

**SAINTS PETER & PAUL ORTHODOX CHURCH**  
605 Washington Avenue, Manville, New Jersey 08835-1856  
Voice: 908-685-1452 / fax: 908-685-1074 Email: frjames@ssppoc.org  
Parish Website: www.ssppoc.org Diocese of NY-NJ: www.nynjoca.org

**BULLETIN OF MARCH 17, 2013**

**CHEESE-FARE SUNDAY/MARCH 17 (Last Day for Dairy Products)**  
**St. Patrick of Ireland**

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

Church School and Teen Class

6:30p.m. Vespers and Rite of Forgiveness – Entrance into the 40 Days of Great Lent

**PURE MONDAY/MARCH 18 – First Day of the 40 Days of the Great Fast**  
**St. Nicholas of Zicha**

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

**TUESDAY/MARCH 19**

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

**WEDNESDAY/MARCH 20**

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

**THURSDAY/MARCH 21**

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

**FRIDAY/MARCH 22**

6:30p.m. Presanctified Liturgy with the  
Blessing of Boiled Wheat for Theodore Sat.

**THEODORE SATURDAY/MARCH 23**

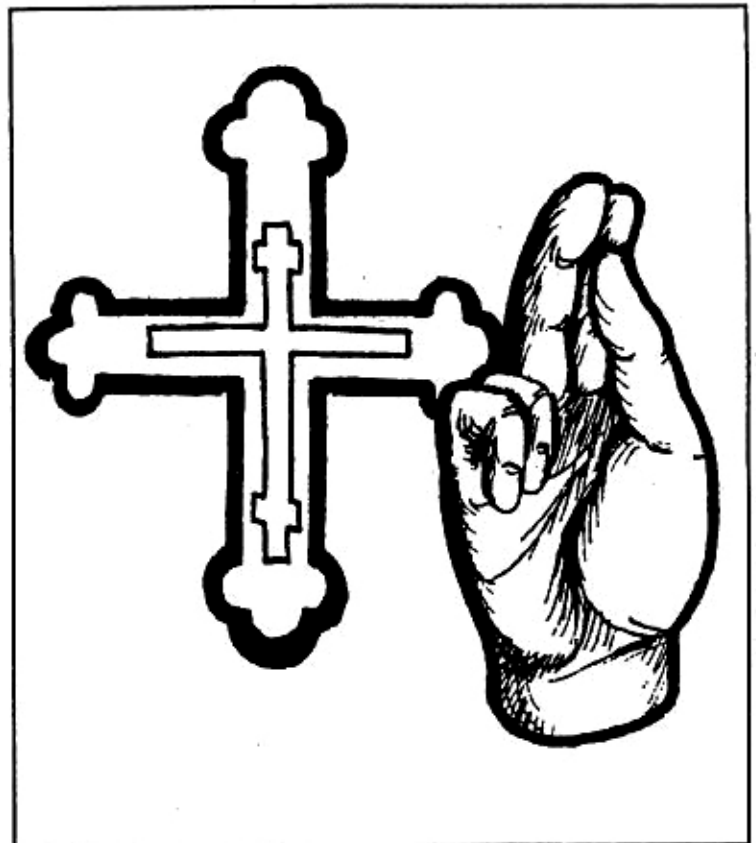
9:30a.m. Akathist to the Lord; Confessions  
5:30p.m. Vigil; Confessions

**SUNDAY OF ORTHODOXY/MARCH 24**

9:10a.m. Hours; 9:30a.m. Divine Liturgy  
Coffee Hour and Question & Answer Period  
5:30p.m. Vigil for the Holy Annunciation

**MONDAY/MARCH 25 – ANNUNCIATION TO THE THEOTOKOS**  
**One of “the 12 Great Feasts of the Year”**

9:30a.m. Vespers and Divine Liturgy (fish, wine and oil permitted)



### **Offerings Week of March 17**

**Olive Oil** – in memory of Michael, Justina, and Rosalia; in memory of Vaschen and Emilia; in memory of Gabriela-Floarea, Gheorghe, Elena, Elena, Petre, Maria, Mihael, Aniceta, Parasceva, Ilie, Aurelia and Maria; for the health of Nicholas (namesday).

**Wine** - for the health of Diaconissa Patricia (namesday).

### **Parish Synodicon – Memory Eternal!**

Mar. 18, 1942 John Hrihorchuk  
Mar. 18, 1981 Metropolitan Ireney  
Mar. 19, 2004 Anna Lisneski  
Mar. 20, 2000 Theodore Adamchak  
Mar. 21, 1991 Eugenia Kozlov  
Mar. 23, 1925 Peter Chabra  
Mar. 23, 1975 Anna Yalsh  
Mar. 24, 1959 Alexander Gromack  
Mar. 24, 1970 John Zorzi  
Mar. 24, 1974 Xenia Poletelo

### **Coffee Hour Hosting**

#### **No meats, dairy or fish in Great Lent**

Mar. 17 (meat fast) Sarchisian and Dunaenko  
Mar. 24 Peterson, Bakaletz and Mattei  
Mar. 31 Kita, Nevitt and Keller

### **Ushers Schedule**

Mar. 17 - P. Parsells and C. Dunaenko  
Mar. 24 - E. Sarchisian and L. Khuzaurashvili  
Mar. 31 -

### **Donation Via Pay Pal**

This is now an option that you will find on our Parish website.

### **Friends of Ss. Peter & Paul Orthodox Church on Facebook**

Lots of activity – Join us! – Post! – Engage!

### **The Calendar**

Mar. 31 Sun. Deanery Vespers in Paramus with Bishop Michael 4:00p.m.  
Apr. 04 Thurs. Movie “Uncle Nino” 7:00p.m.  
Apr. 06 & 13 Sat. Church Cleaning 10:30a.m.  
Apr. 14 Sun. Deanery Vespers in Manville 4:00  
June 15-16 Sat/Sun. Visitation of Bishop Michael  
June 15 Sat. Parish Council Conference Day

### **Offerings of Boiled Wheat Are Sought:**

Mar. 22 Friday of the First Week of Lent 6:30p.m.  
Mar. 30 Memorial Saturday 9:30a.m.  
Apr. 06 Memorial Saturday 9:30a.m. (taken)  
Apr. 13 Memorial Saturday 9:30a.m.  
Please let Father James know if you wish to subscribe to a particular date.

### **On Sale in church vestibule**

- *The Orthodox Study Bible*. Old and New Testaments with commentary (\$35)
- *The Lenten Spring*. Fr. Thomas Hopko has 40 reflections for each of the 40 days. (\$15)
- *Great Lent*. This is the classic book about is about everything you need to know about the Great Lent. A must read and re-read. Fr. Alexander Schmemmann (\$15). Please place offering in an envelope and mark it “religious resale.”

### **Fasting for the Pre-Sanctified Liturgy**

It is the discipline to fast the entire day for the evening Liturgy of the Pre-Sanctified Gifts. The Holy Synod of Bishops has decreed that for those unable to fast for the whole day, a complete fast must be observed from the noon day meal hour.

### **OCMC (Orthodox Christian Mission Center) Lenten Coin Boxes**

These boxes are available on the vestibule stand. Please return them no later than Palm Sunday, April 28<sup>th</sup>. Support Orthodox Missionary work!

### **Pussywillows**

Are already out. Please cut and bring them to the lower hall (not in plastic).

### **The Holy Gifts of Confession & Communion For those that are Home Bound**

Will be brought to the homes of those that are shut-in, the week of April 15<sup>th</sup> thru 19<sup>th</sup>. Please make sure you are scheduled with Father James.

### **Cemetery Concerns**

Please speak with Father James, Edward Sarchisian or Timothy Smith.

## 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 since Saturday and Sunday are holy days.
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.



## 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. (12x's, with as many bows, and then again the whole prayer from the beginning to end, and after that one great prostration)**

*Notes: 1) If one cannot make prostrations, then make bows, or the sign of the Cross. 2) This prayer is not done on Saturdays and Sundays.*

## THE SACRAMENT OF CONFESSION

is one of reconciliation with God, bringing about not only a clearing of the conscience through the remission of sins, but also a healing of the soul through our recommitment to Christ. This Sacrament should therefore be received by all Orthodox Christians during each of the fasting seasons, especially Great Lent. For those who wish to receive Holy Communion, the Sacrament of Confession is indispensable and absolutely necessary to maintaining our spiritual health and well being.



Orthodox Church in America  
 Diocese of New York & New Jersey  
 New Jersey Deanery Lenten and Bright Wednesday Service Schedule

# WORSHIP, PRAYER AND REPENTANCE

Great Lent and Bright Week – March 25, 2013 - May 11, 2013

**New Jersey Deanery  
 SUNDAY OF ORTHODOXY**

**New Jersey Deanery  
 MISSION VESPERS  
 4:00 PM**

**New Jersey Deanery  
 BRIGHT WEDNESDAY VESPERS  
 7:00 PM**

**March 24**

*Sunday of Orthodoxy*

Deanery Parishes will gather at their respective Churches to celebrate the vespers/vigil for the feast of the Annunciation of the Holy Virgin Mary.

~~~~~  
**March 31 - All Deanery Clergy**

*Sunday of Saint Gregory Palamas*  
**Christ the Saviour Church**  
 365 Paramus Road  
 Paramus, NJ 07652



**His Grace, Bishop Michael**  
 Bishop of New York  
 and the Diocese of  
 New York and New Jersey  
*Main Celebrant and Homilist*

**April 7**

*Sunday of the Holy Cross*

*North:*

**Holy Resurrection Church**  
 Wayne, NJ

*South:*

**Holy Cross Church**  
 Medford, NJ

~~~~~  
**April 14**

*Sunday of Saint John Climacus*

*North:*

**Holy Spirit Church**  
 Wantage, NJ

*South:*

**Saints Peter and Paul Church**  
 Manville, NJ

~~~~~  
**April 21**

*Sunday of Saint Mary of Egypt*

*North:*

**Saints Peter and Paul Church**  
 Jersey City, NJ

*South:*

**Saint Gregory Palamas Church**  
 Glen Gardner, NJ

*“O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk.*

*But give rather the spirit of chastity, humility, patience and love to Thy servant.*

*Yea, O Lord and King!*

*Grant me to see my own transgressions and not to*

*judge my brother, for blessed art Thou unto ages of ages. Amen”*

*The Prayer of Saint Ephraim*

~~~~~  
**May 8**

*Bright Wednesday Vespers*

**Christ the Saviour Church**  
 365 Paramus Road  
 Paramus, NJ 07652

*Homilist: His Grace,  
 Bishop Michael*

~~~~~  
**FOR MORE INFORMATION**

Contact your local Orthodox Church or write, call, or E-mail:  
 Archpriest Samuel Kedala  
 New Jersey Deanery  
 102 Route 284  
 Wantage, NJ 07461  
 (973) 271-0524  
 priest04@embarqmail.com