

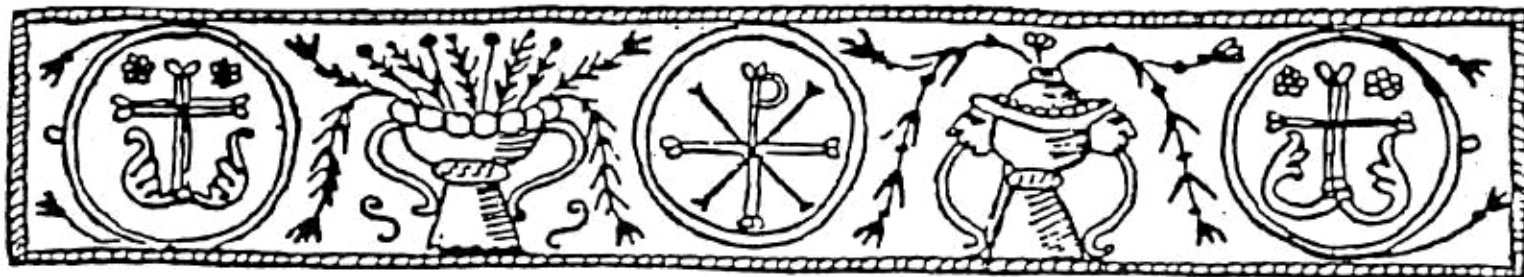
SAINTS PETER & PAUL ORTHODOX CHURCH

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BULLETIN OF MARCH 6, 2011



SUNDAY/MARCH 6

Cheese-Fare Sunday (Tone 8)

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

6:30p.m. Vespers and Rite of Forgiveness:
Entrance into the Great and Holy Fast

Cheese-Sunday

March 6 – this is the last day for dairy and fish
products until Pascha, April 24

PURE MONDAY/MARCH 7

First Day of the 40 Days of the
Great and Holy Fast

7:00p.m. Canon of St. Andrew of Crete

TUESDAY/MARCH 8

7:00p.m. Canon of St. Andrew of Crete

WEDNESDAY/MARCH 9

40 Holy Martyrs of Sebaste

6:30p.m. First Year Memorial for
(+) Charles Kachek

7:00p.m. Canon of St. Andrew of Crete

THURSDAY/MARCH 10

7:00p.m. Canon of St. Andrew of Crete;
Confessions

FRIDAY/MARCH 11

6:30p.m. Pre-Sanctified Liturgy with Canon to St.
Theodore of Tyro & Blessing of Wheat

THEODORE SATURDAY/MARCH 12

9:30a.m. Akathist; Confessions
5:30p.m. Vigil; Confessions

SUNDAY-MARCH 13

12:01a.m. Begins

Day Light Savings Time

SUNDAY OF ORTHODOXY/MARCH 13

First Sunday of Great Lent (Tone 1)

9:10a.m. Hours; 9:30a.m. Divine Liturgy and
Installation of New Parish Council;
Coffee Hour and Church School
11:45a.m. Movie: "Letters to God"

4:00p.m. Deanery Vespers at Holy Spirit Church
in Wantage with Bishop Michael

5:00p.m. Vespers with Presence of Kursk-Root
Icon at St. John the Baptist Church in Perth
Amboy

*End of the First and Beginning of the Second
Week of the Great & Holy Fast*

Parish Synodicon: Memory Eternal!

Apr. 01, 40 th Day	Ludmila Tjaden
Apr. 02, 40 th Day	Michael Warin
Mar. 06, 1972	Joseph Lebedz
Mar. 08, 1974	John Wigodinski
Mar. 08, 1976	Sophie Rose
Mar. 08, 1990	Henry Olszyk
Mar. 09, 1919	Elizabeth Demstor
Mar. 09, 1956	Michael Hnatuk
Mar. 09, 1956	Anna Makowski
Mar. 09, 1957	John Makowski
Mar. 09, 1976	Daria Karanevich
Mar. 09, 2010	Charles Kachek
Mar. 10, 1936	Jacob Voliakim
Mar. 10, 1963	William Zaleski
Mar. 11, 1961	Paraska Holowach
Mar. 11, 1972	Alex Smagley
Mar. 12, 1924	Nicholas Semashkevich
Mar. 12, 1966	Leo Stachowsky

Offerings for the week of March 6

Olive Oil – in memory of Michael and Justina; in memory of Vaschen and Emila; for a safe journey.

Wine: for the health and salvation of Danielk (birthday); in honor of St. Daniel of Moscow and in thanksgiving; in memory of Bukhuti.

Coffee Hour Hosting

- Mar. 06 - Nana, Nino and Nona
- Mar. 13 - Motoviloff, Torrisi and Kachek
- Mar. 20 - Combs, Mantzafos, Parsells and Sokol

Offerings of Boiled Wheat

Are sought for the Memorial Saturday Commemorations on Mar. 19th & 26th. Please subscribe for one of these dates in advance and let Father James know.

Remember in Prayer

Sandy Filippini.

Easter Candy Sale

Our Annual Easter Candy Sale is now under way. Order forms are on the vestibule stand. Help us make this fund raiser a success. Deadline is next Sunday, March 13th.

New Parish Council

The New Parish Council will be installed on Sunday, March 13 at the Divine Liturgy. The next Parish Council Meeting will be Thursday, March 17 at 7:00p.m.

Whom To Speak With About What

Parish Membership - Fr. James
Church School - Jill Peterson
Hall Rental/Usage – Austin Kachek
Offering Envelopes – Katherine Mantzafos
Parish Council Agenda – Symeon Combs
Parish Properties/Grounds – Austin Kachek
Library – Henry Hando
Cemetery – Fr. James
Charity Requests – Fr. James or Stacy Kita
Ushers - Symeon Combs
Readers/Choir – Patricia Sokol
IOCC – Protodeacon Paul
Parish Records – Fr. James
Website – Fr. James or Timothy Gorbatuk
Fund-Raising – Peter Gorbatuk

Fasting for the Evening Pre-Sanctified Liturgy to partake of Holy Communion

For those unable to keep the fast for the whole day, the Holy Synod of Bishops permits the keeping of the fast from the noon day meal.

112th Congress Orthodox Members

Of the 535 members, Orthodox Christians total 5. There is 1 Republican Senator and 3 Republican House members. There is also 1 Democratic House member. Of the total 535 members, the Orthodox comprise 0.9% of the Congress or 0.6% of the American adult population. Most of the Congress is Protestant (304), Catholic (156), Jewish (39), Buddhist (2), Muslim (2) and others.

Youth Retreat: Ages of 7th – 12th Grades

This Lenten Retreat will be held April 1st-2nd at Holy Resurrection Church in Wayne. The theme of the Retreat is “*Baptized into Christ: Galatians 3:2 and Romans 6:3*”. The Retreat is sponsored by the Diocese of NY-NJ and Bishop Michael hopes to join the youth. Information is posted on the Parish Bulletin Board as well as the Diocesan website: www.nynjoca.org The cost is \$35.



GENERAL RULES OF FASTING FOR THE GREAT AND HOLY LENT

Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat.

Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion.

The Orthodox idea of fasting is first of all that of an ascetical effort. It is the effort to subdue the physical, the fleshly man to the spiritual one, the "natural" to the "supernatural." Limitations in food are instrumental; they are not ends in themselves. Fasting thus is but a means of reaching a spiritual goal and, therefore, an integral part of a wide spiritual effort. Fasting, in the Orthodox understanding, includes more than abstinence from certain types of food. It implies prayer, silence, an internal disposition of mind, an attempt to be charitable, kind, and - in one word - spiritual. "Brethren, while fasting bodily, let us also fast spiritually..."

And because of this the Orthodox doctrine of fasting excludes the evaluation of fasting in terms of a "maximum" or "minimum." Everyone must find his or her maximum, weigh his or her conscience and find in it his or her "pattern of fasting." But this pattern must necessarily include the spiritual as well as the "bodily" elements. The Typikon and the canons of the Church give the description of an ideal fast: no meat, no dairy products, total abstinence on certain days. "He that is able to receive it, let him receive it" (Matthew 19:12). But whatever is our measure - our fasting must be a total effort of our total being.

Keeping this in mind we should fast in order to achieve the goal of prayer, repentance, and forgiveness. To fast means abstaining not only from certain foods, but most importantly from passions, bad habits, overindulgence, rudeness and selfishness. It means also that we should abstain from everything that might take the focus of our life away from the spiritual effort. Among these things are every kind of entertainment, such as going to the movies, watching TV or going on spring vacations. For married couples it will also imply abstaining from intimacy.

The fundamental meaning of the fasting effort is to discover the true values of our life, to discover that we live not for our own sake but in the context of our relationship with each other and with the living God. So we fast not in terms of our individual piety but by linking our life with that of the Church. In essence, fasting is an exercise in being faithful: to each other in observing the same rules and sharing in the same hardship, and to our Lord Himself Who has given us fasting as a school of love.

By Protopresbyter Alexander Schmemmann



Meat is not permitted
on any day.



Dairy is not permitted
on any day.



Wine and oil are permitted
on weekends, and
on a few other days
(see your wall calendar)



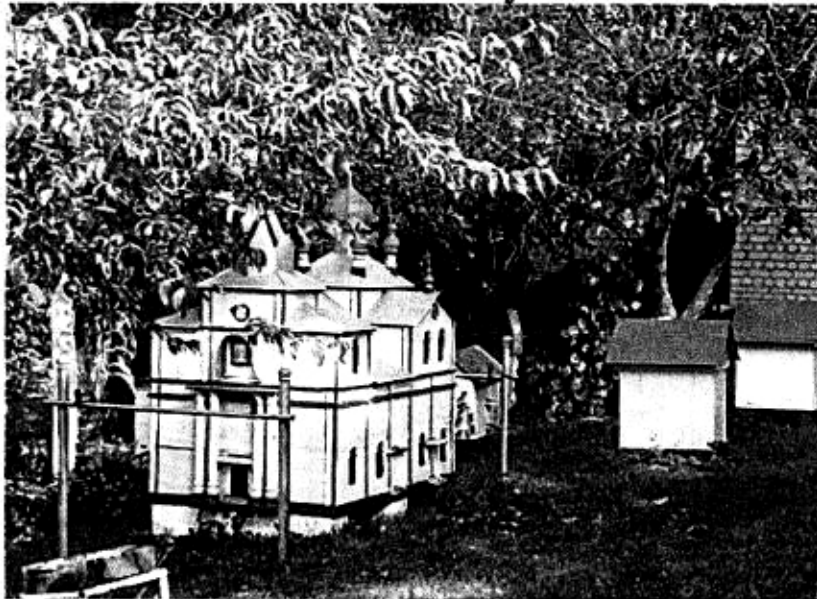
Fish is permitted only
on the Annunciation
(March 25th) and on
Palm Sunday.

CHRISTIANITY IS NOT A RELIGION, BUT A REVELATION

By St. Nikolai of Zicha

If someone loses his faith in God, he is recompensed with stupidity. Of all stupidities, it is difficult to say whether there is a greater one than this: that someone who calls himself a Christian and then proceeds to gather pathetic proofs for God and eternal life from other beliefs and philosophies. He who does not find gold among the wealthy; how will he find it among the poor? The revelation of eternal life, of facts, of proofs, of signs, and of actual visions of the spiritual world - all of these not only constitute the foundation of the Christian Faith, but constitute its walls, floors, ornaments, all the furnishings, the roof and the domes of the majestic building of the Christian Faith. A single ray from the spiritual world glistens through every word of the Gospels, not to mention the miraculous events, both in Evangelical and Post-Evangelical times as well as throughout the entire history of the Church for two-thousand years. Christianity has thrown open wide the gates of that world in so great a measure, that it should not be necessary to call it a religion, in order not to confuse it with other faiths and religions. It is a revelation! God's revelation!

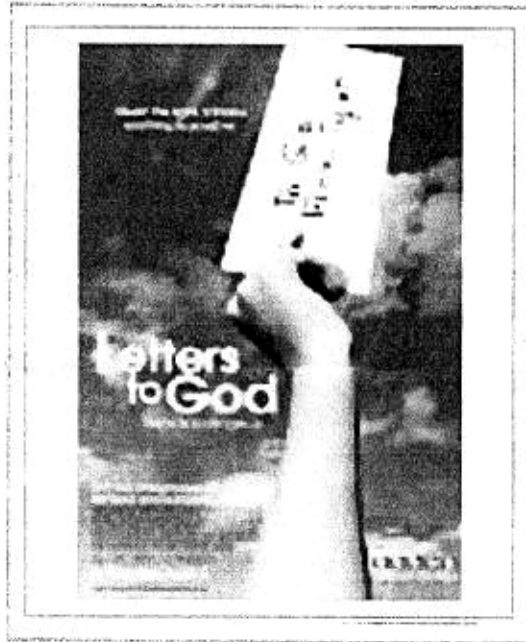
Bees Do Their Work To the Glory of God



Koretsky Holy Trinity Convent in Ukraine has a beehive shaped like an Orthodox Church in their apiary. One nun has commented on the reason behind this symbolism: "Truly bees work to the glory of God making honey for the Monastery (which they offer to the people). This means that they serve God."

FILM PRESENTATION:

LETTERS TO GOD
SUNDAY, MARCH 13th at 11:45a.m.
CONFERENCE ROOM – ALL INVITED!



A young boy fighting cancer writes letters to God, touching lives in his neighborhood and community and inspiring hope among everyone he comes in contact. An unsuspecting substitute postman, with a troubled life of his own, becomes entangled in the boy's journey and his family by reading the letters. They inspire him to seek a better life for himself and his own son he's lost through his alcohol addiction. *Written by Anonymous*

The story of what happens when one boy's walk of faith crosses paths with one man's search for meaning-the resulting transformational journey touches the lives of everyone around them. Tyler Doherty is an extraordinary eight-year-old boy. Surrounded by a loving family and community, and armed with the courage of his faith, he faces his daily battle against cancer with bravery and grace. To Tyler, God is a friend, a teacher and the ultimate pen pal-Tyler's prayers take the form of letters, which he composes and mails on a daily basis. The letters find their way into the hands of Brady McDaniels, a beleaguered postman standing at a crossroads in his life. At first, he is confused and conflicted over what to do with the letters. But the decision he ultimately makes becomes a testament to the quiet power of one boy's shining spirit and unshakable faith. *Written by Anonymous*



A prayer rule for one who is on the path of a God-pleasing life.

You ask about a prayer rule. Yes, it is good to have a prayer rule on account of our weakness so that on the one hand we do not give in to laziness, and on the other hand we restrain our enthusiasm to its proper measure. The greatest practitioners of prayer kept a prayer rule. They would always begin with established prayers, and if during the course of these a prayer started on its own, they would put aside the others and pray that prayer. If this is what the great practitioners of prayer did, all the more reason for us to do so. Without established prayers, we would not know how to pray at all. Without them, we would be left entirely without prayer.

However, one does not have to do many prayers. It is better to perform a small number of prayers properly than to hurry through a large number of prayers, because it is difficult to maintain the heat of prayerful zeal when they are performed to excess.

I would consider the morning and evening prayers as set out in the prayer books to be entirely sufficient for you. Just try each time to carry them out with full attention and corresponding feelings. To be more successful at this, spend a little of your free time at reading over all the prayers separately. Think them over and feel them, so that when you recite them at your prayer rule, you will know the holy thoughts and feelings that are contained in them. Prayer does not mean that we just recite prayers, but that we assimilate their content within ourselves, and pronounce them as if they came from our minds and hearts.

After you have considered and felt the prayers, work at memorizing them. Then you will not have to fumble about for your prayer book and light when it is time to pray; neither will you be distracted by anything you see while you are performing your prayers, but can more easily maintain thoughtful petition toward God. You will see for yourself what a great help this is. The fact that you will have your prayer book with you at all times and in all places is of great significance. Being thus prepared, when you stand at prayer be careful to keep your mind from drifting and your feeling from coldness and indifference, exerting yourself in every way to keep your attention and to spark warmth of feeling. After you have recited each prayer, make prostrations, as many as you like, accompanied by a prayer for any necessity that you feel, or by the usual short prayer. This will lengthen your prayer time a little, but its power will be increased. You should pray a little longer on your own especially at the end of your prayers, asking forgiveness for unintentional straying of the mind, and placing yourself in God's hands for the entire day.

You must also maintain prayerful attention toward God throughout the day. For this, as we have already mentioned more than once, there is remembrance of God; and for remembrance of God, there are short prayers.