

## **SAINTS PETER & PAUL ORTHODOX CHURCH**

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### **BULLETIN OF FEBRUARY 12, 2012**

#### **SUNDAY/FEBRUARY 12**

**Sunday of the Prodigal Son (Tone 2)**

**Iveron Icon of Theotokos**

**St. Alexis of Moscow**

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

Coffee Hour; Church School

11:45a.m. Annual Parish Meeting

#### **THURSDAY/FEBRUARY 16**

7:00pm. Adult Study Class: "Getting Ready for the Great and Holy Lent"

#### **SATURDAY/FEBRUARY 18**

**Memorial Commemoration**

9:30a.m. General memorial Service; Confession

5:30p.m. Vigil; Confession

#### **SUNDAY/FEBRUARY 19**

**Meat-fare or Judgment Sunday (Tone 3)**

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

Coffee Hour; Church School

11:45a.m. Movie: "Chariots of Fire"

11:30a.m.-1:00p.m. Great Spaghetti Take-Out

#### **Meat-Fare Sunday/February 19th**

This is the last day we partake of meat products until the Holy Pascha, April 15

#### **Cheese-Fare Week/February 20th-26th**

In this week we may eat dairy and fish on both Wednesday and Friday, but we fast from meat.

#### **Cheese-Fare Sunday/February 26th**

This is the last day we partake of dairy products until the Holy Pascha, April 15

### **A Prayer of Contrition**



*"O Master Christ, God, who healed my passions by your passions, and by your wounds healed my wounds, grant me who transgressed greatly against you tears of contrition. Treat my body, from the fragrance of your life-giving body, and sweeten my soul with your precious blood, from the bitterness, which the opponent poured in me. Lift up my mind to you, drawn downwards, and lead me up from the chasm of perdition. For I do not have repentance, nor do I have contrition, nor do I have a consoling tear, which children lead me back to my own inheritance. I am blinded in intellect in earthly passions, and am not able to look to you in pain, nor am I able to be warmed with tears of love for you. But, Master Lord Jesus Christ, the treasure of good things, grant me complete repentance, and a painful heart unto seeking of you. Grant me your grace, and renew me with the shapes of your image. I abandoned you, do not abandon me. Come out to search for me, lead me back to your pasture, number me along with the sheep of your select flock, and nourish me with them from the grass of your divine Mysteries. By the intercessions of your all pure Mother, and of all your Saints. Amen".*

### **Offerings for the week of February 12**

**Olive Oil** – in memory of Michael and Justina, in memory of Vaschen and Emilia.; in memory of Sandy and Joan; in memory of Gabriela-Antoaneta, Vera, Gheorghe and Sorin.

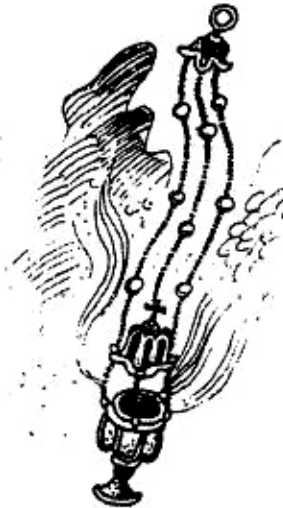
**Flowers** – for the health of Anna and Saba.

### **January Sunday Envelope Income**

- 10% tithe to Diocese \$1,073
- Diocesan Assessment \$1,075
- Monthly Budget +\$478

### **Parish Synodicon**

Feb. 12, 1972 John Wislosky  
Feb. 12, 1988 Xenia Fedarka  
Feb. 13, 1929 Gregory Stepaniuk  
Feb. 13, 1957 Clement Mc Closkey  
Feb. 13, 1970 Alexander Pawlik  
Feb. 15, 1929 Moses Korenchik  
Feb. 15, 1998 Helen Russo  
Feb. 15, 1999 Zollie Pituch  
Feb. 16, 1928 Athanasius Barna  
Feb. 16, 1954 Abraham Yashuk  
Feb. 17, 2003 Anna Peschek  
Feb. 18, 1952 Gregory Holovach  
Feb. 18, 1963 Magdalena Padla  
Feb. 18, 1993 Josephine Fedchin



### **The Blessing of Homes – Jan. 7th -Feb. 17th**

It is the custom with the Feast of the Holy Theophany, January 6<sup>th</sup>, to bless homes. If you wish to have your home blessed, please arrange a time with Father James.

Open Days and Times:

Tues./Feb. 14 (3:00p.m.-7:00p.m.)

Wed./Feb. 15 (10:00a.m.- 9:00p.m.)

Fri./Feb. 17 (10:00a.m.-9:00p.m.)

### **Coffee Hour Hosting**

Feb. 12 - Inga, Eka and Marina

Feb. 19 - Nana, Nona and Nina

Feb. 26 – Motoviloff, Torrissi, Kachek and Stone  
(meat-fast on Feb. 26)

### **Ushers**

Feb. 12 - T. Gorbtauk & J. Stone

Feb. 19 - P. Parsells & C. Dunaenko

Feb. 26 - E. Sarchisian & L. Khuzaurashvili

### **Appeal for Mission Trip by Parishioner**

You have received in the mail an appeal for support for helping in the travel expense of a parishioner and college student to an Orthodox Orphanage in Guatemala. May the Lord bless your offering

### **“Getting Ready for the Great Lent”**

Will be the topic of our adult study evening, Thursday, February 16<sup>th</sup> from 7-8:30p.m. How can we make the most of the Great Lent? What has been our positive and negative experiences of the past? Why it is necessary to navigate in a very careful way – as not be shipwrecked – the course of the 40 Days.

### **Beginning of the Great & Holy Lent**

“Pure Monday,” February 27<sup>th</sup> is the first day of the 40 great and Holy Fast. We enter into the Lenten Season with the very important and first service of Vespers and the Rite of Forgiveness, on Sunday evening, February 26<sup>th</sup> at 6:30p.m. All of the faithful are encouraged to participate in this special service.

### **Great Spaghetti Take-Out**

Sunday, Feb. 19<sup>th</sup> from 11:30a.m. to 1:00p.m.  
(see flyer for details).

### **Great Baked Goods**

Sunday, Feb. 26<sup>th</sup> at Coffee Hour.  
(see flyer for details).

### **Movie – Feb. 19<sup>th</sup> at 11:45a.m.: “Chariots of Fire”**

This 124 minute film is based on a true story. It centers upon two athletes competing in the 1924 Olympics held in Paris. One is Christian and the other Jewish. The film is a study of character and in the historical context, we experience cultural and spiritual influences of that period and the value of faith and friendship. This film has already become a classic.

### **Memory Eternal!**

Newly-departed, former parishioner (+) Nina Wasyl of Hillsborough (Feb. 2<sup>nd</sup>).



## ASSEMBLY OF CANONICAL ORTHODOX BISHOPS OF NORTH AND CENTRAL AMERICA

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### **Record of Protest Against the Infringement of Religious Liberty by the Department of Health and Human Services**

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The Assembly of Canonical Orthodox Bishops of North and Central America, which is comprised of the 65 canonical Orthodox bishops in the United States, Canada and Mexico, join their voices with the United States Conference of Catholic Bishops and all those who adamantly protest the recent decision by the United States Department of Health and Human Services, and call upon all the Orthodox Christian faithful to contact their elected representatives today to voice their concern in the face of this threat to the sanctity of the Church's conscience.

In this ruling by HHS, religious hospitals, educational institutions, and other organizations will be required to pay for the full cost of contraceptives (including some abortion-inducing drugs) and sterilizations for their employees, regardless of the religious convictions of the employers.

The First Amendment of the U.S. Constitution guarantees the free exercise of religion. This freedom is transgressed when a religious institution is required to pay for "contraceptive services" including abortion-inducing drugs and sterilization services that directly violate their religious convictions. Providing such services should not be regarded as mandated medical care. We, the Assembly of Canonical Orthodox Bishops, call upon HHS Secretary Sebelius and the Obama Administration to rescind this unjust ruling and to respect the religious freedom guaranteed all Americans by the First Amendment.

### **Army office censors chaplaincy letter**

(National Review) - In Catholic Churches across the country, parishioners were read letters from the pulpit this weekend from bishops in their diocese about the mandate from the Department of Health and Human Services giving Catholics a year before they'll be required to start violating their consciences on insurance coverage for contraception, sterilization, and abortifacient drugs. But not in the Army.

A statement released this afternoon — which happens to be the 67th anniversary of the sinking of the USS Dorchester, on which four chaplains lost their lives — from the Archdiocese for Military Services explains:

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**On Thursday, January 26, Archbishop Broglio emailed a pastoral letter to Catholic military chaplains with instructions that it be read from the pulpit at Sunday Masses the following weekend in all military chapels. The letter calls on Catholics to resist the policy initiative, recently affirmed by the United States Department of Health and Human Services, for federally mandated health insurance**

covering sterilization, abortifacients and contraception, because it represents a violation of the freedom of religion recognized by the U.S. Constitution.

**The Army's Office of the Chief of Chaplains subsequently sent an email to senior chaplains advising them that the Archbishop's letter was not coordinated with that office and asked that it not be read from the pulpit.** The Chief's office directed that the letter was to be mentioned in the Mass announcements and distributed in printed form in the back of the chapel.

Archbishop Broglio and the Archdiocese stand firm in the belief, based on legal precedent, that such a directive from the Army constituted a violation of his Constitutionally-protected right of free speech and the free exercise of religion, as well as those same rights of all military chaplains and their congregants.

Following a discussion between Archbishop Broglio and the Secretary of the Army, The Honorable John McHugh, **it was agreed that it was a mistake to stop the reading of the Archbishop's letter. Additionally, the line: "We cannot — we will not — comply with this unjust law" was removed by Archbishop Broglio at the suggestion of Secretary McHugh over the concern that it could potentially be misunderstood as a call to civil disobedience.**

The AMS did not receive any objections to the reading of Archbishop Broglio's statement from the other branches of service.

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## The Daily Readings Mobile App

There is *no better way* to carry the Church's prescribed Scripture & devotional readings with you at all times.

The web team at the Greek Orthodox Department of Internet Ministries has developed a [Daily Readings App for mobile devices](http://www.goarch.org/archdiocese/departments/internet/mobileapps/) (<http://www.goarch.org/archdiocese/departments/internet/mobileapps/>). The app can be used on iPhones and iPad tablets, and Android and Nokia phones.

In addition to providing access to a daily, searchable lectionary and typicon, the Readings App also allows mobile phone users to read the lives of the saints and look up fasting guidelines according to the calendar of the Ecumenical Patriarchate.

"We are dedicated to helping Orthodox Christians use technology for the proclamation of the Good News of the Gospel and for the advancement of Orthodox ministry," explains Jamil Samara, Director of Internet Ministries for goarch.org.

## **THE TWO SEAS IN THE HOLY LAND.....**

### **SOME PEOPLE ARE LIKE ONE AND SOME LIKE THE OTHER**

There are two seas in the Holy Land. One of the seas is fresh and fish swim in it. Splashes of green adorn its banks. Beautiful trees spread their branches over it, and stretch their thirsty roots in all directions to sip of its healing waters.

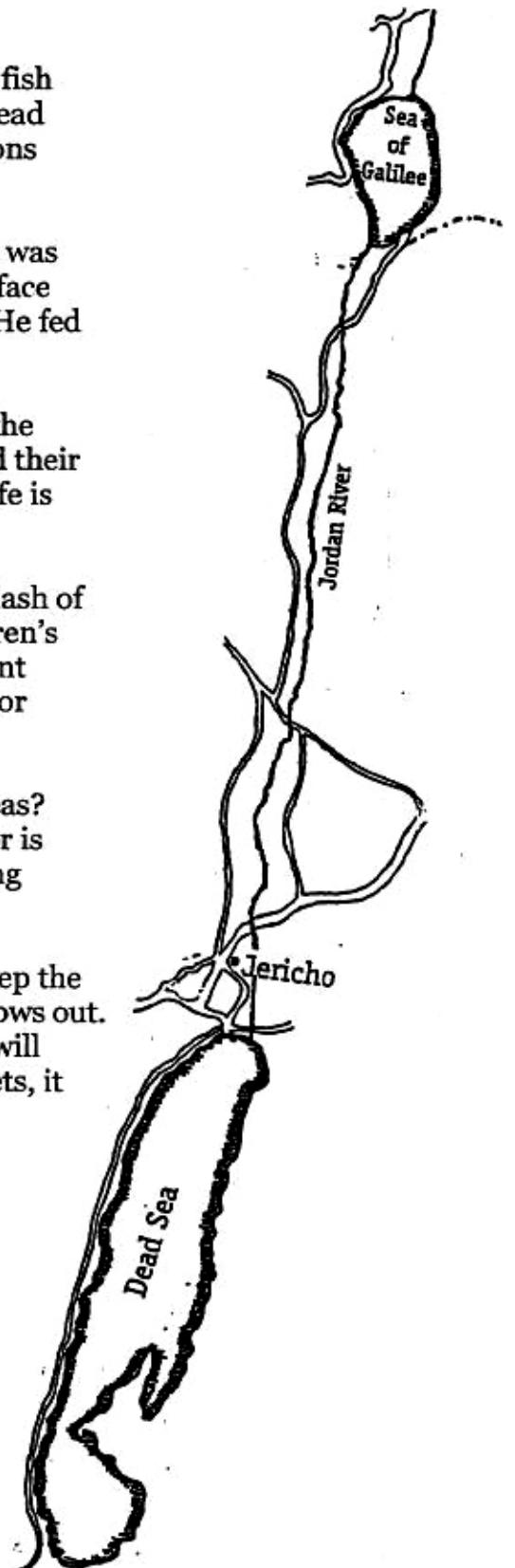
Along its shores the children play, as children played when Christ was there. Our Lord loved this Sea, He could look across its silver surface when He spoke His parables. And on a rolling plain not far way, He fed 5,000 people with five loaves of bread and two fishes.

The River Jordan makes this Sea – the Sea of Galilee, also called the Lake of Tiberias - with sparkling waters from the hills. Men build their homes near it. Birds build their nests nearby, and every kind of life is happier because it is there.

The River Jordan flows south to another Sea. Here there is no splash of fish, no fluttering of leaves. Here is no song of birds and no children's laughter. Travelers choose another route, unless they are on urgent business. The air hangs heavy above its water, and neither men nor beasts nor fowl will drink of it.

What makes such a mighty difference in these two neighboring Seas? Not the River Jordan, for it empties the same water into both. Nor is it caused by the soil in which the two Seas live, nor the surrounding country-side.

This is the difference: The Sea of Galilee receives, but does not keep the water of the Jordan. For every drop that flows in, another drop flows out. The other Sea is shrewder, this Sea hoards its income jealously, it will not be tempted into any generous impulse. Every drop this Sea gets, it keeps. This Sea is called the Dead Sea.





## BURNING INCENSE IS PSYCHOACTIVE: NEW CLASS OF ANTIDEPRESSANTS MIGHT BE RIGHT UNDER OUR NOSES

From ScienceDaily.com

ScienceDaily (May 20, 2008) — Religious leaders have contended for millennia that burning incense is good for the soul. Now, biologists have learned that it is good for our brains too. An international team of scientists, including researchers from Johns Hopkins University and the Hebrew University in Jerusalem, describe how burning frankincense (resin from the *Boswellia* plant) activates poorly understood ion channels in the brain to alleviate anxiety or depression. This suggests that an entirely new class of depression and anxiety drugs might be right under our noses.

"In spite of information stemming from ancient texts, constituents of *Boswellia* had not been investigated for psychoactivity," said Raphael Mechoulam, one of the research study's co-authors. "We found that incensole acetate, a *Boswellia*



resin constituent, when tested in mice lowers anxiety and causes antidepressive-like behavior. Apparently, most present day worshipers assume that incense burning has only a symbolic meaning."

To determine incense's psychoactive effects, the researchers administered incensole acetate to mice. They found that the compound significantly affected areas in brain areas known to be involved in emotions as well as in nerve circuits that are affected by current anxiety and depression drugs. Specifically, incensole acetate activated a protein called TRPV3, which is present in mammalian

brains and also known to play a role in the perception of warmth of the skin. When mice bred without this protein were exposed to incensole acetate, the compound had no effect on their brains.

"Perhaps Marx wasn't too wrong when he called religion the opium of the people: morphine comes from poppies, cannabinoids from marijuana, and LSD from mushrooms; each of these has been used in one or another religious ceremony."

said Gerald Weissmann, M.D., Editor-in-Chief of The FASEB Journal. "Studies of how those psychoactive drugs work have helped us understand modern neurobiology. The discovery of how incensole acetate, purified from frankincense, works on specific targets in the brain should also help us understand diseases of the nervous system. This study also provides a biological explanation for millennia-

old spiritual practices that have persisted across time, distance, culture, language, and religion--burning incense really does make you feel warm and tingly all over!"

According to the National Institutes of Health, major depressive disorder is the leading cause of disability in the United States for people ages 15--44, affecting approximately 14.8 million American adults. A less severe form of depression, dysthymic disorder, affects approximately 3.3 million American adults. Anxiety disorders affect 40 million American adults, and frequently co-occur with depressive disorders.

### WHY DOES THE PRIEST CENSE US?

During the services, the priest censes many things in church. He also censes the people. Why does he cense the people?

As clouds of smoke from the burning incense rise up, we are reminded that we were created in the "image and likeness of God." It is this image in us that the priest censes. Just as he censes the icons of the saints, he censes each of us.

We are called to be saints. When we turn to God and tell Him we are sorry for our sins, He visits us and blesses us. He encourages us to grow and become more like Himself who is both holy and good. When the priest censes us, he reminds us to keep the divine image in us pure and God-like.

