when they indulged all their appetites the enemy held them in subjection.

It is the same with us today. We have our own struggles and conflicts, and we can win by using the same tactics. The Israelites were attacked by human beings; we are attacked by spiritual enemies. We can conquer by bringing our lives into line with God’s will for us; then our enemies will give way before us. It is not their power but our lack of self-discipline that makes a threat to us, and we shall weaken them by overcoming ourselves.

We must ask God’s help in this warfare, because our only means of conquering the enemy is to conquer ourselves.



### **ABOUT SAINT EPHREM’S PRAYER**

The famous lenten prayer of Saint Ephrem the Syrian summarizes our entire struggle during the forty day fast – that of turning from vice to virtue, sin to holiness, and self-love to love of God and neighbor.

This powerful prayer is said every day of Great Lent, except on Saturdays and Sundays. It should be part of our morning and evening prayers, but may also be said at any other time throughout the day – especially in time of temptation.



### **THE PRAYER OF SAINT EPHREM**

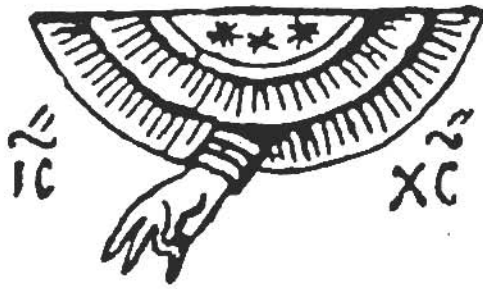
O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. (*Prostration*)

But grant rather the spirit of chastity, humility, patience, and love to thy servant. (*Prostration*)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

O God, cleanse Thou me a sinner. (*12 times, with as many bows, and then again the whole prayer from the beginning to end, and after that one great prostration*)

**Note:** If one cannot make prostrations, then make bows, or simply the sign of the Cross.



### **STRUGGLE AND SPIRITUAL WARFARE**

- *From 3<sup>rd</sup> Homily of St. Macarius the Great (+390)*

One thing is required – that one should have treasure in his soul and the life which is the Lord in his mind, so that, whether he works or prays or reads, he should have that possession which cannot be lost, which is the Holy Spirit.

There are those who say that the Lord requires only visible fruits from men. The interior ones God will rectify. But this is not the way things are. For as one defends himself against the exterior man, so also he must enter into the lists and do battle against his thoughts. For the Lord demands of you that you be angry with yourself and engage in battle with your mind, neither consenting to or taking pleasure in wicked thoughts.

Still, to uproot sin and the evil that is so imbedded in our sinning can be done only by divine power, for it is impossible and outside of man's competence to uproot sin. To struggle, yes, to continue to fight, to inflict blows, and to receive setbacks is in your power. To uproot, however, belongs to God alone. If you could have done it on your own, what would have been the need for the coming of the Lord? For just as an eye cannot see without light, nor can one speak without a tongue, nor hear without ears, nor walk without feet, nor carry on works without your hands, so you cannot be saved without Jesus nor enter into the Kingdom of Heaven.

Suppose you say: "I do not outwardly corrupt myself by fornication or adultery nor do I commit the crime of avarice, therefore it follows that I am justified." You are completely off the mark in such thinking that you have perfectly fulfilled everything. There are not just three categories of sin against which one must guard oneself, but the number is legion. Arrogance, presumption, unbelief, hatred, envy, deceit, hypocrisy, where do these come from? Are you not obligated to war against these in your inner thoughts? If a robber invades your house, are you not at once greatly distressed? He does not allow you to be freed from anxious worries. You begin to fight back against him. You exchange blows. So ought also the soul to strike back, to resist, to strike blow for blow.

Consequently, when the will fights back in its trouble and affliction, it begins to gain the upper hand. It may fail; it rises. Then sin pounces on the soul and wages ten or twenty conflicts. It overcomes the soul and pins it down. But then the soul, after a while in a momentous struggle, overcomes sin. If the soul preserves without letting down its guard in any area, it begins to emerge victorious as it sees through the deceit of sin and so it wins the crown of victory over sin.