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BULLETIN OF DECEMBER 14, 2008

SUNDAY/DECEMBER 14th
Sunday of the Holy Forefathers
Tone One

9:10a.m. Hours; 9:30a.m. Divine Liturgy
 Coffee Hour; Church School
 11:00a.m. Christmas Cookie Walk

**Visitations this Week to Those
 That Are Home Bound with
 Holy Mysteries**

FRIDAY/DECEMBER 19th
 7:00p.m. Compline; Confession

SATURDAY/DECEMBER 20th
Pre-Feast of the Nativity
St. John of Kronstadt

9:30a.m. Molieben and Anointing with oil from
 the tomb of St. John of Kronstadt on the
 100th Anniversary of his repose Dec. 20, 1908;
 Confessions
 3:00p.m. Confessions
 5:30p.m. Vigil; Confessions

SUNDAY/DECEMBER 21st
Sunday Before the Nativity
Pre-Feast of the Nativity
(Tone Two)

9:10a.m. Hours; 9:30a.m. Divine Liturgy
 Coffee Hour; Church School
 6:30p.m. Compline; Confessions

Pre-Feast of the Nativity

Is observed, December 20th-24th, the Nativity
 Fast end after the Divine Liturgy on December
 25th.

Post-Feast of the Nativity

Is observed, December 26th-31st, in this festal
 period we rejoice and do not fast on any day, nor
 kneel, nor celebrate the Mystery of Holy Marriage
 or offer Memorial Services.



All mankind waited for the coming of Christ
 the Saviour, who would open up the gates of
 Paradise.

Unfulfilled Christmas?

If we focus on ourselves, how to feel good; how
 to secure good things; how to please one
 another, we will be unfulfilled. Jesus Christ
 alone gives us all that we need and the true joy of
 celebration. The presence of Jesus Christ in our
 souls, can bring happiness, peace, joy, warmth
 and security. Let us cling to Jesus Christ in this
 season of Preparation ever more closely. Let us
 take the time to pray and establish our spiritual
 and practical priorities. Let Jesus Christ come
 with us from home to school, from kitchen to
 shopping, from Church to work.

Nativity 40 Day Lent

(November 15th – December 25th)

A Fast is held from meat, dairy, fish, wine and
 oil. Certain days allow for modifications, see
 your parish wall calendar or below.

Sunday	Dec. 14	Fish, wine and oil
Monday	Dec. 15	
Tuesday	Dec. 16	Wine and oil
Wednesday	Dec. 17	
Thursday	Dec. 18	Wine and oil
Friday	Dec. 19	
Saturday	Dec. 20	Wine and oil
Sunday	Dec. 21	Wine and oil



2009 Parish Wall Calendars

May be picked up in the church vestibule. One per household please.

Cancellations Due to Weather

The Parish Website will indicate any changes to the schedule as necessitated by the weather, at least one hour before the service or event. Please check the website before you leave home if the weather is "iffy."

The Mysteries of Holy Confession and Holy Communion

Should be received by all the faithful in the time of this 40 Day Nativity Lent. Those who desire to partake of Holy Communion on the Feast of the Nativity, December 25th, must have gone to Holy Confession in the time period after November 15th.

Those Who Are Home Bound

Fr. James will be bringing the Holy Mysteries to the homes for those who cannot make it to church. Please call him to make sure you are scheduled to be visited this Nativity Lent.

Coptic Community Update

The anticipated move to the Upper Hall is sometime in early February.

Some Worthwhile Websites

Orthodox Christianity

www.orthodoxlinksinfo.

A directory of Orthodox Internet Resources. The best site for anything and everything about Orthodoxy.

Ancient Faith Radio

www.ancientfaith.com

Timeless Christianity 24/7.

Orthodoxy Today

www.orthodoxytoday.org

Commentary on Social and Moral Issues.

Orthodoxy in America

www.orthodoxyinamerica.org

On line directory of all Orthodox Churches in America.

Monachos

www.monachos.net

Orthodox Patristic, Monastic and Liturgical Study.

Parish Synodicon – Memory Eternal!

40 Days Dec. 27, 2008 Vaschen Sarichisian

40 Days Dec. 31, 2008 Anastasia Barna

December 14, 1978 Pauline Jackowlew

December 16, 1933 Vladimir Shultz

December 16, 1993 Ann Warin

December 18, 1980 Joseph Pituch

December 20, 1962 Michael Popko

December 20, 1980 Anna Martin

December 21, 1946 Helen Semoskovich

December 21, 1997 Nadia Marchuk

Mid-Week Mailing

In the middle of the week – usually Wednesday or Thursday, an email is sent to some 50 of our parishioners and friends with information, latest parish news, prayer requests and a few inspirational words. To be added to the list, let Father James know or subscribe on the parish website: www.sppoc.org

Namesday Greetings

2nd Sunday Before Nativity: St. Sarah, St. Rebecca, St. Rachael, St. Eve: Sarah Amanda Kita, Sarah Fedechko, Rebecca Oliver, Rachael Oliver and Eve Melnikov; Many Blessed Years!

Seminarian Christmas Wish List

The Lord bless your generous response to this annual good work. All the gifts were ready for St. Nicholas Day. Thank you.

Offerings for the week of December 14th

Olive Oil - in memory of Emilia and Vaschen; in memory of Joan; in memory of Michael and Justian; in thanksgiving on 10th anniversary of Holy Baptism; in memory of Patriarch Alexy II;
Wine- for the health of Edward; in memory of Louise Chabra.

Flowers – in memory of Nicholas Chabra.

During the Divine Liturgy We Ought

To remember that the Angels being present, sing and pray with fear and devout piety. So should we.

In prayer we talk to God – not each other – Coffee Hour is our time to talk.

Candles should be lighted only during times when the Royal Doors are closed.

Metropolitan Jonah sends letter of condolence to Patriarchal *Locum tenens* of the Church of Russia

Posted 12/08

SYOSSET, NY [OCA Communications] -- On December 6, 2008, His Beatitude, Metropolitan Jonah sent a letter of condolence to His Eminence, Metropolitan Kirill of Smolensk and Kaliningrad, Patriarchal *Locum tenens* of the Russian Orthodox Church.

Metropolitan Jonah's letter reads as follows.

"It is with a heavy heart that I convey to you, and through you to the Holy Synod and all the hierarchs of the Moscow Patriarchate, to the clergy, monastics and faithful of the Russian Orthodox Church, the sympathy and love of the Orthodox Church in America. Together with you we grieve at the death of His Holiness Patriarch Aleksy II, praying that the Lord will give him rest 'where there is neither sickness, nor sorrow, nor sighing, but life everlasting.'

"The hierarchs, clergy, monastics, and faithful of the Orthodox Church in America saw in Patriarch Aleksy a strong and steady spiritual leader of the Russian Orthodox Church. In his life of nearly eighty years he labored as a priest and a bishop during long decades of the rule of state atheism. During these years the life of the Holy Orthodox Church of Russia was rich inwardly, in liturgy and prayer and the confession of the Holy Orthodox Faith, but constrained and confined and persecuted outwardly. To navigate the ship of the Church in these circumstances required the gentleness of doves and the wisdom of serpents.

"When His Holiness Aleksy was elected Patriarch of Moscow, the system of state atheism was collapsing. Russia and the other newly independent states entered into a period of complicated change. In this period the Orthodox Church acquired the freedom to perform its mission in society openly. Liberty came through processes which brought change to society by dismantling the old patterns. These processes also brought new trials and dangers.

"In the midst of this time of opportunity and danger, the late Patriarch Aleksy gave himself to the task of building the Church from the rubble of the decades of destruction. As he often said, the challenge of restoring and healing the souls of people is a more urgent and more difficult task than rebuilding churches. Carrying on his shoulders the immense burden of governing the Church of Russia, Patriarch Aleksy was a constant celebrant of the liturgical services, both gaining strength for his service as Patriarch, and giving strength and encouragement to all.

"In his last message to the Orthodox Church in America, Patriarch Aleksy wrote a wise, moving, and heart-felt letter to the 15th All American Council at which I was elected as Primate of our Church. As a young bishop and young primate, I looked forward to Patriarch Aleksy's wise counsel. It is a matter of personal grief and regret for me that I will not have access to this counsel. Yet I will reflect on his service as Patriarch, seeking wisdom for my own service in his example of steadfast adherence to prayer, to liturgical celebration, and to spiritual intercession for the people of God.

"Your Eminence! Be assured that the Holy Orthodox Church in America accompanies your Church in its time of mourning with love and affection.

His Holiness, Patriarch Aleksy II of Moscow and All Russia fell asleep in the Lord at 79 years of age on Friday, December 5, 2008. Funeral services for Patriarch Aleksy will take place on Tuesday, December 9, 2008, at the Cathedral of the Epiphany in Moscow. Representing the Orthodox Church in America at the services will be His Eminence, Archbishop Seraphim of Ottawa and Canada, chair of the OCA's Office of External Affairs and Interchurch Relations.

May the memory of His Holiness, Patriarch Aleksy II of Moscow and All Russia be eternal!

Green Tip: Eat Less Meat

- In eating less meat, we better control our carbon footprints.
- In large developing countries like China, India and Brazil, consumption of red meat has risen 33% in the last decade. It is expected to double globally between 2000 and 2050.
- Flatus and manure from animals contain not only methane, but also nitrous oxide, an even more potent warming agent. And meat requires energy for refrigeration as it moves from farm to market to home.
- Producing meat requires creating new pastures and planting more land for imported feeds, particularly soy, instead of relying on local grazing. That has contributed to the clearing of rain forests, particularly in South America, robbing the world of crucial "carbon sinks," the vast tracts of trees and vegetation that absorbs carbon dioxide.
- Reducing meat consumption would have more effect than switching to a hybrid car.
- Producing a pound of meat creates 11 times as much greenhouse gas emission as a pound of chicken and 100 times more than a pound of carrots.
- Estimates of emissions from agriculture as a percentage of all emissions vary widely from country to country, but they are clearly over 50% in big agricultural and meat-producing countries like Brazil, Australia and New Zealand.
- In the USA, agriculture accounts for just 7.4% of greenhouse gas emissions. This percentage is lower because the USA produces extraordinary high levels of emissions in other area, like transportation and landfills, compared with other nations. The figure also does not include fuel burning and land-use changes.

- From, *As More Eat Meat, a Bid to Cut Emissions*
New York Times, December 4, 2008

Meat Consumption and CO₂ Emissions

According to a report by the United Nations Food and Agriculture Organization, livestock generates 18 percent of greenhouse gas emissions. The problem is expected to grow, as developing countries increase their consumption of meat and byproducts.

