

SAINTS PETER & PAUL ORTHODOX CHURCH

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BULLETIN OF SEPTEMBER 13, 2009

SUNDAY/SEPTEMBER 13

Sunday Before the Holy Cross

9:10a.m. Hours; 9:30a.m. Divine Liturgy

Coffee Hour

12:00p.m. Movie Presentation:

Beyond Torture

12:00p.m. -2:00p.m. Church Open

MONDAY/SEPTEMBER 14

Elevation of the Holy Cross

(One of "the 12 Great Feasts of the Year")

-Strict Fast Day-

9:10a.m. Hours; 9:30a.m. Divine Liturgy

TUESDAY/SEPTEMBER 15

7:30p.m. Movie Presentation: *Beyond Torture*

THURSDAY/SEPTEMBER 17

7:00p.m. Parish Council Meeting

SATURDAY/SEPTEMBER 19

Saturday After the Holy Cross

9:30a.m. Akathist to Holy Cross; Confession

5:30p.m. Vigil; Confession

SUNDAY/SEPTEMBER 20

Sunday After the Holy Cross

9:10a.m. Hours; 9:30a.m. Divine Liturgy

Coffee Hour

1:00p.m. Marriage of John Finnegan and Nino Kanchaveli

Fasting Days

Monday, September 14 (Strict Fast)

Wednesday, September 16

Friday, September 18



Tropar Tone One

O Lord, Save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

Kontakion Tone Four

As Thou wast voluntarily crucified for our sake, grant mercy to those who are called by Thy Name; make all Orthodox Christians glad by Thy power; granting them victories over their adversaries, by bestowing upon them the invincible trophy, Thy weapon of peace.

The Post-Feast of the Holy Cross

Is celebrated thru the "Leave-Taking," on Sunday, September 20th. During this period, the tropar and kontakion of the Holy Cross is sung/said at our daily rule of prayer and at all meals. The tropar before a meal and the kontakion after a meal.

Parish Synodicon: Memory Eternal!

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|----------------|-----------------------|
| Sept. 14, 1978 | Stephen Keselchak |
| Sept. 15, 1966 | Theodore Mivonuk |
| Sept. 16, 1980 | Mary Lukasik |
| Sept. 17, 1960 | Katherine Sedorkewicz |
| Sept. 17, 1988 | Raymond Koslosky |
| Sept. 17, 2003 | Mila Seidal |
| Sept. 18, 1974 | Stephen Zydiak |
| Sept. 18, 1993 | Johanna Godleski |
| Sept. 19, 1964 | Olga Dutka |
| Sept. 20, 1940 | Peter Chapan |
| Sept. 20, 1976 | Sophie Demjanow |
| Sept. 20, 2006 | Eugenia Fetchko |

Incense Fragrance Used

Sun. Sept. 13 *Flowers of Paradise.*
Sun. Sept. 20 *Sarov*

Parish Website

The On-Line Parish Directory has been up-dated to include email addresses. For access obtain from Fr. James user and passwords. To have your email included or for any other necessary changes in the Directory, please let Father know.

The Free Table

In the lower hall near the Conference Room, is a table where you may find books, cds, and other items you may freely take. Check it out.

Film Presentation - "Beyond Torture"

On Sun. Sept. 13th at 12:00noon and on Tues. Sept. 15th at 7:30p.m. in the Conference Room. This Film is the story of Pitesti Prison in Romania. In 1949 Stalinist Soviets began a sweep of Romanian college campuses, to imprison and transform young Romanians into a communist way of thinking. This documentary attests to both the power of evil as well as the superior power of good. Interviewed is a prison survivor, Fr. Roman Braga, a spiritual father today in the USA.

Bring someone with you to the film!

Parish Council Meeting

This Thursday at 7:00p.m. sharp. Parishioners are invited to attend.

Cheesecake Fundraiser – September Month

This annual fundraiser is now under way. Ordering forms may be picked up in the church vestibule or in the parish hall. Questions? Please speak with Lisa Keller. Thank you for participating.

Open Door Ministry

From 12:00p.m. to 2:00p.m. for the next five Sundays, the Doors of the Church as an "outreach" so visitors can see, pray, light a candle, obtain information about our church. Door-Keepers are sought. A sign-up sheet is on the vestibule stand or speak with Reader Symeon Combs.

Remember in Prayer

Mary Holovach; Mary Rosocha, Theodora Combs, Charles Kachek.

Parish Church School Classes

Will commence in October. Presently, we are lining up teachers and will meet with the parents of church school age children to determine a schedule for classes.

Namesday Greetings

St. Sophia/Sept. 17: Sophie Barna, Sophie Olszyk, Sophia Bakaletz
St. Vera/Sept. 17: Vera Wilhousky;
Many Blessed Years!

Offerings for the Week of Sept. 13

Olive Oil - in memory of Michael and Justina; in memory of Joan; in memory of Vaschen and Emilia; in memory of Joseph, John and Loretta; for the health, salvation and protection of Marianna and Stefan.

Wine – for health, salvation and protection of Gabriela-Antoaneta; for the health of Teresa Joan.

Orthodox Education Day – Sat., Oct. 3

Annual celebration day at St. Vladimir's Seminary. See the posted flyer for details.

**FROM THE COUNSELS OF
FR. EPIPHANIUS OF ATHENS (+1989)**



On the Taking of Psychiatric Medications

Question: Are Christians allowed to take psychiatric medicines? Because many maintain that anxiety, depression, melancholia and in general, psychiatric disorders of the soul are healed only with spiritual life: that is with prayer, going to church, Confession and Holy Communion.

Answer: When necessary, Christians may take these medications.

Question: But what can these medications do to the soul of a person?

Answer: We must clarify from the beginning that the so-called psychiatric medicines or tranquilizers – that is, these material substances – cannot in any way give man's soul the longed for calmness, nor to bring consolation and hope to the soul of a mother – for example – whose son has died, not even to deliver the conscience of a man from the guilt of the sins which he committed. These gifts “come down only from above, from the Father of lights.” And only the celebrants (priests and spiritual fathers) of the Church are able to heal these conditions of people.

Question: Then why did you say that the psychiatric medicines are necessary?

Answer: Listen! Anxiety and depression in people are caused not only by such-above mentioned factors, or even from a financial ruin or from repression of their personalities and loss of self-esteem etc...but also from factors which originates in the nervous system (the brain) of man – in other words, from the disturbance of the higher functions of the brain, such as emotion, thought, will, etc. This type of anxiety or depression is improved or even healed with psychiatric medicines, medicines that is, which act on brain functions in such a way as to bring them back to their normal rhythm.

To put it more simply: Many Christians focus their attention on the immaterial component of man – that is the soul; attributing to it alone the manifestations of anxiety, melancholia etc. and thus they reject the medicines given the fact that matter cannot effect the immaterial. They forget though, that man also has a body. And because the brain, through which the soul is expressed, is an instrument of the body,

with material means (that is with medicines or earlier on with insulin comas or electroshock) its disturbances must be dealt with.

Question: What do you mean when you say the soul expresses itself through the brain?

Answer: An image which we could use to describe the relationship of soul and brain is the violin with violinist. Just as even the best musician cannot make good music if the

violin is broken or unstrung, in the same manner man's behavior will not be whole (see Timothy 3:17) if the brain presents a certain disturbance, in which case the soul cannot be expressed correctly. It is precisely this disturbance of the brain that certain medicines help correct and so aid the soul in expressing itself correctly.

Question: Can intense sacramental life or fervent prayer heal these disturbances of the brain?

Answer: Of course, God can do a miracle for these sufferings. The question however, which was posed to me in the beginning was something else. I was asked if Christians are allowed to use psychiatric medicines. And to this I responded undoubtedly. Yes. Simultaneously, however, I also as you: Why don't you ask the same questions about bronchial asthma, for example, or eczema or migraine headaches or glaucoma or intestinal ulcers, etc.? Let us finally realize that anxiety, melancholia, depression, etc. does not only come from the disturbance of the soul, but also from the disturbance of the brain or from a combination of the two.

In the final case, psychological support is also needed (the solution of problems, selfless assistance, behavior salted with the salt of discernment, so that those who pose such problems do not feel difficulty from the manifestations of our love, examination from an educated, pious psychiatrist who will also enlighten them about the nature of the disturbances, the invocation of divine aid, the approaching to the Sacraments of the Church etc.) and simultaneously a medical therapy.

Neuropsychotic Disturbances and Sexual Purity

Question: A certain number of mental health experts consider the keeping of sexual purity during a young age as a cause of psychiatric illnesses. What do you say?

Answer: This viewpoint of theirs is mistaken and the explanation for this is very simple. All those who visit the psychiatrist are ill. No one who is healthy goes to such a doctor for no reason. So, because now a certain percentage of these patients don't engage in sexual activity, they reach the conclusion in combination with Freudian theories that the cause of the neuropsychic disturbance is sexual abstinence. I though know tens of youth who are sexually pure and naturally they have health of soul.