

SAINTS PETER & PAUL ORTHODOX CHURCH

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BULLETIN OF AUGUST 1, 2010



SUNDAY/AUGUST 1

10th Sunday After Pentecost (Tone 1)

Procession of the Holy Cross

Beginning of Dormition Lent

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

Coffee Hour

TUESDAY/AUGUST 3

7:00P.M. Compline; Confession

THURSDAY/AUGUST 5

Eve of the Transfiguration

7:00p.m. Vigil and blessing of fruits; Confession

FRIDAY/AUGUST 6

**Transfiguration of our Lord
(One of "the 12 Great Feasts")**

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

blessing of fruits

SATURDAY/AUGUST 7

9:30a.m. Akathist; Confession

5:30p.m. Vigil; Confession

SUNDAY/AUGUST 8

11th Sunday After Pentecost (Tone 2)

Post-feast of the Transfiguration

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

Hour; 11:45a.m. Movie: "Gifted Hands"

THE DORMITION LENT

The Dormition Fast, is "one of the four lents" of the year. Its observance is at least from the 5th century. The Fast is always of a two week duration, from August 1st thru 14th. It is held as a period of repentance and receiving the Holy Mysteries of Confession and Communion; in preparation for the celebration of the Dormition of the Theotokos.

The Dormition of the Theotokos is "one of the twelve great feasts," that commemorates the Falling-Asleep (Death), Burial, Resurrection and Ascension of the Mother of God. This is commonly called "The Summer Pascha."

A fast is held from meat, dairy, fish, wine and oil products. Some days allow for a relaxing of the rules on select feasts day. Your parish wall calendar indicates these modifications.

Those of the faithful that normally receive the Holy Gifts (Communion) every Sunday, must go to Confession before the Dormition Feast (Aug. 15), if they have not been to Confession any time after Pascha (April 4).

Those of the faithful who communicate less frequently should avail themselves of this blessed Lent to receive the Holy Mysteries.

The Holy Mysteries will be brought to the homes of those that are shut-in during this Lent. If you are home-bound and desire a visitation please call Father James to arrange a date and time.

Parish Synodicon: Memory Eternal!

Tatiana Onuschak	40 th Day August 17
John Rosocha	Aug. 01, 2005
Nicholas Lebedz	Aug. 01, 1954
Helen Hnatuk	Aug. 03, 1995
Archpriest Peter Karel	Aug. 04, 1970
Jacob Hosko	Aug. 05, 1966
Joseph Pituch	Aug. 05, 1977
Lepasava Ratzkovich	Aug. 05, 1988
Sarafina Spak	Aug. 06, 1943
Jacob Russaway	Aug. 06, 1946
Artem Kuchner	Aug. 06, 1974
Andrew Gavlick	Aug. 06, 1989

Offerings for the week of August 1

Olive Oil – in memory of Michael and Justina; in memory of Vaschen and Emilia; in memory of John and Sarafina.

Wine – for a safe trip and protection of Torissi family; for salvation and protection of the Holy Trinity for Mariana, Stefan, Simona, Georgiana, Gabriela-Antoaneta and Eric.

Vacation Planning & Sunday Divine Liturgy

A listing of all Orthodox Churches in the USA may be found on the site Orthodoxy in America www.orthodoxyinamerica.com. If you plan to receive Holy Communion, be sure to notify the priest prior to your visit.

Aug. 22 – Sunday Church School Meeting of Teachers and Parents

At the Coffee Hour a short meeting will take place to review and plan for the Church School. For this Fall, we are looking for a teacher for the older class.

Aug. 29 – Sunday – Fast Day

Be mindful that Sunday, Aug. 29th, the Feast of the Beheading of St. John the Baptist is a strict fast day – no meat, dairy or fish permitted.

Advance Planning

The Parish website has scheduled the services, events, educational classes, and various meetings for the rest of 2010. Please make reference to it as you plan your own personal calendar.

Calendar Planning – Mark these dates

Dormition Feast – Aug. 15

Prayers for New Academic Year – Aug. 29

Beginning of Church New Year – Sept. 1

Pilgrimage to St. Tikhon's Monastery – Sept. 18

Visit of Bishop Michael – Nov. 21

St. Tikhon's Monastery Pilgrimage

Saturday, Sept. 18

On this day our parish is sponsoring a Bus Trip to St. Tikhon's Monastery in South Canaan, Pa. The bus leaves Manville at 8:00a.m. and returns back in Manville about 7:30p.m. Costs are adult \$30; youth from 12-21 \$20; children under 12, \$10. Lunch is included in the cost above. A sign-up sheet is on the vestibule stand. The deadline is Sunday, Sept. 5th for signing up and payment. For more information speak with Fr. James or Reader Symeon Combs. The Bus Trip is open to non-parishioners as well. Please see Symeon Combs or Inga Gamsakhurdasvili to make payment.

August Films

"Gifted Hands" Sun. Aug. 8 at 11:45a.m. and again on Tues. Aug. 10 at 7:30p.m.

As a Special Summer Classic Film Presentation:

"Quo Vadis" Part I, Tues. Aug. 24 at 7:00p.m.

"Quo Vadis" Part II, Wed. Aug. 25 at 7:00p.m.

"National Velvet" Thurs. Aug. 26 at 7:00p.m.

The Aug. 26 viewing will feature Ice Cream and Fruits. All are invited! Bring a friend. The Conference Room will be cooled by new air-conditioning!

Parish Picnic – Part Two

On Sunday, Sept. 5th, at 2:00p.m. the Parish Picnic will again get underway – interrupted by rain on July 25 – at the same location. So plan to come and continue the good fellowship. If you missed out on the July date, plan for the Sept. date.

The Lord Bless & Protect!

Today, is the "leave-taking" from our parish of Joseph Crichton. Joseph has been a parishioner for the last twelve years and is returning to the state of Ohio, where he lived before. We ask the Lord to bless and protect him and hope he will keep in touch and visit us. Many Blessed Years!

THE FASTS IN THE ORTHODOX CHURCH

Q. Who instituted fasting as necessary for salvation?

A. Our Lord Jesus Christ, both by His personal example (Matt. 4:2) and by His teaching (Matt. 6:16; 7:21).

Q. What is the aim of fasting?

A. The aim of fasting is to:

1. purify the body;
2. strengthen the will;
3. elevate the soul over the body;
4. glorify God and honor His saints.



Q. In what does Fasting consist for an Orthodox Christian?

A. In abstention from rich foods such as meat and dairy products, evil thoughts, desires and deeds. In the application of greater prayer, alms giving and more strenuous exercising of all the Christian virtues.

Q. How do we classify the Fasts and their seasons?

A. There are four fasting seasons which can be found of the Church calendar:

1. Advent – a six week fast before the Nativity of the Lord (Christmas), December 25th
2. Great Lent – a seven week fast before Pascha (Easter)
3. Apostles' Fast – of changing duration before the feast of Ss. Peter & Paul, June 29th
4. Dormition Fast – a two week fast before the Dormition of the Mother of God, August 15th

FROM THE CHURCH FATHERS – FASTING AS MEDICINE

Fasting is a medicine. But medicine, as beneficial as it is, becomes useless because of the inexperience of the user. He has to know the appropriate time that the medicine should be taken and the right amount of medicine and the condition of the body which is to take it, the weather conditions and the season of the year and the appropriate diet of the sick and many other things. If any of these things are overlooked the medicine will do more harm than good. So, if one who is going to heal the body needs so much accuracy, when we care for the soul and are concerned about healing it from bad thoughts, it is necessary to examine and observe everything with every possible detail.

Fasting is the change of every part of our life. Because the sacrifice of the fast is not the abstinence but the distancing from sins. Therefore, whoever limits the fast to deprivation of food, he is the one who, in reality,

abhors and ridicules the fast. Are you fasting? Show me your fast with your works. Which works? If you see someone who is poor, show him mercy. If you see an enemy, reconcile with him. If you see a friend who is becoming successful, do not be jealous of him! If you see a beautiful woman on the street, pass her by.

In other words, not only should the mouth fast, but the eyes and the legs and the arms and all the other parts of the body should fast as well. Let the hands fast, remaining clean from stealing and greediness. Let the legs fast, avoiding roads which lead to sinful sights. Let the eyes fast by not fixing themselves on beautiful faces and by not observing the beauty of others. You are not eating meat, are you? You should not eat debauchery with your eyes as well. Let your hearing also fast. The fast of hearing is not to accept bad talk against others and sly defamations.

Let the mouth fast from disgraceful and abusive words. Because, what gain is there when, on the one hand we avoid eating chicken and fish and, on the other, we chew up and consume our brothers? He who condemns and blasphemes is as if he has eaten brotherly meat, as if he has bitten into the flesh of his fellow man. It is because of this that Paul frightened us, saying: "If you chew up and consume one another be careful that you do not annihilate yourselves."



Spiritual Lessons

From an Archbishop's iPhone



Trevor Williams
Atlanta – 07.19.10

But the device that commands the worship of gadget lovers is helping the Greek Orthodox Archdiocese of America point to faith in something beyond the tactile world.

Archbishop Demetrios, spiritual leader of the church's 5 million American adherents, hasn't yet upgraded to the iPhone 4. He says the older version keeps him connected just fine.

It also serves as a teaching tool. During a recent interview with GlobalAtlanta, the Harvard-educated 82-year-old pulled his iPhone from the recesses of his black clerical robe to drive home a theological point.

"This little item could give me access at this point to any part of the globe. It offers me thousands of musical pieces. It connects me with thousands of people," he said, holding the phone upright, pinched between his thumb and index finger. "How can we explain that this is stored in this kind of item here? I say, if you cannot explain absolutely natural phenomena, how can you explain the presence of God?"

CNN's technology presents a similar enigma. We can't see sound and light waves, but cameras and monitors capture and translate them into news broadcasts that reach to the farthest corners of the globe, the archbishop said.

Like cameras, humans must be conduits for the unseen God. "You have to have the human being to become this catcher of the divine waves and presence," he said.

For the past three months, CNN's cameras have been trained on the Gulf of Mexico oil spill, which the archbishop views as a real example of human frailty. If we can't mitigate such natural disasters, we have to question the trend toward secularization, the dependence on human resources without regard for God.

"We are very vulnerable as human beings, no matter what we say, so now you develop the idea: what is the real source you can depend on for sure? Here comes God," he said.

Archbishop Demetrios visited Atlanta for the 40th Clergy-Laity Congress of the Greek Orthodox Archdiocese of America. Some 800 priests and lay members from all 540 parishes around the country converged on the Atlanta Marriott Marquis, where their spiritual father presided over the biennial conference that set the church's agenda for the next two years.

The archdiocese is ramping up its use of technology to reach out to the younger generation. The church has a Facebook page and is in the process of building a blog, the archbishop said.



GUIDE TO CONFESSION

Genuine Repentance-Confession heals and makes the immortal soul holy.

This is the correct way to prepare for Holy Communion:

So that we can examine better the depths of our conscience, it would be ideal to first read several books on the mystery and Sacrament of Confession. Also discuss any uncertainties you may have with your wise Spiritual Father - Confessor. The bigger science or knowledge is to get to know ourselves. Also we must not deny ourselves the greatest thing that every human soul thirsts for, a peaceful conscience and intimacy with God.

This joy is only granted by the God-Man, our Lord Jesus Christ. He himself instructed the single path to Salvation for the sinner within his church, the Holy Sacrament of Repentance and Confession.

This is why friend, you must overcome any obstacle whatsoever that blocks the road towards Holy-Confession. Here awaits you with genuine Christian love, the representative of Christ, the good Confessor, who like a human can understand and have compassion on his brethren, who too are sinful.

Throw far away brethren any thought of embarrassment or fright. Why be scared or frightened, when your soul fears and pains from the deadly consequences of multi-faceted sin? If one or more sicknesses tormented your body, would you avoid the hospital or doctor because of embarrassment? But at the same time don't let stray by certain people who wish to have read on them the "prayer (of absolution)" without having been previously confessed. However and whenever this happens from ignorance or neglect it is a terrible sin and an insult to God. With faith then and honesty proceed to Holy Confession. Be certain also that the infinite love of the Crucified and Resurrected Lord will welcome you and transform you removing the weight that burdens YOU!

Himself said "Come to me all you fatigued and heavily laden, and I will grant you comfort."



YOU AND GOD

1. Do you believe in God, the Holy Trinity, in the Divinity of Christ and the Holy Trinity? Do you respect the Holy Virgin Mary, the Saints and the Angels? Do you believe in the Church and its mysteries / sacraments? Do you believe that Heaven and Hell exist?
2. Do you entrust yourself always and especially in the difficult times of your life, in the Care of God? Or do you despair and show a lack of faith?
3. Perhaps in your problems, afflictions, sicknesses and trials of your life you whine/moan against God and lose your faith and confidence?
4. Do you believe in mediums, card fortune telling, astrologists, magicians, palmistry, fortune-telling, and coffee-cup reading? Did you tell others to believe and go to these people?
5. Do you believe in superstition?
6. Do you believe in luck?
7. Do you do your prayer morning and night and at the table? Are you embarrassed to do your cross in front of others e.g. in a restaurant or outside a Holy Church when you are passing? Do you do your cross properly?
8. Do you read the Holy Bible and also other Orthodox Spiritual books daily?
9. Do you go to Church on Sundays and on the big feast days of the Saints?
10. Do you follow the Divine Liturgy carefully from the start till the end or do you go late and leave before the end? Do you let your mind wander in church?
11. At church do you go dressed in a proper and dignified way? Are you careful not to laugh or talk, even if it is a Wedding or Baptismal service?
12. Do you perhaps prevent or restrict your spouse and children from Church going? Or do you tell your acquaintances not to go to Church?
13. Do you commune regularly, or once a year and then without confession?
14. Do you give oaths without need or if so lie as well? Did you perhaps not fulfill your oath, vow or promise? The Bible forbids completely oaths, it says that our yes be yes and our no be no. (Matthew 5:7).
15. Do you blaspheme (degrade) the name of God, the Virgin Mary, and our Saints by speaking irreverently of them?
16. Do you fast (unless you have serious health reasons) on Wednesdays, Fridays and the appointed periods during the year?
17. Do you throw religious books or periodicals in unclean places?

YOU AND OTHERS

1. Do you have hatred and ill-feelings against someone who did you wrong or insulted and abused you in their anger?
2. Are you suspicious and without reason suspect everyone that they supposedly talk about you, that they don't want you, that they don't love you, that they don't like you?
3. Are you jealous and upset about the progress, the fortune, the beauty and of the possessions of others?
4. Are you unmoved by the misfortune and needs of your fellow men?
5. In your transactions with your partners, your co-workers and your clients, are you honest and forthright?
6. Did you criticize or slander (wrongly accuse) your fellowman.
7. Are you ironic and patronizing towards the believers, those who fast and endeavor to live a Christian life, or those that have physical or mental problems?
8. Although you heard some information or criticism against someone, did you pass it on and harmed (even unwillingly) the reputation and respect of your fellow man?
9. Did you criticize the conduct, actions, faults and mistakes of another when they were not present, even if you said the truth? Have you ever cruelly criticized the clergy? Do you gossip about and criticize the personal lives of others? Did you listen to someone blaspheming God or someone else and did not protest?
10. Do you curse anyone who did you harm, or yourself in difficult moments of your life, or the hour and time you were born?
11. Do you send others "to the Devil" or do you give them rude hand gestures?
12. Do you respect your parents? Do you look after them? Do you put up with their elderly weaknesses? Do you help them with their bodily and spiritual needs? Are you mindful of their spiritual needs by ensuring they go to Church and worthily partake of Holy Communion? Have you cruelly abandoned them?
13. Have you misguidedly your parents to will to you more of their estate than proper, thus causing injustice to your brothers and sisters?
14. Perhaps in your anger did you hit anyone with your hands or hurt them with your words?
15. Do you perform your job or occupation properly and with a good conscience? Or are you unfair to others?
16. Do you steal? Perhaps you encourage or helped another to steal, or agreed to cover up a thief, bought or accepted known stolen goods?
17. Are you ungrateful towards God and generally towards your helpers and benefactors? Do you grumble and murmur against them?
18. Do you keep company with bad and sinful people or associates? Have you pushed anyone, with words or with your example, into sin?
19. Have you committed forgery? Have embezzled or de-

19. Do you have a spirit of self-denial?
20. Do you expel from your mind bad or silly thoughts that come to pollute your heart?
21. Your eyes, do you take care that your eyes don't gaze or stare at provocative pictures or persons? Do you go to the cinema and theatres?
22. Are you careful what your ears hear? Do you like to hear sinful music or talk?
23. Do you dress immorally or if you are a woman do you dress with male clothing i.e. trousers or short skirts, open shirts, see-through shirts and scandalize others with your appearance? And on top of that appear at holy places? If you are male, do you have a provocative appearance?
24. Have you appeared naked or semi-naked in a swimsuit or bikini publicly?
25. Do you dance provocative and sinful dances? Sing or listen to sinful immoral songs? Do you frequent parties, nightclubs and discos? Do you celebrate sinful worldly festivals, such as the gay and lesbian Mardi Gras, etc.?
26. Are you a drunkard?
27. Do you smoke? Smoking destroys your valuable health and is also wasteful of money and hence a sin.
28. Do you talk excessively and about meaningless things?

YOURSELF

1. Are you a slave to materialism and worldly blessings?
2. Are you stingy or a lover of money?
3. Are you greedy?
4. Are you wasteful? Whatever you have that is left over belongs to the poor. Do you have too much love towards pets and waste money on them, while people die of starvation?
5. Do you have conceit and arrogance? Do you talk back to your elders and superiors?
6. Do you like to show off, with your clothes, your wealth, your fortunes and the academic achievements of your children or of yourself?
7. Do you seek attention and glory from people? Do you wear perfume and makeup and change the look your creator gave you?
8. Do you accept compliments and praise from others gladly and like to be told that no one exists as good as you?
9. Do you get upset when others show up your faults and do you get offended when others examine you and when your seniors make comments about you? Do you get angry?
10. Are you perhaps stubborn, high-minded, egotistical, proud or cowardly? Careful of these sins as the diagnosis and solution to these are difficult!
11. Do you gamble or play cards, even with money, with people at home or relatives "to kill time" as some say.
12. Have sexual sins polluted your body, mind or soul? e.g. fornication (sex before marriage) or masturbation, prostitution, homosexuality, lesbianism etc.
13. Do you watch dirty shows on television or at the cinema?
14. Do you read pornographic, immoral books or magazines?
15. Have you ever considered suiciding?
16. Are you a slave of your belly (gluttony)?
17. Are you lazy, careless, and negligent? Do you not help when you can?
18. Do you say words improper, immoral, and dirty or swear, for the sake of humor to insult or humiliate others?

FOR SPOUSES

1. Do you remain faithful? It is tragic when one of the two is unfaithful to the other!
2. Did one of you embarrass or fault the other publicly or privately?
3. Do you not endure the apparent weaknesses of the other? Do you show harshness?
4. Do you or your spouse permit the other to follow the latest fashion and everything that is against or opposite to the law of God? Do you perhaps drag along the other to parties and revivies, on the condition that you will provide the other the means to follow fashion and a worldly life?
5. Do you consider the struggle the other has outside and inside the home, so that you both help each other in the struggle, the one helping the other bodily and spiritually?
6. As a spouse have you had excessive marital (physical) demands and degraded your relationship? Do you abstain on Wednesdays, Fridays, on Sundays, Feast Days and fasting days (including night before)?
7. Do you perhaps prevent your spouse from going to Church, Spiritual gatherings or talks?
8. Your children, do you bring them up "in the instruction and counsel of Christ"? Do you perhaps only concern yourself with their intellectual growth and not with the nature of their character?
9. Do you direct them to Church, to Confession, to regular Holy Communion, (properly prepared) and to Sunday school? Do you teach them with word and example Holy virtues? Have you taught them to pray morning

10. Do you care for the things they read? Do you buy books and periodicals of (Orthodox) spiritual subjects for them to read and learn?
11. Do you watch whom they keep company with and who are their friends?
12. Do you lead them to sinful shows and entertainment, or allow them to watch television unsupervised?
13. Do you teach them humility - meekness and are you careful to ensure they dress in a dignified way?
14. Do you curse them when they upset you? Do you "send them to hell or the devil"?
15. Have you committed abortions or do you prevent yourself from having children? (i.e. contraception).
16. Have you been unjust to your child in the division of your estate?
17. Do you as a parent believe that the responsibility of raising and educating your children rests only on your spouse? You too have an obligation to educate them, to occupy them, to read to them so that you can relax your spouse. Also so that they too can feel your presence so that they are restrained and aren't pulled towards evil.
18. Do you scorn them by giving them insulting gestures (with your hands spread open) and reprimand them with improper language?
19. Does each of you love and respect the parents of the other? Do the parents and relatives get too involved in the family and cause disagreements and disputes?
20. Do you interfere in your children's families?
21. Is your spouse a blasphemer? Have patience and try hard to cut cursed blasphemy!
22. Have you ever considered divorcing your spouse?
23. Do you allow your children to become fanatical about sports and even to miss church in order to play (e.g. at Sunday mornings)?
24. Are you fair and just with your family, considering and respecting their views and wishes or do you behave like a dictator?

