

## SS. PETER & PAUL ORTHODOX CHURCH

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### BULLETIN OF JANUARY 26, 2020

#### BLESSING OF HOMES SEASON: JANUARY 7 THRU FEBRUARY 23 BY APPOINTMENT

SUNDAY/JANUARY 26

32<sup>nd</sup> Sunday After Pentecost

New-Martyrs & Confessors of Russia

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

Coffee Hour; Question & Answer Period

WEDNESDAY/JANUARY 29

7:00p.m. Vespers

THURSDAY/JANUARY 30

Three Holy Hierarchs

8:00a.m. Divine Liturgy

SATURDAY/FEBRUARY 1

9:30a.m. Akathist; Confessions

5:30p.m. Vigil; Confessions

SUNDAY/FEBRUARY 2

Meeting of our Lord in the Temple

(One of "the 12 Great Feasts" of the Year)

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

Blessing of Candles; Coffee Hour

"Soup Bowl Caring" Food Bank

MONDAY/FEBRUARY 3

St. Nicholas of Japan

8:00a.m. Akathist to St. Nicholas



*And unite all of us to one another who become partakers of the one Bread and Cup in the communion of the Holy Spirit. Grant that none of us may partake of the holy Body and Blood of Thy Christ for judgment or condemnation. Instead, may we find mercy and grace with all the saints who through the ages have been well-pleasing to Thee: ancestors, fathers, patriarchs, prophets, apostles, preachers, evangelists, martyrs, confessors, teachers, and every righteous spirit made perfect in faith.*

### **Offerings Week of January 26**

Relic Candle: in memory of Ivanna; for the health of Alexia; in memory of Michael, Justina, Rosalie, Anastasia, Melania, Paul and Ivanna; for the health of Alexia; for the health of Kulick, Mattei & Lewis families; in memory of Constantin, Floarea, Gheorghe, Gabriela, Elena, Petre, Ilie, Aurelia, Maria, Mihail, Aniceta, Visan and Cristina.

Olive Oil: in memory of Nicholas, Eleanore, Ann Marie, John and Jerome.

Wine: in memory of Irina.

Flowers: in honor of the Theotokos, our Great Protectress; for health and salvation of Maria (names day).

### **Parish Synodicon: Memory Eternal!**

Jan. 27, 1937 Helen Popko

Jan. 27, 1972 Mary Sandago

Jan. 27, 1987 Alexander Kulina

Jan. 28, 1995 Olga Small

Jan. 29, 1974 Paul Monko

Jan. 29, 1988 John Macinko

Jan. 31, 1952 Jacob Michaelski

Feb. 02, 1940 Michael Petro

Feb. 02, 1949 Theodora Mahalick

Feb. 02, 1984 Natalie Kuntzevich

Feb. 02, 1985 Sonia Esposito

### **Coffee Hour Hosting**

Jan. 26 Peterson, Bakaletz, Mattei  
& Stone

Feb. 03 Kita, Nevitt, Keller, Turri,  
Torrise & Kachek

### **Counters Schedule**

Jan. 26 Larissa M. & Paulina N.

Feb. 03 Katrina G. & Ekaterina M.

### **Ushers Schedule**

Jan. 26 Edward S. & Kahka K.

Feb. 03 Peter B.

### **Readers Schedule**

Jan. 26 Daniel T. / Feb. 02 John Z.

### **Names Day Greetings**

St. Mary of Getchina/Jan. 26: Maria Torrise: Many Blessed Years!

### **Reports for Annual Meeting**

All written reports must be submitted no later than January 30<sup>th</sup> to Father James. Distribution of reports will be on February 2<sup>nd</sup>.

### **Annual Parish Meeting**

Sunday, February 9<sup>th</sup> at 12:00p.m. (1 hour duration). All parishioners are encouraged to attend.

### **2020 Parish Master Calendar**

Our parish website has a complete calendar (subject to change) for the entire year. Please make reference to it when scheduling your own calendar.

### **Holy Water**

Is available throughout the year. A vessel is kept on the vestibule stand and a large container in the coat room. You may refill from either of these sources.

### **A Prayer Before Taking Holy Water (Prayer Book, St. Tikhon Press)**

O Lord my God, may thy gift of holy water be for the remission of my sins, for the enlightenment of my mind, for the strengthening and health of the faculties of my soul and bod, and for the uprooting of my passions and infirmities, in accordance with thy boundless mercy, through the prayers of thy most pure Mother and all thy saints. Amen.

### **The New Orthodox Prayer Book (St. Tikhon's Press)**

Have you checked it out, with its unique prayers? On sale at vestibule stand for \$20.

### **February 2<sup>nd</sup>, Sunday**

- Feast of the Meeting of Our Lord in the Temple and blessing of candles at the Divine Liturgy.
- Food Basket Day for Local Food Pantry, bring staple food items to church vestibule.
- "Souper Bowl of Caring," annual donation for "Great Expectations" (residence for unmarried pregnant mothers).

## **10 ESSENTIAL CONDITIONS FOR COMING TO KNOW GOD'S TRUTH AND FINDING LIFE**

**- By Fr. Thomas Hopko**

1. The belief that the truth of things can be known, and the desire to know the truth and to do it, wherever it leads, is most essential. Indeed it is everything. When people have this desire and seek truth in order to do it, and are ready to do it whatever it takes to find it, know it and do it, God promises that they will find, and understand and live. In a sense, this desire and seeking is all that is necessary.
2. The seeking person must read the New Testament through, slowly and without judgment of details, at least two or three times, taking the time needed to do this. They should let go of what is not clear, and focus on what they can understand, what is clear to them. It would also be helpful to read a Psalm or two every day.
3. The person must pray, as they can. If they claim to be Christian, at least somehow, they should say the Lord's Prayer, and other prayers of the Church tradition, and attend liturgical services, without serving or singing or reading. If they are not Christian, or are not sure, they must at least pray, "to whom it may concern," saying something like, "if you are there, teach me, lead me, guide me..."
4. The person must eat good foods in moderation. A couple of days a week (like Wednesday and Friday), the person should fast; eating much less than usual. During this search the person should abstain from all alcohol, tobacco and drugs. Except a minimal amount of wine and meals. If overeating or drinking, smoking or drug-taking is a problem, the seeker must get formal help, like for example, a 12 step program.
5. The person should abstain from all sexual activity unless they are married and expressing love (and not just having sex). There should be no TV or Internet porn. If sex is an addictive problem, they must take steps to get formal help.
6. The person should sit alone and still in silence at least a half hour each day. They should watch their thoughts, but not engage them. They should say a very short prayer while doing them, to avoid engaging their thoughts.
7. The person should give at least a couple of hours a week to charitable work, and should give away some money (if they can) in a sacrificial way. They should do this, as far as possible, without anyone knowing what they are doing.
8. The person should open their life fully to at least one trustworthy person, telling absolutely everything, without editing or hiding anything: their thoughts, dreams, temptations, actions, sins, fears, anxieties, etc.
9. The person must regularly talk with someone trustworthy specifically about their family history going back as far as possible, their childhood, relations with their parents and grandparents and siblings, their spiritual and religious history, their sexual history, education, etc.
10. The person must find a community of friends with whom to struggle and to find life. The search cannot be done alone. We need each other.



## CONCERNING THE EFFECTS OF RECEIVING THE BODY AND BLOOD OF OUR LORD

There are at least four major benefits which may be expected after partaking of Christ's Body and Blood, namely:

### 1. Intimate union with Christ through His love.

Through this union we mingle with God and share with Him. As God is love, when we partake of Him through Holy Communion we become partakers of His love. It should be added that these Gifts from God are truly free. He compels no one to accept, just as in true love there is no compulsion, but absolute free to either accept or reject.

### 2. Strengthening of the body and soul.

Eating ordinary food only nourishes a person's body; but eating Christ's Flesh and Blood strengthens and nourishes both the body and soul. When the soul is nourished, a person is better able to live, grow and develop spiritually. This means that the ability to resist sin is greatly increased, thus enhancing the desire and capacity to be more virtuous, righteous, compassionate and considerate. We can be sure that this is so since Christ said: "I am the bread of life, he who comes to Me shall not hunger and he who believes in Me shall never thirst" (Jn 6:35), and then: "For My Flesh is true food and My Blood is true drink" (Jn 6:55).

With these statements Christ expounded the eternal nourishment value of His Flesh and Blood. Unlike ordinary food which only temporarily strengthens the body, true Divine food strengthens the soul eternally.

The strengthening effect of these Gifts, is another indicator of Christ's great love for us. Christ gave us certain Commandments to follow if we are able to inherit the Kingdom of Heaven. Scripture teaches that evil is spread through man by various demonic powers (Eph 6:12). Without Divine intervention man does not have the strength to fight these extremely powerful, fleshless creatures – as Christ said: "...for without Me you can do nothing" (Jn 15:5). Man alone does not have the strength to become perfect. Not wishing man to be condemned to hell, Christ nourishes us with His Body

and Blood – giving us a Perfect Food with which to become perfect.

### 3. Preparation for eternal life with God.

Partaking in Communion prepares us to share with God, an eternally joyful life after the resurrection of the dead. Christ is God and therefore lives forever – by eating His Body and Blood, we are blended with Him and will likewise live forever. This is Christ's promise when He said: "He who eats My Flesh and drinks My Blood has eternal life; and I will raise him up on the last day" (Jn 6:54).

This "life" that Christ refers to is not related to the life here on earth, since it is obvious that all men "live" here, even non-Christians. Nor does He refer to "life" of the general resurrection. Rather,

Christ refers to the glorious life which some Christians will inherit as a reward for righteous living. How necessary it is for us to partake in Christ's Body and Blood; by being with Him, our souls are washed and transformed – made beautiful – then, after death, we would not expect punishment and hell, but the unspeakable rewards of the Heavenly Kingdom.



### 4. Unity through love with other Christians.

Christ has only one Body, by partaking of It, each and everyone of us also becomes united into one body – the Body of Christ. Christ's love for us is made perfect in unity, since not only is it reciprocated between ourselves and Christ, but amongst ourselves as well. This is what Christ meant when He established the Church.

The Church is not a building where people pray, it is the Body of Christ – a living organism, in which we all unite in love with Him and amongst ourselves, when we partake of Holy Communion (1 Cor 10:17). Christ is the head of His Body, the Church (Col 1:18), and not some bishop, patriarch, theologian or other mortal man. The Orthodox Church is thus infallible, since Christ being God, is infallible; we can then be sure that our Divine nourishment can never be false or corrupted, even if those who perform this Sacrament are themselves imperfect or unworthy.