

SAINTS PETER & PAUL ORTHODOX CHURCH

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BULLETIN OF FEBRUARY 18, 2018

SUNDAY/FEBRUARY 18

Cheese-Fare Sunday

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

Teen Class transferred to Feb. 25th

12:30p.m. Vespers & Rite of Forgiveness
(first service of the Great & Holy Lent
which begins February 19th)

PURE MONDAY/FEBRUARY 19

TUESDAY/FEBRUARY 20

WEDNESDAY/FEBRUARY 21

THURSDAY/FEBRUARY 22

7:00p.m. Canon of St. Andrew of Crete
(after Canon on Thursday, Confessions)

FRIDAY/FEBRUARY 23

6:30p.m. Pre-Sanctified Liturgy & Blessing
of Boiled Wheat

SATURDAY/FEBRUARY 24

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

SUNDAY/FEBRUARY 25

1st Sunday of Great & Holy Fast

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

4:00p.m. Vespers at Ss. Peter & Paul Church
in South River



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

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

Offerings Week of February 18

Relics Candle: in memory of Infant Ivanna; for the parishioners of the parish;

Olive Oil: in memory of Sarchisian and Bocai families; for the health of Carol and John (anniversary).

Wine: for the health of Zachary (birthday).

Synodicon: Memory Eternal!

Feb. 18, 1952 Gregory Holovach
Feb. 18, 1963 Magdalena Padla
Feb. 18, 1993 Josephine Fedchin
Feb. 19, 1963 Gregory Klimchuk
Feb. 20, 1918 Jacob Shevchuk
Feb. 20, 1920 Anna Sabat
Feb. 20, 1963 Theodosia Zuboff
Feb. 20, 1981 Anna Lisowski
Feb. 21, 1939 John Cherkan
Feb. 21, 1963 Steven Piscadlo
Feb. 21, 1976 Anna Sharshon
Feb. 21, 2011 Ludmila Tjaden
Feb. 22, 1931 Stephen Blisak
Feb. 22, 1931 Olga Yaskovsky
Feb. 22, 1977 Stella Honchar
Feb. 22, 1989 Gertrude Huzinec
Feb. 22, 2011 Michael Warin
Feb. 23, 1942 Louis Potapchuk
Feb. 23, 1946 Joseph Wilhousky Sr.

Coffee Hour Schedule

Coffee Hour Hosts please prepare foods that are simple enough, so you are not absent from the Divine Liturgy. It is only after Communion, that we should leave the church and attend to food preparations.

Feb. 18 *No Meats*

Feb. 18 Sokol, Nasledysheva, Staina & Sarchisian

Feb. 25 *No meat, dairy or fish*

Feb. 25 Chirnoaga, Moldoveanu, Vajda & Sue

Mar. 4 Peterson, Bakaletz, Mattie, Erkman & Stone

Counters Schedule

Feb. 18 Irinia S. & Lisa K.

Feb. 25 Larissa M. & Paulina N.

Mar. 4 Rebecca O. & Ekaterini M.

Ushers Schedule

Feb. 18 Dennis F. & Robert E.

Feb. 25 Edward S. & Kahka K.

Mar. 4 Timothy S. & Peter B.

Readers Schedule

Feb. 18 Cirpian C. / Feb. 25 Daniel T.

Forth-Coming Calendar

Sunday of Orthodoxy: February 25th, at SS. Peter & Paul Church in South River. Metropolitan Tikhon, Archbishop Michael, Metropolitan Joseph (Antiochian Archdiocese) and Archbishop John (Russian Patriarchal Church) will be at both services: 9:30a.m. Divine Liturgy and 4:00p.m. Vespers. You are invited!

2nd Sunday of Great Lent: March 4th. Vespers at Holy Ghost Church, Manville (4:00p.m.) and Holy Cross Church, Medford (4:00p.m.)

3rd Sunday of Great Lent: March 11th. Vespers at St. Vladimir's Church, Trenton (4:00p.m.)

4th Sunday of Great Lent: March 18th. The NJ South Deanery Vespers will be hosted by our parish (4:00p.m.).

Pussy willows

Please bring them to the lower hall.

Fasting for the Evening Pre-Sanctified Liturgy

Ideally, the Fast is observed for the entire day. The Holy Synod of Bishops allows for a relaxation for foods to be taken no later than the mid-day meal (as close to 12:00noon as possible).

Boiled Wheat (Kolyva)

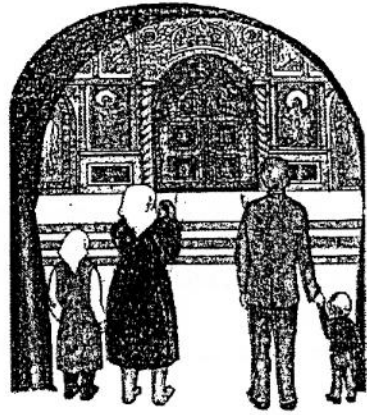
Kolyva is sought for Feb. 23rd (Pre-sanctified Liturgy) and Saturday Morning Memorial Services (9:30a.m.) on March 3, 10 and 17th.

Installation of 2018 Parish Council

This will take place at the Divine Liturgy on Sunday, March 11th, with the first Parish Council Meeting to take place on March 15th.

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)

Note: If one cannot make prostrations, then make bows, or the sign of the Cross.



FROM THE SAYINGS OF THE FATHERS

"What is a merciful heart? It is a heart on fire for the whole of creation, for humanity, for the birds, for the animals, for demons, and for all that exists. By the recollection of them the eyes of a merciful person pour forth tears in abundance. By the strong and vehement mercy that grips such a person's heart, and by such great compassion, the heart is humbled and one cannot bear to hear or to see any injury or slight sorrow in any in creation. For this reason, such a person offers up tearful prayer continually even for irrational beasts, for the enemies of the truth, and for those who harm her or him, that they be protected and receive mercy."

St. Isaac the Syrian, 7th century



HOMILY FOR THE BEGINNING OF GREAT LENT

By Fr. John Parker, modeled on Chrysostom's Paschal Homily

If anyone be devout and love God, let him commence this radiant fast with joy! If anyone be a wise servant, let him, rejoicing, enter into the school of repentance.

We, who have wallowed long in sin, let us now begin our return. If anyone has strayed from the first hour, let him today repent with zeal. If anyone has sinned from the third hour, let him with gratitude embrace the fast. If anyone has fled God from the sixth hour, let him have no misgivings about his prompt return; because he shall in nowise be turned away therefore. If anyone has indulged the flesh since the ninth hour, let him draw near, fearing God alone and trusting in His mercy. And if anyone has turned away only at the eleventh hour, let him also not hesitate to turn back with haste.

For the Lord, who is longsuffering and full of compassion and mercy, will accept the last even as the first. He restores him who repents at the first hour, as He does him who turns back at the eleventh. And He shows mercy upon the last, and cares for the first; and to the one He gives, and upon the other He bestows gifts. And He both accepts the confession, and welcomes the intention, and honors the contrite heart and rejoices in the return.

Wherefore, enter all of you into the holiness of your Lord; offer your repentance, both the last, and likewise the first. You rich and poor together, repent, for today we stand outside the closed gates of paradise. You sober and you heedless, prostrate yourselves before your King! Return to the Lord today, both you who have sinned with knowledge and those who have done so in ignorance.

Your pantries are full; empty them to the hungry. The belly enslaves us, let no one be dominated thereby. Enter all of you into the Great Fast; stripped

of heavenly wealth by sin, all draw near to God's rich loving-kindness!

Let no one despair in his sinfulness, for the Bridegroom comes at midnight. Weep all of you for your iniquities, and draw near to the life-giving Cross of our Lord. Let no one put confidence in the flesh, for the Devil has deceived us all thereby, and therewith enslaves us to sin. By turning from God, we are made captives.

We have called good evil and evil good, and put bitter for sweet, and sweet for bitter. And Isaiah, foretelling this, did cry: Woe to those who put darkness for light, and light for darkness!

We are embittered, for we are banned from Eden. We are embittered, but it is we who have mocked God. We are embittered, for now we shall surely die. We are embittered, for we have succumbed to the serpent. We are embittered, for we are fettered in chains. We partook of a fruit, and met the deceiver. We were entrusted with paradise, but we chose Hell. Our eyes were opened to see the nakedness of sin.

Be pleased, O Lord, to deliver us!
O Lord, make haste to help us!

This is the acceptable time, let us repent! This is the day of salvation, let us crucify the passions! The end is at hand and destruction hangs over us! The end draws nigh, let us come again to our senses! The Kingdom of Heaven is at hand, what first-fruit shall we offer? Let us delay not, lest we remain dead in the grave, sold under sin! For God desires not the death of the sinner, but that he should turn from his wickedness and live!

So, let us choose life, and live, for the mercy of God endures forever!

To Him be glory and dominion unto ages of ages. Amen.

John Chrysostom
ca. 349-407

