

# **SAINTS PETER & PAUL ORTHODOX CHURCH**

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**BULLETIN OF SEPTEMBER 5, 2010**



## **SUNDAY/SEPTEMBER 5**

**Sunday of the Environment (Tone 6)**

**Ss. Zachariah & Elizabeth**

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

2:00p.m. Parish Picnic Part Two

## **MONDAY/SEPTEMBER 6**

**St. Maxim of Carpatho-Rus**

9:30a.m. Akathist to St. Maxim

## **TUESDAY/SEPTEMBER 7**

7:00p.m. Vigil

## **WEDNESDAY/SEPTEMBER 8**

**NATIVITY OF THE THEOTOKOS**

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

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

## **THURSDAY/SEPTEMBER 9**

7:00p.m. Georgian Service

## **SATURDAY/SEPTEMBER 11**

**St. Silouan of Mt. Athos**

9:30a.m. Akathist to St. Silouan; Confessions

5:30p.m. Vigil; Confessions

## **SUNDAY/SEPTEMBER 12**

**Sunday Before the Holy Cross (Tone 7)**

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

Church School & Teen Class

11:45a.m. Movie: "On the Trail of Christianity's  
Roots in Turkey"

12:00p.m. to 2:00p.m. Open Church Doors

## **Lessons in Divine & Christian Love**

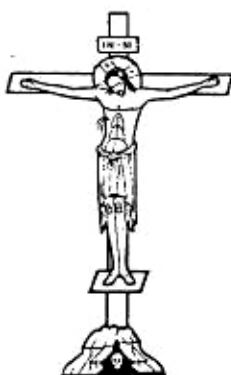
The human being cannot have true and constant love towards God without first acquiring love for Christ. Neither can he or she have love for the neighbor without first having love for Christ. This we repeat and will repeat. As it has been said: "In the light we become light." Therefore, it can be said: through love of Thee we also love. For only through love of God incarnated in Christ, can we truly love both God and ourselves and our neighbor and even our enemies. Exclusively through this great price, by which Christ redeemed our enemies, to love them and has been made possible for us, and to bless and pray for them. All this is through Christ, and not through our enemies.

St. Maximus the Confessor writes: "Whoever loves God will inevitably love his neighbor." We add: Whoever is unable to love God, does not love Christ the incarnate Son of God. In the New Testament two basic doctrines are revealed to the world: the Holy Trinity and the Incarnate Son of God. Love rests on these two dogmas.

- Archimandrite Callistratus of Milesevo  
(Serbia)

### **Parish Synodicon: Memory Eternal!**

Sept. 05, 1917 Peter Darensky  
Sept. 07, 1966 Fr. Stephen Adamcio  
(Rector 1953-1962)  
Sept. 07, 1967 Anthony Cherniak  
Sept. 07, 1970 George Rech  
Sept. 08, 1925 Paul Petsur  
Sept. 08, 1977 Michael Mahalick  
Sept. 08, 1985 Adam Rzeszowski  
Sept. 09, 1978 Xenia Seminuk  
Sept. 11, 1964 Michael Grenther



### **September Movie Presentation**

Journey of Faith traces the rich heritage of Christianity through the ages in Asia Minor (present day Turkey). Travel to 14 biblical locations with animated maps to place events in context. Over 50 related works of art from the world's finest museums are used as Journey of Faith takes you "On the Trail of Christianity's Roots in Turkey" from the Apostles to the Crusaders. Time: 120 minutes.

Sunday, Sept. 12th at 11:45a.m.

Wednesday, Sept. 15th at 7:00p.m.

Presentations in the Conference Room in the Lower Hall. Public are invited.

### **Coffee Hour Team 2 – Sept. 12**

Hosting by Tessie Nevitt, Stacey Kita and Lisa Keller.

### **Holiday Desserts & Snacks Fundraiser End Sunday, September 19**

This annual Fall Fundraiser features all kinds of baked goods, desserts and candies. Excellent Choices to be made! Foods will arrive before Thanksgiving. Pick-up a catalog in the church vestibule. Questions? Speak with Lisa Keller(908) 580-1791.

### **Offerings for the week of September 5**

Olive Oil – in memory of Michael and Justina; in memory of Joan; in memory of Julia; in memory of Vaschen and Emilia.

Wine – for illumination and protection of the Theotokos for Simona-Georgiana and Gabriel (birthday); for the health of Zachary (namesday).

### **New Jersey Deanery Open Forum**

On September 14, at 7:00p.m. an Open Forum will be held at Ss. Peter & Paul Church in South River with Bishop Michael and clergy and laity. The purpose of this gathering is to discuss the OCA Strategic Plan (see [www.nynjoca.org](http://www.nynjoca.org))

The Plan may be found on-line. You are invited to read it and come to the meeting with your ideas and comments.

### **A Sponsor Is Sought For 2011 Parish Wall Calendars**

Perhaps you may wish to make this offering to cover the costs for the calendar - \$300. Please speak with Fr. James.

### **Blessing of Things Mobile – Sun. Sept. 19th**

After the Divine Liturgy, a special blessing "of things mobile," will take place in the parking lot. You may bring bikes, skate-boards, skis, wagons, scooters, hot-air balloons for a blessing. Are things "mobile" worthy of a blessing? Think of how many accidents and injuries occur in their usage.

### **Namesday Greetings**

St. Zachariah/Sept. 5: Zachary Sokol and James Zachary Holot; Many Blessed Years!

### **The Church Open Doors Ministry**

Will again commence beginning Sunday, Sept. 12th. On Sundays, the Doors of the Church are kept open from 12:00 to 2:00p.m. to provide an opportunity for visitation and prayer. Can you be a "door-keeper" for one Sunday? A sign-up list is on the vestibule stand.

### **The Church School Classes Resume Sept. 12**

The schedule, teachers and students listing has been sent to parents. Questions may be addressed to Fr. James or the teachers.

### **Outreach Meeting**

Monday, Sept. 20th at 7:00p.m.

### **Parish Council Meeting**

Thursday, Sept. 23rd at 7:00p.m.

### **Church New Year Began September 1**

A new resolution – be on time for Divine Liturgy.

# World's Best Superfoods

Email Print Share



Getty Images

By Annie Corapi

From *Health* magazine

It's dinnertime, and you're craving something with a little flavor. Maybe you'll grab Indian takeout or whip up a taco salad. But, uh-oh, these days it's easy to find yourself biting into the ethnic version of a triple burger and fries. "We've Americanized dishes to the extent that they don't have their original

health benefits," says Daphne Miller, MD, author of *The Jungle Effect: The Healthiest Diets from Around the World—Why They Work and How to Make Them Work for You*. Enjoy global cuisines in their purest state, on the other hand, and you get meals that are light, nutritious, and incredibly yummy.

So we asked experts to rank the 10 healthiest cuisines and reveal what makes them good for you. And to get you cooking authentic ethnic food, we tapped best-selling cookbook author Mark Bittman for his amazing (yet simple!) takes on takeout favorites.

## 1. Greek

There's a good reason docs love the Mediterranean diet: Traditional Greek foods like dark leafy veggies, fresh fruit, high-fiber beans, lentils, grains, olive oil, and omega-3-rich fish deliver lots of immune-boosting and cancer-fighting ingredients that cut your risks of heart disease, diabetes, and other diet-related ailments. In fact, eating a traditional Mediterranean-style diet is associated with a 25 percent reduced risk of death from heart disease and cancer, according to Harvard University research. And people lose more weight and feel more satisfied on this type of diet, which is rich in healthy fats, than on a traditional low-fat diet, another Harvard study suggests.



James Worrell

This cuisine also ranks high because of how it's eaten, notes Dr. Miller, one of our judges. "The Greeks often share small plates of food called meze," she says, having just a bite of meat along with low-cal, healthy Greek staples like fresh seafood, slowly digested carbs (beans, eggplant, or whole-grain breads), and small portions of olives and nuts.

If you're eating out, order grilled fish and spinach or other greens sautéed with olive oil and garlic. "This dish gives you the anti-inflammatory combo of olive oil and greens with the blood-pressure-lowering effects of garlic," Dr. Miller says.

**Danger zone:** Unless you make it yourself and go light on the butter, the classic spinach pie (*spanakopita*) can be as calorie- and fat-laden as a bacon cheeseburger.

## Rank

- 1) Greek
- 2) California Fresh
- 3) Vietnamese
- 4) Japanese
- 5) Indian
- 6) Italian
- 7) Spanish
- 8) Mexican
- 9) South American
- 10) Thai

MONDAY, AUGUST 30, 2010

## Relics of John the Baptist Work the First Miracle



*Russian and Romanian pilgrims were the first to venerate the relics*

Elena Dimitrova

August 30, 2010

[Standart News](#)

The relics of John the Baptist that have been recently discovered in the Bulgarian Black Sea resort town of Sozopol have already worked one miracle, the locals have spread the rumor.

The incredible story circulates in town, Minister of Diaspora Bozhidar Dimitrov told the media. "People say that a Russian lady who got numb and deaf after the Chechen terror attack in Moscow underground recovered speech after a prayer before the holy relics of John the Baptist."

Dimitrov said Thousands came to Sozopol, where the relics of St. John the Baptist were recently uncovered, on the day the Eastern Orthodox Church marks St. John's martyric death.

Pilgrims included not only holidaymakers in and around Sozopol, but also people from across Bulgaria, as well as Romanians, Russians and Georgians.

On August 29 the Eastern Orthodox Church commemorates the day King Herod ordered St. John the Baptist's head cut off at the behest of his daughter Salome.

St. John the Baptist is especially venerated by the Eastern Orthodox Christian Church. The principal day of veneration of the saint is January 7.



## The Right Hand of Saint Spyridon

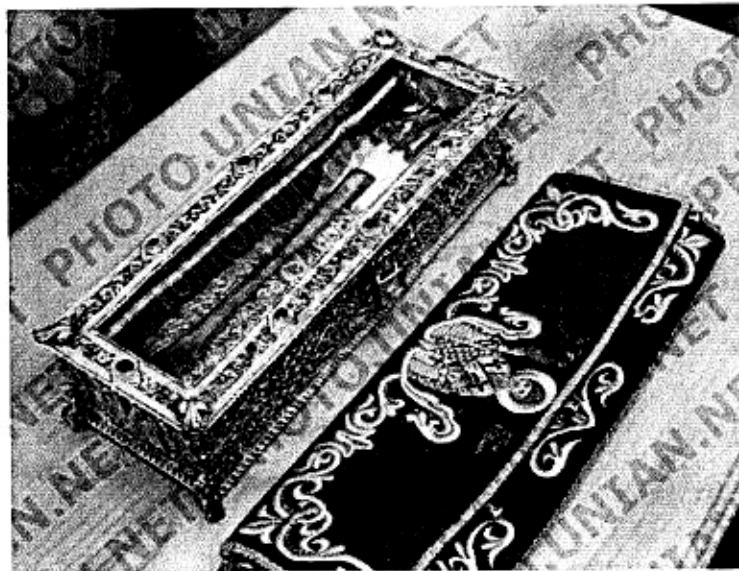


The right hand of Saint Spyridon was for many centuries in Rome and until November 1984 was kept in the Oratory of Saint Philip Neri.

On the eve of the feast of Saint Spyridon (Dec. 11) in 1984, through the efforts of Metropolitan Timothy of Kerkyra, the holy relic was restored to the Orthodox people of Kerkyra (Corfu). Metropolitan Timothy went to Rome and brought it home by aeroplane. Today it accompanies his incorrupt body in the litanies associated with the feasts of Saint Spyridon.

The left hand of the Saint is attached to his body and is also incorrupt.

Today the holy relic, because it is easily moveable, is brought to the faithful in far away regions for a blessing. In 2007 it travelled to Russia and Athens, and will again be at the Cathedral of the Savior in Moscow between 15-17 September 2010, then will transfer to the Monastery of Saint Daniel from 19 September to 6 October, then from 6 October till 15 October will be in Saint Petersburg.



# Lost Treasures Return to Russia's Red Square

(Aug. 28) — A ceremony on Moscow's Red Square today celebrated the restoration of two huge icons that graced two of the Kremlin's gateways for half a millennium before vanishing during the first decades of the atheist Soviet state.

The icons of Christ and St. Nicholas, key symbols of Russia's national and spiritual history, were apparently saved from destruction by a singular act of insubordination on the part of one or more Soviet-era workers. They were rediscovered in May and since restored to their original glory.

The Nicholas and Savior towers that dominate Red Square were built in 1491. Czars' carriages and black Politburo limousines have raced under their arched gates. Their great icons — painted images venerated by Orthodox Christians as windows to a higher world — were revered as symbols of Holy Russia, blessing coronation processions and sanctifying Muscovite armies going to war.

Under the czars, the Savior Tower's icon was considered so holy that Russians were obliged to dismount and remove their hats before passing under it. When Napoleon retreated from Moscow in 1812, he blew up the spire of the Nicholas Tower, but its eastern facade — and its icon — remained unharmed, evidence enough for some of miraculous intervention.

Elena Gagarina, director of the Kremlin Museums (and daughter of the first man in space, cosmonaut Yuri Gagarin), believes that the icons were removed under Stalin's orders in 1934, when the central state restoration workshops were closed down and their director arrested. "We have no information about [the icons] after that," she says, but with political purges gaining steam and the Great Terror on the horizon, there is strong circumstantial evidence that it was considered high time to purge the Kremlin walls of religious icons.

But with a crafty — and perhaps typically Russian — anti-authoritarian ingenuity, the professional restorers intentionally subverted their presumed instructions to remove the icons from sight, outwitting the Soviet state at immense personal risk to themselves and their families.

"We now see that the icons were not covered by accident, because they weren't just plastered over," Gagarina told AOL News. "First they were covered by a metal grating and the plaster was laid over that and the surface was then painted red. In other words, they were covered so that they could eventually be recovered."



The Kremlin's Savior Tower now bears the restored icon of the Savior, concealed since Stalin's time.

Under the czars, the Savior icon was considered so holy that those passing beneath it were obliged to dismount and bare their heads.

Instead of destroying the icons, the workers literally removed them from sight, leaving a small space to protect the painted surface before covering them with a new layer of wall, hiding them for an unguessable future.

Nicholas Grabar, a classic authority on Russian art, dated the icon on the Nicholas Tower icon to the end of the 15th or the beginning of the 16th century. St. Nicholas is depicted standing, holding a sword in one hand and a church in the other.

The Savior Tower's icon was painted no later than the middle of the 17th century, but probably earlier. It commemorates the breaking of the 1521 siege of Moscow by Muhammed-Girey, khan of the Crimean Tatars. Jesus is shown with one hand blessing those below, the other holding a Bible. At his feet are the two Russian saints, Sergius and Valaam, who prayed for divine intercession to end the siege.

After the Russian Revolution of 1917, the militantly anti-religious Soviet government returned the capital from St. Petersburg to Moscow and installed itself in the Kremlin. Officials initially draped the offending Orthodox Christian images with proletarian red calico and repeatedly fired cannons at them. This strategy proved counterproductive when it emerged that the face of Saint Nicholas remained miraculously unharmed. When the wind ripped the calico cloth during May Day celebrations in 1918, revealing the saint's image, believers saw it as yet another holy sign.

Given the savage spirit of Stalin's reign, it is no wonder the icons were presumed lost forever. After the fall of the Soviet Union in 1991, some proposed re-creating the famous icons, but that approach clashed with conditions imposed by UNESCO, which had designated the Moscow Kremlin a World Heritage Site.

In 2007, the St. Andrew's Foundation, a Christian organization of influential Russian officials and businessmen, suggested testing whether traces of the icons might remain in the Kremlin walls, but it took three years before experts were brought in with imaging equipment to check the hypothesis. It wasn't until April, in connection with preparations for Victory Day celebrations, that two holes were cut in the Savior Tower wall, revealing that something was still there. In late June, restorers chiseled into the two Red Square towers and found the lost Kremlin icons.

With the blessing of Russian Orthodox Patriarch Kirill and UNESCO, experts have been painstakingly restoring the icons over the summer months. Now for the first time in nearly a century, the Kremlin towers will loom over Red Square in their traditional appearance.

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