

SAINTS PETER & PAUL ORTHODOX CHURCH

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Face Book: "Friends of Ss. Peter & Paul Orthodox Church"

BULLETIN OF JANUARY 4, 2015

1915 – 2015 CELEBRATING OUR 100TH ANNIVERSARY

SUNDAY/JANUARY 18

32nd Sunday After Pentecost

Ss. Athanasius & Cyril

9:10a.m. Hours; 9:30a.m. Divine Liturgy
Coffee Hour; Church School & Teen Class

THURSDAY/JANUARY 22

7:00p.m. Parish Council Meeting

SATURDAY/JANUARY 24

St. Xenia of Petersburg

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

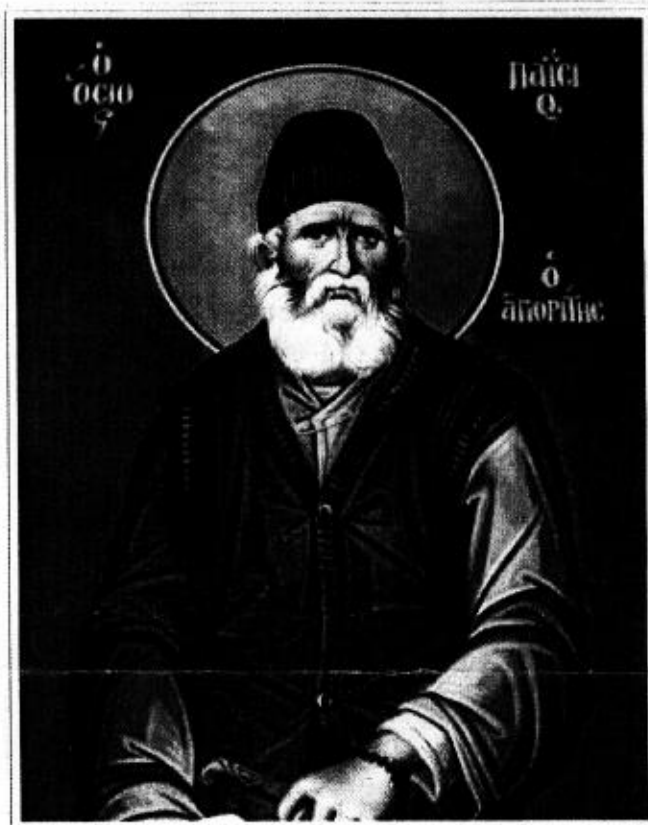
SUNDAY/JANUARY 25

Zacchaeus Sunday

9:10a.m. Hours; 9:30a.m. Divine Liturgy
Coffee Hour; Question & Answer Period

*New Saint Glorified – January 13, 2015
By the Ecumenical Patriarchate*

*St. Paisios of the Holy Mount Athos
(+ July 12, 1994)*



Apolytikion in the First Tone

The offspring of Farasa, and the adornment of Athos, and the imitator of the former righteous, equal in honor, O Paisios let us honor O faithful, the vessel full of graces, who hastens speedily to those who cry out: glory to Him Who gave you strength, glory to Him Who crowned you, glory to Him Who grants through you healings for all.

Kontakion in the Plagal of the Fourth Tone

The most-famed ascetic of the Holy Mountain, and the newly-enlightened light of the Church, let us praise him with hymns with all our heart, for he leads the faithful towards a perfect life, filling them with rivers of gifts, therefore we cry out: Hail, O Father Paisios.



Offerings Week of January 18

Olive Oil: in memory of Michael, Rosalia, Justina Anastasia, Anna; in memory of Vaschen and Emilia; for the health of Amanda (birthday).

Wine: for Giorgi; for protection in travel for Mariana and Stefan.

Flowers: for the health and protection of Alexander and Nicholas and other students.

Parish Synodicon: Memory Eternal!

Feb. 03 40th Day for Julia Galida

Jan. 20, 1960 Nazar Pasechnik

Jan. 20, 1963 Charles Chabala

Jan. 21, 1971 Andrew Zorella

Jan. 22, 1923 Tarasius Lasin

Jan. 23, 1936 Paul Dzioba

Jan. 24, 1960 John Lapa

Jan. 24, 1963 Fr. Stephen Podlusky
(rector 1917-1918)

Jan. 24, 1976 Jacob Mogilevsky

Jan. 24, 1985 Anna Putyrskye

Jan. 25, 1976 Simon Leich

Coffee Hour Hosts

Jan. 18 Motoviloff, Torrisi, Kachek & Stone

Jan. 25 Mantzafos, Sokol, Arpastean, Sarchisan
& Nasledysheva

Feb. 01 Dunaenko, Wypych, Chirnoaga, Nemes
& Moldoveanu

Usher Schedule

Jan. 18 Dennis F. & Charles D.

Jan. 25 Edward S, Adrian M. & Kahka K.

Feb. 01 Timothy S. & Peter B.

Names Day Greetings!

St. Mark of Epheus/Jan. 19: All Altar Servers

St. Timothy/Jan. 22: Timothy Smith & Timothy
Gorbatuk

Many Blessed Years!

360 Virtual Tour of Ss. Peter & Paul Church decorated for Nativity Feast

This is posted on our website and Face Book.

Deadline for Annual Meeting Reports

Jan. 29th, Thurs. 8:00p.m. is the deadline for
all written Reports for the Annual Meeting to
be submitted.

2015 Annual Parish Meeting

Feb. 8th, Sunday at 11:45a.m. The Meeting will
be no longer than 1 hour. All parishioners are
encouraged to attend. Voting is permitted to those
parishioners who have fulfilled the requirements
of sacramental and financial stewardship.

March For Life – Jan. 22nd, Thurs.

Bishop Michael invites members of our Diocese
to join him, other bishops, clergy and faithful for
this important demonstration in Washington, DC.

2015 Home Blessing Season

The Blessing of Homes began on from January 7th
and continue thru February 20th. If you wish to
have your home blessed please arrange this (*as
soon as possible for as early a date as possible*)
with Father James.

Winter Weather Conditions

Due to weather it may be necessary to make
changes in the parish schedule of services,
meetings and events. Changes posted on website,
Face Book and Parish E-Mail.

If You Missed the Christmas Yolka

Our website has posted both photos (86) of the
production of the program as well as the video
presentation itself. Check both of them out on the
website or our Face book page.

Holy Water A 365 Day Blessing

Blessed Waters are kept in a bottle on the vestibule
stand as well as in the Font in the coat room. The
grace of the holy water should not be
underestimated. It is beneficial for healing,
protection, sanctification and blessing. Keep a
bottle in your frig and make frequent use of the
"blessing of the Jordan."

Souper Bowl of Caring – Sunday, Feb. 1st

- An IOCC (International Orthodox Christian Charities) sponsored annual event.
- \$1 or more for our Local Charity (Great Expectations – for Unwedded Mothers - in Raritan, NJ).
- 1 Canned Good or more for the Local Food Pantry in Bridgewater, NJ.

By St. Nikodemos the Hagiorite

Why Go To Church If You Don't Understand What's Going On?

The devil, wanting to prevent some Christians from not going to church, puts even this supposedly blessed thought into their heads: "Why would you want to go to church? Even if you go to church with your body, you are not in there with your mind, but outside."

You, however, should not listen to this evil thought, but willingly go to the church of God and strive as much as possible to gather your mind and do not let it run to things of life outside it, so that the following hymn does not apply to you:

"Often, when I stand to sing the hymns, I am found to be committing sins. With my tongue I am singing praises, but with my soul I am considering inappropriate things. But correct both through repentance, O Christ God, and save me" (*Aposticha of Sunday Vespers*).

If, however, you are in the church with your body, and your mind is scattered outward, do not be upset, but still return to the church and to yourself. And if it runs outside again, then again have it return and gather it in your heart, and do not let it leave from the church.

Beware also, my brethren, of the thought which says: "You're uneducated and ignorant and do not understand the things being said in the church; why then should you go?" An Abba from the "Gerontikon" answers saying that if you do not understand what is being said in the church, the devil understands, and this frightens and scares him, and will leave you.

I leave you with this, that even if you do not understand everything said in the church, yet much of what is said you do understand and of this receive benefit. I will also add that if you frequently go to church and hear the divine words, this frequency will in time make you understand that which you did not understand before, as Chrysostom says, because God, Who is watching your willingness, will open your mind and illuminate it to understanding.

How Can We Guard That Which Benefits Us By Attending Church?

In what way can you guard immaculately outside the church that pure thing which you received within the church? I will tell you: if you always remember that which you heard and learned in the church.

Indeed in this way you can guard all the pure and pious things you

received from the church if you attend often and refresh yourselves with new teachings leading you towards the good, illuminating your mind with the light of divine knowledge, warming your will and your heart with the love of the Lord's commandments. For as clothing is not dirtied the more often it is washed and as plants are not dried up as long as they are watered, so also the Christian, the more often he goes to the church of Christ and is washed and watered with the spring of divine instruction, he will keep clean and not be contaminated, nor will the fruit of his virtues and piety dry up, but will increase day by day bearing immortal fruits worthy of the warehouse of the Kingdom of Heaven.

Therefore, do not imitate, my brethren, that crow which Noah sent from the Ark to see if the flood waters stopped and it did not return because it sat on the corpses and ate. No, but imitate the dove which he sent and returned again to the Ark because it did not find rest anywhere, since there was much water left upon the earth.

Today also the entire world is filled with the flood waters of sin and passions and the suffering Christian soul cannot find rest outside the holy church, which is a place of refuge and salvation.



GUIDELINES FOR RECEIVING HOLY COMMUNION

The Orthodox Church offers certain guidelines for the faithful to prepare themselves for the joyous partaking of Holy Communion. These are:

- 1) Attendance at Church services the night before Liturgy. If not possible, then one should keep the evening with prayer, study and/or charity.
- 2) Observance of the fasting days and seasons of the Church.
- 3) A recent confession of sins and absolution from a priest.
- 4) Fasting from food and drink (including water), and smoking from midnight on the day which Holy Communion is to be received. **NOTE:** *Do not fast from medications, or food or drink recommended by a doctor.*
- 5) Abstinance from sexual relations the night before Liturgy and on the day of receiving Holy Communion.
- 6) Reading of the appointed prayers before and after receiving Holy Communion. These are found in one's prayer book or Liturgy book.
- 7) Being at peace, or at least seeking peace, with one's neighbor.

Questions or special circumstances? Please speak with your priest.

DIVINE AND MEDICAL AID

A Counsel of the Elder Epiphanius of Athens (+1989)

"When we have a certain problem with our health, is it sufficient for us to call upon divine aid or can we take refuge in medical science as well?"

To this the Elder replied: "God accepts both. Give the physician his place, for the Lord created him, let him not leave you, for there is need of him. There is a time when success lies in the hands of physicians, for they too will pray to the Lord that he should grant them success in diagnosis and in healing, for the sake of preserving life... healing is from the Highest... the Lord created medicines from the earth, a wise man does not reject them."

"Taking the benefits offered by medical science does not preclude calling upon divine help. That is, the Christians, without rejecting medical aid, must pray that God enlighten the doctors to make the correct diagnosis, to proceed to the necessary tests and to determine the appropriate therapy. They should ask God to enlighten them to cooperate with the doctor, to strengthen them in patience so that they come out gaining profit of soul from their trial, and if it is His will and for the advantage of their soul, to deliver them from sickness."



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.