

SAINTS PETER & PAUL ORTHODOX CHURCH

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BULLETIN OF FEBRUARY 21, 2010



THE LENTEN PRAYER OF SAINT EPHRAIM

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 me a sinner. (12 x's, 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 the sign of the Cross.

SUNDAY/FEBRUARY 21

First Sunday of Great Lent (Tone 4)

Wine & Oil Permitted

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

Coffee Hour; Church School

12:00p.m. Movie: "Where God Walked"

End of the 1st & beginning of the 2nd

Week of the Great & Holy Fast

4:00p.m. Vespers held at both

Christ the Saviour Church, Paramus &
St. John the Baptist Church, Perth Amboy

MONDAY/FEBRUARY 22

7:00p.m. Vespers

TUESDAY/FEBRUARY 23

6:45p.m. Vespers

7:30p.m. Movie: "Where God Walked"

WEDNESDAY/FEBRUARY 24

**1st & 2nd Findings of the Venerable Head of
St. John the Baptist**

9:30a.m. Akathist to the Baptist; Confessions

6:30p.m. Pre-Sanctified Liturgy

(Fr. Matthew & Parishioners of Holy Ghost
Church in Manville will join us);

Refreshments after service

THURSDAY/FEBRUARY 25

3:00p.m. Vespers; Confessions

FRIDAY/FEBRUARY 26

7:00p.m. Vespers; Confessions

SATURDAY/FEBRUARY 27

St. Raphael, Bishop of Brooklyn

Wine & Oil Permitted

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

5:30p.m. Vigil; Confessions

SUNDAY/FEBRUARY 28

**Second Sunday of Great Lent (Tone 5):
Commemoration of St. Gregory Palamas,**

Archbishop of Thessalonica

Wine & Oil Permitted

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

Hour with Question & Answer Period

End of the 2nd & beginning of the 3rd

Week of the Great & Holy Fast

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

Parish Synodicon: Memory Eternal!

Mar. 02, 40th Day	Merab Tukahveli
Feb. 21, 1939	John Cherkan
Feb. 21, 1963	Steven Piscadlo
Feb. 21, 1976	Anna Sharshon
Feb. 22, 1931	Stephen Bislak
Feb. 22, 1931	Olga Yaskovsky
Feb. 22, 1977	Stella Honchar
Feb. 22, 1989	Gertrude Huzinec
Feb. 23, 1942	Louis Potapchuk
Feb. 23, 1946	Joseph Wilhousky Sr.
Feb. 25, 1941	Constantine Yushkevich
Feb. 25, 1960	Helen Wilhousky
Feb. 26, 1969	Stephen Woychid

Offerings for the week of February 21

Olive Oil – in memory of Vaschen and Emilia; in memory of Michael and Justina; for the health of Zachary (birthday); for the health of Protodeacon Paul (birthday); for the health of John and Paul; in memory of Joan.

Wine – in memory of Georgian Olympic Athlete, Nodar Kamasitashvili (+13 Feb. 2010). Memory Eternal!

Movie Presentation – Feb. 21 & Feb. 23

“Where God Walked On Earth.” This is a production of the BBC on the 6th century Monastery of St. Katherine on Mount Sinai. It was on this holy site, that God appeared to Moses and Elias. This superbly produced video allows us into this most ancient monastery and explore it’s treasures of icons and manuscripts as well as the contemporary lives of the monks that live there. Sunday show at 12:00p.m. and Tuesday show at 7:30p.m. Plan to come and bring someone along!

Annual Easter Candy Sale

Is now taking place. The 2010 Sale features a variety of new products. Catalogs and order forms may be found on the vestibule stand as well as in the parish hall. Make your selection soon! Please return all orders by Sunday, March 7th.

Parish Council Installation

Will take place on Sunday, March 7th. The next Parish Council Meeting will be Thursday, March 11th at 7:00p.m.

Consecration of Bishop-Elect Michael

Will take place on May 8th, Saturday at 9:30a.m. at Ss. Peter & Paul Church in Jersey City. All of our parishioners are encouraged to participate in this very special service.

A festal banquet will also be held in Jersey City after the Liturgy at a nearby hotel. A sign-up sheet for a table from our parish is posted on the Bulletin Board. The cost is \$75 per person. The deadline for tickets is March 31st. For more information please speak with Protodeacon Paul.

Pre-Sanctified Liturgy Visitations

On Wednesday, Feb. 24 at 6:30p.m. Fr. Matthew and parishioners of Holy Ghost Church in Manville, will join us for the celebration of the Pre-Sanctified Liturgy here at Ss. Peter & Paul.

On Wednesday, Mar. 10 at 6:30p.m. Fr. James and parishioners of Ss. Peter & Paul will celebrate the Pre-Sanctified Liturgy at Holy Ghost Church.

Concerning the Wednesday Evening Pre-Sanctified Liturgies

- A total fast from foods and drinks should be held at least from the noontime meal.
- After the service, it has become the custom to have some light foods in the lower hall. Perhaps you wish to speak for a particular Wednesday evening?

Congratulations!

To Robert and Barbara Erkman, on their 10th Wedding Anniversary! Many Blessed Years!

Remember in Prayer

Theodora Combs, Basil (Charles) Kachek, Basil William) Kuzemchak and all others needful of prayers.

Youth Retreat for Grades 7 thru 12

Theme: “Remembering God”

This annual Youth Retreat will be held March 12th and 13th at Holy Resurrection Church in Wayne. The schedule and other information is posted on the parish bulletin board.



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 strict yet humble.
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.



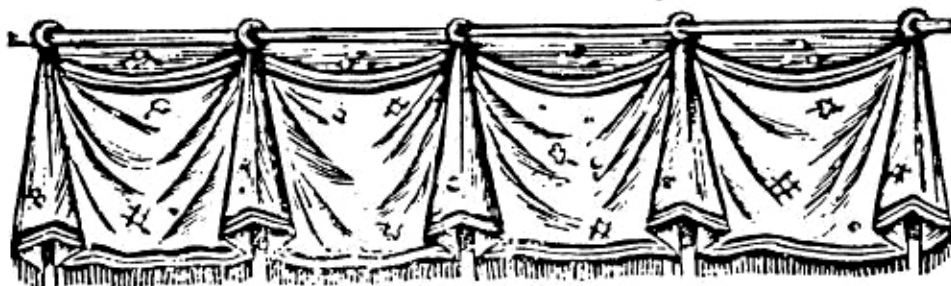
ON FASTING AND SELF-CONTROL

By St. Gregory Palamas

By our actions in Great Lent, let us lay hold of the benefit of fasting and self-control. Let us prove our good disposition towards them and give a practical demonstration of the fruit they bear. “For every tree is known by its own fruit” (Luke 6:44), and, “The husbandman must be first partaker of the fruits. Consider what I say,” says the apostle (2 Timothy 2:6-7). Each of the other virtues cleanses and adorns either the soul or the body, or rather, just one part of the soul or body. The mind is cleansed and adorned by prayer and knowledge, anger by meekness, and desire by chastity. But fasting and self-control lull the stirrings of the body and quench the raging of anger and desire. They make the understanding like a clear, cloudless sky, cleansing it from the rising vapors which result from large quantities of food, and the melancholy which they cause.

The outward man perishes through fasting and self-control but the more he does so, the more the inward man is renewed, as the apostle tells us (2 Corinthians 4:16). Someone has said, “A fat belly does not bring forth a sound mind.” A belly refined by fasting and self-control, however, necessarily refines the mind as well.

Everything noble and good is accomplished and perfected by these means. Fasting and self-control are a double wall of defense and whoever lives within them enjoys great peace.



The Life of St. Raphael of Brooklyn

Activity 3

Portions taken from the OCA website, www.oca.org

St. Raphael was born in Syria in 1860 and, being a wonderful student, went on to study at the School of Theology at Halki. Following his ordination to the Diaconate in 1885, he studied at the Theological Academy of Kiev and was ordained to the priesthood in 1889. For many years he taught at the theological academy in Kazan until being invited by the Syrian Orthodox Benevolent Society of New York to come to the United States and pastor of the Arab Orthodox community there. St. Raphael arrived in New York on November 2, 1895, and less than two weeks after his arrival, he found a suitable place in lower Manhattan to set up a chapel, and furnished it with ecclesiastical items that he had brought with him from Russia. Bishop NICHOLAS blessed the new chapel which was dedicated to St Nicholas of Myra. At this time in America the Church united those of diverse backgrounds under the Russian Orthodox Church. St. Raphael told his flock that he had "been sent here to tend the flock of Christ - Russians, Slavs, Syro-Arabs, and Greeks - which is scattered across the entire North American continent." The Church structure would remain this way until the Russian Revolution disrupted the Church in Moscow, and as a result, across the world.

A strong pastor, St. Raphael remained in New York teaching, preaching, and celebrating the divine services for his parishioners. It was not long, however, before he heard of smaller communities of Orthodox Christians scattered throughout the length and breadth of North America. Since these immigrant communities had no pastor to care for them, it was not surprising that some turned to other denominations or even completely fell away from the Church. This was an ongoing concern for Saint Raphael throughout the course of his ministry.

In the summer of 1896, Saint Raphael undertook the first of several pastoral journeys across the continent. He visited thirty cities between New York and San Francisco, seeking out the Master's lost sheep in cities, towns, and on isolated farms. He fed the spiritually hungry people with the Word of God in each place where he stopped. He performed marriages, baptisms, heard confessions, and celebrated the Divine Liturgy in the homes of the faithful where there was no church building.

In 1899 he embarked on a second trip, during which he visited 43 cities throughout the northeastern, southern, and midwestern regions of the United States, and though he was traveling to reach out to Orthodox Christians who had settled in the USA from the Middle East, he continued to reach out to all nationalities. In 1901, Metropolitan GABRIEL of Beirut, Lebanon, wrote to St. Raphael asking if he would be willing to return home to the Middle East and serve as an auxiliary bishop. St. Raphael declined, stating that he could not step away from his important work in America. As the Church continued to grow in the United States, it became too large for Bishop TIKHON of the Russian Orthodox Church to make all the visits from the See (or seat of the Church) in San Francisco. During Lent in 1904, St. Raphael became the first Orthodox Bishop to be consecrated on American soil as Bishop Raphael of Brooklyn under the Russian Orthodox Church. As Bishop, however, he retained a position as head of a Syro-Arab Orthodox mission in America and continued in his advocacy for Arabic speaking clergy and Arabic texts to serve native Arabs across America.

From his youth, St. Raphael's greatest joy was to serve the Church. When he came to America, he found his people scattered abroad, and he called them to unity. He never neglected his flock, but traveled throughout America, Canada, and Mexico in search of them so that he might care for them. He kept them from straying into strange pastures, and he protected them from spiritual harm. During twenty years of faithful ministry he nurtured them and helped them to grow. At the time of his death in February 1915, St. Raphael had under his spiritual guidance 30 parishes and 25,000 faithful. He zealously fulfilled his ministry as a preacher of the Gospel, enduring many hardships and afflictions, and he was watchful in all things concerning the care of his flock (2 Tim 4:5).



The Feast of the Sunday of Orthodoxy - February 21, 2010

Friday, February 12, 2010

Now to Him Who by the power at work within us is able to do far more abundantly than all that we can ask or think, to Him be glory in the Church and in Christ Jesus to all generations, for ever and ever. Amen. (Eph. 3:20-21).

February 21, 2010

The Feast of the Sunday of Orthodoxy

The Hierarchs of the Standing Conference
of the Canonical Orthodox Bishops in the Americas

To all the Clergy and the Laity of the Holy Orthodox Churches in the Americas

Beloved Brothers and Sisters in Christ,

We, the Hierarchs of the Standing Conference of the Canonical Orthodox Bishops in the Americas, greet you on the Feast of the Sunday of Orthodoxy with words of the Holy Apostle Paul that were selected by the Primate of the worldwide Orthodox Church to close their Message proclaimed on October 12, 2008. Indeed, we glory in our God whose love for us exceeds every thought or imagining that could enter our minds or hearts. As the Apostle Paul says in another place: *Eye has not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him (1 Cor. 2:9).*

In the historic Synaxis and in the Message that was declared by it, the Primate of worldwide Orthodox Christianity proclaimed the following with one voice and one heart:

As the Primate and the Representatives of the Most Holy Orthodox Churches, fully aware of the gravity of the aforementioned problems, and laboring to confront them directly as "servants of Christ and stewards of God's mysteries" (1 Cor. 4:1), we proclaim from this See of the First-throne among the Churches and we re-affirm: ... our desire for the swift healing of every canonical anomaly that has arisen from historical circumstances and pastoral requirements, such as in the so-called Orthodox Diaspora, with a view to overcoming every possible influence that is foreign to Orthodox ecclesiology. In this respect we welcome the proposal by the Ecumenical Patriarchate to convene Pan-Orthodox Consultations within the coming year 2009 on this subject, as well as for the continuation of preparations for the Holy and Great Council. In accordance with the standing order and practice of the Pan-Orthodox Consultations in Rhodes (beginning in 1960), all Autocephalous Churches will be invited.

With this common declaration, and the subsequent consensus achieved at the Pan-Orthodox Consultations that took place last year in June and December in Chambésy, Switzerland, the way forward to Orthodox canonical order and unity in the Western Hemisphere has been mapped out in a substantive way. This should be a cause for joy among all the faithful, as it demonstrates the kind of progress that SCOBA has always looked for, but by itself, never could achieve. SCOBA has had great accomplishments in its fifty-year history,

and the growth of Pan-Orthodox Agencies and ministries shows the willingness and the need to work together. Nevertheless, SCOBA has always been an organization without the mechanism and authority to forge a comprehensive way forward.

Now we have arrived at a truly watershed moment in the life of the Church in the Western Hemisphere. In the week in which we celebrate the Descent of the Holy Spirit on the glorious Feast of Pentecost, the canonical Orthodox Bishops who live in North and Central America will gather in order to proceed with the roadmap that has been agreed to by world-wide Orthodox Christianity (see material at <http://www.scoba.us/chambesy.html>). The issues are many and complex, but SCOBA is fully committed to the process that will form a successor body, an Assembly of Bishops of the Holy Orthodox Church in the Americas that will have both the authority and methodology to effectuate real progress in the establishment of canonical Church order in the Americas.

This Sunday of Orthodoxy, as we gather throughout our communities and parishes, let us with fervent prayer entreat the Lord of all to grant us His grace and His wisdom. Let us pray for this coming Assembly of Orthodox Christian Bishops, that it will bring forth the fruits of unity and Orthodox faithfulness. Let us pray for the pious and Orthodox Christians everywhere, and for our unity in Christ, *power at work within us is able to do far more abundantly than all that we can ask or think, to Him be glory in the Church and in Christ Jesus to all generations, for ever and ever. Amen.*

With paternal blessings and love in Christ,

+Archbishop DEMETRIOS, Chairman
Greek Orthodox Archdiocese of America

+Metropolitan PHILIP, Vice Chairman
Antiochian Orthodox Christian Archdiocese of North America

+Metropolitan CHRISTOPHER, Secretary
Serbian Orthodox Church in North and South America

+Metropolitan NICHOLAS of Amissos, Treasurer
American Carpatho-Russian Orthodox Diocese in the USA

+Archbishop NICOLAE
Romanian Orthodox Archdiocese in the Americas

+Metropolitan JOSEPH
Bulgarian Eastern Orthodox Church

+Metropolitan JONAH
Orthodox Church in America

+Metropolitan CONSTANTINE
Ukrainian Orthodox Church of the USA

+Archpriest Alexander Abramov
Acting Representative of the Moscow Patriarchate in the USA

+Bishop ILIA of Philomelion
Albanian Orthodox Diocese of America