

SAINTS PETER & PAUL ORTHODOX CHURCH

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

BULLETIN OF February 22, 2015

SUNDAY/FEBRUARY 22

Cheese-Fare Sunday

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

Coffee Hour

12:00p.m. Vespers & Rite of Forgiveness

PURE MONDAY/FEBRUARY 23

40 Day Great & Holy Fast Begins

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

TUESDAY/FEBRUARY 24

WEDNESDAY/FEBRUARY 25

THURSDAY/FEBRUARY 26

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

(Confessions Thurs. after Canon)

FRIDAY/FEBRUARY 27

6:30p.m. Pre-Sanctified Liturgy & blessing
of boiled wheat on Miracle of St. Theodore

SATURDAY/FEBRUARY 28

100th Anniversary of Repose of St. Raphael of Brooklyn

9:30a.m. Akathist to St. Raphael; Confessions

5:30p.m. Vigil; Confessions

SUNDAY/MARCH 1

First Sunday of Great & Holy Fast

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

Short Coffee Hour

1:00p.m. Prayers & Procession St. Grigol Church

1:30p.m. Prayers & Procession Holy Ghost Church

2:00p.m. Vespers & Reception at Ss. Peter & Paul
Church



The Ship of the Church

<i>The Ship</i>	- <i>the Church</i>
<i>The Owner of the Ship</i>	- <i>God the Father</i>
<i>The Captain of the Ship</i>	- <i>God the Son, Jesus Christ</i>
<i>The Gentle Breeze</i>	- <i>God the Holy Spirit</i>
<i>Moving the Ship</i>	- <i>Our Present Life</i>
<i>The Sea</i>	- <i>Temptations</i>
<i>The Storms at Sea</i>	- <i>The Holy Cross</i>
<i>The Mast</i>	- <i>Sacred Beliefs</i>
<i>The Beams & Planks</i>	- <i>Faith</i>
<i>The Sail</i>	- <i>Hope</i>
<i>The Anchor</i>	- <i>The Old and New Testaments</i>
<i>The Double Rudder</i>	- <i>Our Works and Conduct</i>
<i>The Rigging</i>	- <i>Clergy (Officers)</i>
<i>The Crew</i>	- <i>Laity (Stewards)</i>
<i>Voyage Destination</i>	- <i>Paradise</i>

Offerings Week of February 22

Olive Oil: in memory of Michael, Rosalia, Justina Anastasia, Anna; in memory of Vaschen and Emilia; for the health of John & Carol (anniversary).

Wine: health of Proto-Deacon Paul and Zachary (birthdays).

Parish Synodicon: Memory Eternal!

Feb. 22, 1931 Stephen Blisak
Feb. 22, 1970 Stella Honchar
Feb. 22, 1989 Gertrude Huzinec
Feb. 23, 1942 Louis Potapchuk
Feb. 23, 1946 Joseph Wilhousky Sr.
Feb. 25, 1941 Constantine Yushkevich
Feb. 25, 1960 Helen Wilhousky
Feb. 26, 1969 John Semoskovich
Feb. 28, 1983 Anna Cimpko
Feb. 28, 1992 John Lapchuk
Feb. 29, 1944 John Marchisin
Feb. 29, 1960 Fr. Jacob Grigorieff

Coffee Hour Hosts

Feb. 22 (meat fast) Inga, Eka, Marina & Nona
Mar. 01 (fast) Motoviloff, Torrisi, Kachek & Stone
Mar. 08 (fast) Mantzafos, Sokol, Arpastean & Sarchisian

Usher Schedule

Feb. 22 Edward S., Adrian M. & Kahka K.
Mar. 01 Timothy S. & Peter B.
Mar. 08 Timothy G. & Jerome S.

Winter Weather Conditions

Due to weather it may be necessary to make changes in the parish schedule of services, meetings and events. Changes are posted on website, Face Book and the Parish E-Mail. Please share any changes with other parishioners who may not be engaged in these communication forms.

Youth Group Meeting – Next Sunday

At the Coffee Hour, activities dealing with Great Lent.

On Leaving Church After Divine Liturgy

Post-Communion Prayers are being read, which means we are still talking to God – not each other.

Sunday of Orthodoxy – March 1

The Vespers for this Sunday will be held at our church at 2:00p.m. At 1:00p.m. a short prayer service will be held at St. Grigol Georgian Church on So. 3rd Avenue with a procession to Holy Ghost Church on So. 6th Ave. for a short prayer service and procession to our Church. After the Vespers a reception will be held at our Parish Hall, hosted by Ss. Peter & Paul Parishioners. Please reserve the date and join in the processions and visitations to our Manville churches and help out in food preparations. The Vespers will be sung by our choir.

Our 100th Anniversary Weekend

October 3 and 4 will be our celebration. Please mark your calendars to reserve the dates.

Boiled Wheat (Kolyva) for Lenten Services

Boiled wheat is sought for the following dates:
Feb. 27, Fri. 6:30p.m. Pre-sanctified Liturgy & Miracle of St. Theodore the Tyro
Mar. 7, 14, & 21 9:30a.m. for the Memorial Saturday Commemorations of the Departed.
If you wish to provide for a particular date, please let Fr. James know in advance.

2015 Equal Sacrifice Model is in Effect

Each of our 70 parishioners (100%) is asked to make an extra offering over the amount of your usual offering of \$2.87 to \$8.62 per week to cover this year's deficit. This is based on 12 months, with 2 months already over. The Lord bless your sacrifice and generosity! If absent, please mail your offerings in.

Information, requests, suggestions etc.

Oftentimes at Coffee Hour, people approach and ask or tell something to the priest. With all the multi-conversations taking place, (and as Father James retention is so-so), if you can make your remark on paper it would be appreciated.

100th Anniversary Work Board

On this board in the hall you will see a variety of different tasks that are underway as we celebrate our anniversary. Take the time to check it out and volunteer in a task or two.



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.

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.

