

## **SS. PETER & PAUL ORTHODOX CHURCH**

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**BULLETIN OF MARCH 8, 2009**

### **SUNDAY/MARCH 8th**

**1st Sunday of the Great & Holy Fast:**

**Sunday of Orthodoxy (Tone 5)**

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

Coffee Hour; Church School;

Teen Discussion Class

4:00p.m. Deanery Vespers in Jersey City

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

### **MONDAY/MARCH 9th**

**Forty Holy Martyrs**

7:00p.m. Vespers

### **TUESDAY/MARCH 10th**

7:00p.m. Vespers; Confession

### **WEDNESDAY/MARCH 11th**

9:30a.m. Akathist to the Passion; Confession

6:30p.m. Pre-Sanctified Liturgy

### **THURSDAY/MARCH 12th**

3:00p.m. Vespers; Confession

### **FRIDAY/MARCH 13th**

7:00p.m. Vespers; Confession

### **MEMORIAL SATURDAY/MARCH 14th**

9:30a.m. Akathist for the Departed; Confession

5:30p.m. Vigil; Confession

### **SUNDAY/MARCH 15th**

**2nd Sunday of the Great & Holy Fast:**

**St. Gregory Palamas (Tone 6)**

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

Coffee Hour; Church School

4:00p.m. Vespers in Bayonne

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



As we set out upon the second week of the Fast, direct our steps, O Lord; shine upon us with the sanctifying light of Thy commandments, and make us worthy to offer on bended knees a prayer acceptable to Thee; for Thou art our Father and we are Thy sons. With fear we sing Thy praise and call upon Thy Name.

As soldiers of Christ let us now suffer hardship; for quickly will the time pass by, and on those who have fought bravely Christ will bestow crowns of victory, when He comes in glory upon earth to judge the world.

O my soul, because of fasting Moses beheld God; because of fasting Elias rode in a chariot of fire, and Paul was taken up to heaven, Therefore let us fast from evil and we also shall be taken up on high, gaining freedom from the passions.

### **Fasting Norms for Great Lent**

A Fast is observed from meat, dairy, fish, wine and oil products daily. On Saturdays and Sundays, wine and oil are permitted. We should strive to keep both the rule and spirit of what constitutes a true Fast.

### **The Annual Easter Candy Sale**

Is currently underway. Order forms may be found on the vestibule stand. Please return no later than Sunday, March 15th.

### **Pussywillows Sought**

Please bring them to the lower hall.

### **Parish Council Notations**

The installation of the New Council will take place next Sunday, March 15th at the Divine Liturgy.

The next meeting of the parish council will be Thursday, March 19th at 7:00p.m.

### **Tikhonaire - \$5 Donation to St. Tikhon's Seminary**

Please print your name on the sheet on the vestibule stand and place \$5 offering in the attached envelope.

### **Back in Print and on Sale**

The official OCA Prayer Book at \$12.00. Paperback black covered, at the vestibule stand.

### **Cell Phones**

Please be sure they are off before you enter the church for services.

### **Fasting for the Evening Pre-Sanctified Liturgies**

While the normal fast for the evening Pre-Sanctified Liturgy is a total fast for the entire day, that is from sunrise to the evening; the Holy Synod of Bishops permit a mitigated but total fast from at least the noon hour in preparation for Holy Communion. Medicines of course, may be taken any time.

### **Lenten Charitable Offerings**

OCCMC Coin Boxes which provide for missionary work in the USA and abroad. Boxes may be picked up on the vestibule stand.

Poor Basket in the center of the church which provides funding for St. Philaret Society, the charitable arm of our parish caring for our own and others.

St. Mary Magdalen Church in Jerusalem. Each year we make an offering for the benefit of this holy church in the Holy Land.

### **Parish Synodicon - Memory Eternal!**

March	08,	1974	Joseph Wigodinski
March	08,	1976	Sophie Rose
March	08,	1990	Henry Olszyk
March	09,	1919	Elizabeth Demstor
March	09,	1956	Michael Hnatuk
March	09,	1956	Anna Makowski
March	09,	1957	John Makowski
March	09,	1976	Daria Karenevich
March	10,	1936	Jacob Voliakim
March	10,	1963	William Zaleski
March	11,	1961	Paraska Holowach
March	11,	1972	Alex Smagley
March	12,	1924	Nicholas Semashkevich
March	12,	1966	Leo Stachowsky
March	13,	1929	Theodore Malko
March	13,	1969	Tekla Barnosky
March	13,	1973	Paul Swidonovich
March	13,	1974	Helen Lysy
March	13,	1994	Nikolai Dimitriew
March	13,	1995	Joseph Zydiak
March	14,	1971	Catherine Chepon

### **Seeking Preparers for Boiled Wheat or Boiled Rice**

For the Memorial Saturdays of March 21 & 28.

Please let Fr. James know if you are willing to prepare this offering and for what date.

### **Celebrating the Nation of Georgia: Its Faith, People and Culture**

On Saturday May 2nd, our parish will hold a special celebration celebrating the Georgian Peoples. Future announcements will provide the program for this mid-day celebration. Mark your calendar now and be sure to invite friends.

### **Offerings for the week of March 8th**

Olive Oil in memory of Vaschen and Emilia; in memory of Joan; in memory of Michael and Justina; for the health of Robert (birthday).

Wine for the health of Daniel (birthday); in honor of St. Daniel of Moscow.



# PATRIARCHAL CATECHETICAL HOMILY FOR HOLY AND GREAT LENT

Feb 27, 2009

Prot. No. 94

## CATECHETICAL HOMILY

For Holy and Great Lent

+ BARTHOLOMEW

By God's Grace Archbishop of Constantinople,  
New Rome and Ecumenical Patriarch

To the Plenitude of the Church,

*Grace and Peace from our Savior Jesus Christ  
And Prayers, Blessings and Forgiveness from Us*

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*"Come, all peoples, let us today welcome  
The gift of fasting  
The period of repentance granted to us by God"  
(Monday, First Week of Fasting)*

**Brethren and beloved children in the Lord,**

The fast proposed to us by our Holy Church is not any deprivation, but a charisma. And the repentance to which it calls us is not any punishment, but a divine gift.

When the Church urges us, through the words of Scripture, not to store up for ourselves treasures on earth "where most and rust consume" but instead to store up treasures in heaven, where there is no danger of corruption, it is telling us the truth. For the Church is not of this world, even though it lives in this world and knows it. It knows humanity: our real need and distress. It knows our time well: the time of great development and speed, the plethora of information and confusion, the time of many fears, threats and collapses. This is why – with calmness and steadiness – the Church invites everyone to repentance. This is why it discourages its children from taking the wrong path by treasuring their labors and basing their hopes on unstable foundations.

### THE TOP 10 LENTEN TIPS

1. Regardless of how you fast, fast every single day. This type of fasting helps wear down the passions and build spiritual endurance.
2. Know exactly what the fasting regulations are and try to approximate them as best you can. Each Lent, try to be more exact in fasting.
3. Particular concerns about fasting? Age, health issues, never fasted before, mixed-marriages? Speak with your priest.
4. Be sure to recite the lenten prayer of Saint Ephraim. If you cannot make prostrations just make bows or cross yourself.
5. On weekends, we do not make prostrations and our fasting is slightly relaxed.
6. The lenten services and tones are offered only during the week – strive to participate as much as possible in these services and the spirit of lent will rub off on you.
7. Sports and outdoor activities are not contrary to the Lenten spirit.
8. Strive to avoid going to movies, parties, vacations, and other entertainments. This we do so we can have more time to devote to spiritual things.
9. Confession and Holy Communion are central to securing the benefits of Lent. Without fail, we should receive the Sacraments during the period of Great Lent.
10. Be mindful of what we look at and how much time we spend on TV and computer. Some give up TV for all of Lent. Others strictly limit their time and watch only educational and news programs. Surfing on the web? Hit the theological sites.



Rather, it encourages them to store up treasure in heaven; for where our treasure lies, there also our heart is.

The treasure that cannot be corrupted and the hope that does not shame is precisely God's love, the divine force that binds all things together. It is the incarnate Word of God, who stays with us forever.

He is the sanctification of our souls and bodies. For, He did not come to judge but to save the world. He did not come to criticize but to heal. "He wounds with compassion and demonstrates compassion with fervor."

He abolished the one who held the power of death, namely the devil. He annihilated the sorrow of death, namely the joyless form and dark presence of death, which darkens and poisons all of our life and joy.

This is why, when our heart and love are directed toward the divine-human Lord, who has authority over the living and the dead, then everything is illumined and transformed.

Indeed, when the Apostle exhorts us "not to set our hopes on the uncertainty of riches, but rather on God who richly provides us with everything for our enjoyment" (1 Tim. 6.17), he is assuring us that the true enjoyment of life is exactly what God offers us, while we simply receive it with gratitude and thanksgiving. Then, the little becomes abundant, because it is blessed; and the fleeting and momentary shine with the light of eternity.

Then, not only do the joys of life contain something eternal; but the troubles and sufferings become occasions of divine comfort.

The divine economy of salvation is certain. For, God is "the one who provides everything with depth of wisdom and loving-kindness." And the deposit of our labors is secure, for "we surrender all of our life and hope" to the incarnate Word.

So when the Gospel refers us to heaven, it is speaking literally. It brings us down to the reality of the earth, which has become heaven.

This is the certainty experienced and confessed by the Church.

Through your Cross, O Christ, there is one flock and one church of angels and human beings. Heaven and earth rejoice together. Lord, glory to you." The Church grants us the opportunity to experience this miracle of earth-become-heaven. Our roots lie in heaven. Without the Church, we are uprooted and homeless.

For the Church is our home. So long as we return to the Church, we are returning home; we come to ourselves. So long as we are estranged from the Church, we are lost and meaningless.

So long as we approach the Church, we perceive the authenticity of what is true. We behold the heavenly Father awaiting us outside the house. We are convinced by the sense of goodness and beauty; we sense the presence of God's powerful love, which overcomes death; we no longer sense the corruption and doubt, which mock the world.

Therefore, let us heed the divine invitation to enter the ocean of fasting in order to reach the harbor of light and resurrection with all the saints.

#### 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.