

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 24, 2013

SUNDAY OF ORTHODOXY/MARCH 24 (wine and oil)

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" (fish, wine and oil)

9:30a.m. Vespers and Divine Liturgy

TUESDAY/MARCH 26 (wine and oil)

7:00p.m. Vespers; Confessions

WEDNESDAY/MARCH 27

9:30a.m. Akathist to the Passion; Confessions
6:30p.m. Pre-sanctified Liturgy

THURSDAY/MARCH 28

3:00p.m. Vespers; Confessions

FRIDAY/MARCH 29

7:00p.m. Vespers; Confessions

MEMORIAL SATURDAY/MARCH 30 (wine and oil)

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

2ND SUNDAY OF GREAT LENT/MARCH 31 St. Gregory Palamas of Thessalonica (wine and oil)

9:10a.m. Hours; 9:30a.m. Divine Liturgy; Coffee Hour
4:00p.m. Vespers at Christ the Saviour Church, Paramus
with Bishop Michael and clergy and faithful of deanery



Scene of the Annunciation.

Offerings Week of March 24

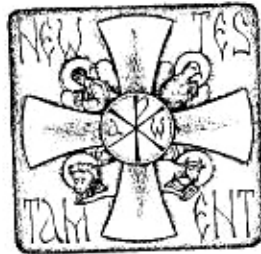
Olive Oil – in memory of Michael, Justina, and Rosalia; in memory of Vaschen and Emilia; for the health of Mark (birthday); for the health of Daria (birthday).

Wine - for the health of Stone family; for the health and recovery of Justina.

Flowers - for the health and salvation of Parishioners of Ss. Peter and Paul Church.

Parish Synodicon – Memory Eternal!

Mar. 25, 1954 John Holovach
Mar. 25, 1984 Stephen Szwhala
Mar. 26, 1931 Anna Mogilevsky
Mar. 26, 1958 Henry Knaff
Mar. 27, 1971 Anna Shwhala
Mar. 27, 1985 Steven Pawlik
Mar. 29, 1942 John Kudelko
Mar. 29, 2007 Anastasia Kornacki
Mar. 30, 1959 Julius Kisel
Mar. 30, 1968 Pauline Bulat
Mar. 31, 1931 George Andrejko
Mar. 31, 1985 Alexander Rudzina



Coffee Hour Hosting

No meats, dairy or fish in Great Lent

Mar. 24 Peterson, Bakaletz and Mattei
Mar. 31 Kita, Nevitt and Keller
Apr. 07 Inga, Eka, Marina and Nona

Ushers Schedule

Mar. 24 - E. Sarchisian and L. Khuzaurashvili
Mar. 31 -
Apr. 07 - T. Smith and P. Bakaletz

OCMC – Mission Coin Boxes in Vestibule

Support Mission Work this Great Lent!

Offerings of Boiled Wheat Are Sought:

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.

Deanery Lenten Vespers in Manville

Sunday, April 14th at 4:00p.m., followed by supper.
Celebrate with our visiting clergy and faithful.

The Parish Library Is Open Sundays

Great Lent is an opportune time to engage in some serious spiritual reading. Our Parish Library has a large selection of books. When you check out a book please indicate your name and date on the card in the book jacket. Have you any outstanding books at home? Please read and return. Thanks.

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

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 15th thru 19th. Please make sure you are scheduled with Father James.

Holy Confession in Great Lent:

- All the faithful should receive this Mystery of the Church before Holy Week (April 28).
- There is no Confession during Holy Week except for College students returning home.
- Times for Confession are expanded or you can schedule a particular time with Father.
- A blessing should be secured from the parish priest if you wish to make your Confession to another priest other than the parish rector.

**9th Anniversary of Kosovo Pogrom
March 17-19, 20, 2004**

March 17th, was the 9th anniversary of the anti-Serb violence that happened in Kosovo, Serbia. During this rampage by Albanian terrorists and extremists more than 4,000 Serbs were expelled, 938 homes were destroyed and 35 Orthodox churches were desecrated. All this happened over a 3 day period. Nine years later, those who acted out these evils have not been brought to trial; the Serbs have not been able to return to their homes and property and a continual campaign of intimidation is carried out against the Serbian people and the Orthodox Church. To this day, a UN Police Force needs to guard Orthodox churches and monasteries. O Holy Father Sava, intercede for your people!

**Movie: "Uncle Nino" Thursday, April 4th
at 7:00p.m. in the Conference Room**

Overworked executive Robert Micelli has little time for his loving wife and rebellious 14 year old son, Bobby and 12 year old daughter Gina, who desperately want a dog. This disconnected family is transformed by long-lost Uncle Nino, an old world Italian who unexpectedly arrives on their doorstep for a visit. Nino's simple, old-fashioned ways make a curiosity to the neighborhood and an embarrassment to Robert. But, Nino is slowly able to connect with each member of the family, and teach Robert how to enjoy life's simple pleasures: good food, good music and most important, "La Famiglia!"

5 Star Rated – 110 Minutes. Winner of the Crystal Heart Award: Heartland Film Festival.
Bring someone with you!

**Church Spring Cleaning Days – Apr. 6 & 13
Saturdays at 10:30a.m.**

In the busy Lenten season, these two mornings have been set aside an interior church clean-up. Please take this as a "personal invitation" to join us for a few hours in this labor of love.

**Friends of Ss. Peter & Paul Orthodox
Church - On Facebook**

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

ON SPIRITUAL READING

Remember that no one can simultaneously think about two subjects. If you occupy your mind with good thoughts (reading spiritual books or studying some worthwhile subject), the bad ones will not be able to linger in your mind.

Saint Innocent of Alaska



ON CONTROLLING THE TONGUE

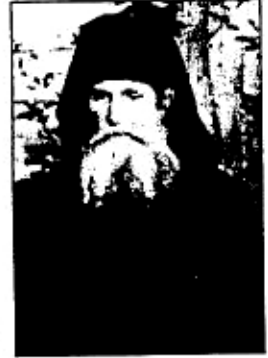
Guard the tongue for it is like a majestic stallion. For if you put a bit in its mouth and teach it to walk in order, it adapts to this and is satisfied. But if you let it run wild, it becomes the vehicle of the devil and his angels.

Saint John Chrysostom

ON BEARING WEAKNESSES

Each person must bear the weaknesses of others. Who is perfect? Who can boast that he has kept his heart undefiled? Hence, we are all sick, and whoever condemns his brother does not perceive that he himself is sick, because a sick person does not condemn another sick person.

Elder Ephraim, St. Anthony's, Arizona



ON KEEPING A SPIRITUAL FAST

There is both a physical and a spiritual fast. In the physical fast the body abstains from food and drink. In the spiritual fast, the faster abstains from evil intentions, words and deeds. One who truly fasts abstains from anger, rage, malice, and vengeance. One who truly fasts abstains from idle and foul talk, empty rhetoric, slander, condemnation, flattery, lying and all manner of spiteful talk. In a word, a real faster is one who withdraws from all evil.

St. Basil the Great

THE LITURGY OF THE PRESANCTIFIED GIFTS

By VRev. Thomas Hopko

The eucharistic Divine Liturgy is not celebrated in the Orthodox Church on lenten weekdays, since the full Divine Liturgy has a joyful character not in keeping with the somberness of the Great Fast. However, in order for the faithful to sustain their lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. The service is an ancient one in the Orthodox Church. We officially hear about it in the canons of the seventh century, which obviously indicates its development at a much earlier date.

On all days of the holy fast of Lent, except on the Sabbath, the Lord's Day, and the holy day of the Annunciation, the Liturgy of the Presanctified is to be served (Canon 52, Quinisext, 692).

The Liturgy of the Presanctified Gifts is an evening service. It is the solemn lenten Vespers with the administration of Holy Communion added to it. There is no consecration of the eucharistic gifts at the presanctified liturgy. Holy Communion is given from the eucharistic gifts sanctified on the previous Sunday at the celebration of the Divine Liturgy, unless, of course, the feast of the Annunciation should intervene; hence its name of "presanctified."

The Liturgy of the Presanctified Gifts is served on Wednesday and Friday evenings, although some churches may celebrate it only on one of these days. It comes in the evening after a day of spiritual preparation and total abstinence. The faithful who are unable to make the effort of total fasting because of weakness or work, however, normally eat a light lenten meal in the early morning.

During the psalms of Vespers, the presanctified gifts are prepared for communion. They are transferred from the altar table where they have been reserved since the Divine Liturgy, and are placed on the table of oblation. After the evening hymn, the Old Testament scriptures of Genesis and

Proverbs are read, between which the celebrant blesses the kneeling congregation with a lighted candle and the words: "The Light of Christ illumines all," indicating that all wisdom is given by Christ in the Church through the scriptures and sacraments. This blessing was originally directed primarily to the catechumens -- those preparing to be baptized on Easter -- who attended the service only to the time of the communion of the faithful.

After the readings, the evening Psalm 141 is solemnly sung once again with the offering of incense. Then, after the litanies of intercession and those at which the catechumens were dismissed in former days, the presanctified eucharistic gifts are brought to the altar in a solemn, silent procession. The song of the entrance calls the faithful to communion.

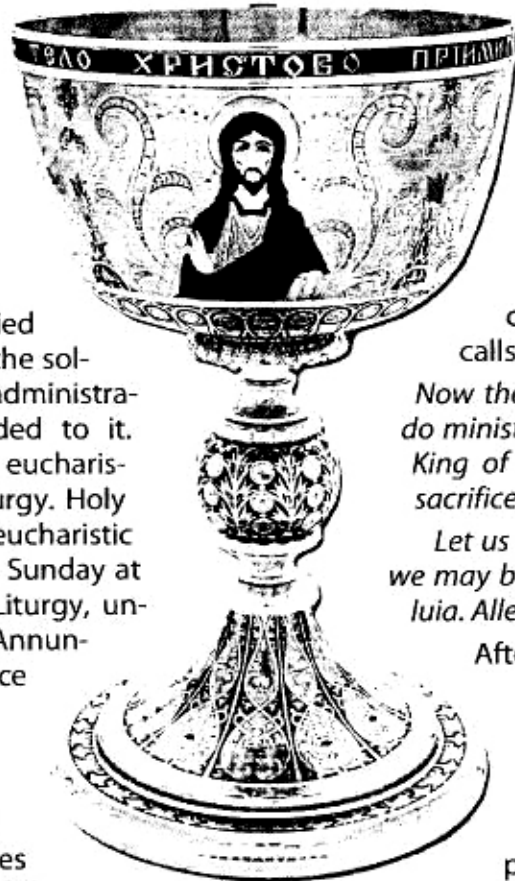
Now the heavenly powers (i.e., the angels) do minister invisibly with us. For behold the King of Glory enters. Behold the mystical sacrifice, all fulfilled, is ushered in.

Let us with faith and love draw near that we may be partakers of everlasting life. Alleluia. Alleluia. Alleluia.

After the litany and prayers, the Our Father is sung and the faithful receive Holy Communion to the chanting of the verse from Psalm 34: "O taste and see how good is the Lord. Alleluia." The post-communion hymns are sung and the faithful depart with a prayer

to God who "has brought us to these all-holy days for the cleansing of carnal passions," that he will bless us "to fight the good fight, to accomplish the course of the fast, and to attain unto and to adore the holy resurrection" of Christ.

The Liturgy of the Presanctified Gifts is traditionally considered to be the work of the sixth-century pope, Saint Gregory of Rome. The present service, however, is obviously the inspired liturgical creation of Christian Byzantium.



**FROM THE COUNSELS OF
FR. EPIPHANIUS OF ATHENS (+1989)**



On the Taking of Psychiatric Medications

Question: Are Christians allowed to take psychiatric medicines? Because many maintain that anxiety, depression, melancholia and in general, psychiatric disorders of the soul are healed only with spiritual life: that is with prayer, going to church, Confession and Holy Communion.

Answer: When necessary, Christians may take these medications.

Question: But what can these medications do to the soul of a person?

Answer: We must clarify from the beginning that the so-called psychiatric medicines or tranquilizers – that is, these material substances – cannot in any way give man's soul the longed for calmness, nor to bring consolation and hope to the soul of a mother – for example – whose son has died, not even to deliver the conscience of a man from the guilt of the sins which he committed. These gifts “come down only from above, from the Father of lights.” And only the celebrants (priests and spiritual fathers) of the Church are able to heal these conditions of people.

Question: Then why did you say that the psychiatric medicines are necessary?

Answer: Listen! Anxiety and depression in people are caused not only by such-above mentioned factors, or even from a financial ruin or from repression of their personalities and loss of self-esteem etc...but also from factors which originates in the nervous system (the brain) of man – in other words, from the disturbance of the higher functions of the brain, such as emotion, thought, will, etc. This type of anxiety or depression is improved or even healed with psychiatric medicines, medicines that is, which act on brain functions in such a way as to bring them back to their normal rhythm.

To put it more simply: Many Christians focus their attention on the immaterial component of man – that is the soul; attributing to it alone the manifestations of anxiety, melancholia etc. and thus they reject the medicines given the fact that matter cannot effect the immaterial. They forget though, that man also has a body. And because the brain, through which the soul is expressed, is an instrument of the body,

with material means (that is with medicines or earlier on with insulin comas or electroshock) its disturbances must be dealt with.

Question: What do you mean when you say the soul expresses itself through the brain?

Answer: An image which we could use to describe the relationship of soul and brain is the violin with violinist. Just as even the best musician cannot make good music if the violin is broken or unstrung, in the same manner man's behavior will not be whole (see Timothy 3:17) if the brain presents a certain disturbance, in which case the soul cannot be expressed correctly. It is precisely this disturbance of the brain that certain medicines help correct and so aid the soul in expressing itself correctly.

Question: Can intense sacramental life or fervent prayer heal these disturbances of the brain?

Answer: Of course, God can do a miracle for these sufferings. The question however, which was posed to me in the beginning was something else. I was asked if Christians are allowed to use psychiatric medicines. And to this I responded undoubtedly. Yes. Simultaneously, however, I also as you: Why don't you ask the same questions about bronchial asthma, for example, or eczema or migraine headaches or glaucoma or intestinal ulcers, etc.? Let us finally realize that anxiety, melancholia, depression, etc. does not only come from the disturbance of the soul, but also from the disturbance of the brain or from a combination of the two.

In the final case, psychological support is also needed (the solution of problems, selfless assistance, behavior salted with the salt of discernment, so that those who pose such problems do not feel difficulty from the manifestations of our love, examination from an educated, pious psychiatrist who will also enlighten them about the nature of the disturbances, the invocation of divine aid, the approaching to the Sacraments of the Church etc.) and simultaneously a medical therapy.

Neuropsychotic Disturbances and Sexual Purity

Question: A certain number of mental health experts consider the keeping of sexual purity during a young age as a cause of psychiatric illnesses. What do you say?

Answer: This viewpoint of theirs is mistaken and the explanation for this is very simple. All those who visit the psychiatrist are ill. No one who is healthy goes to such a doctor for no reason. So, because now a certain percentage of these patients don't engage in sexual activity, they reach the conclusion in combination with Freudian theories that the cause of the neuropsychic disturbance is sexual abstinence. I though know tens of youth who are sexually pure and naturally they have health of soul.