

SAINTS PETER & PAUL ORTHODOX CHURCH

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Parish Website: www.ssppoc.org Diocese of NY-NJ: www.nynjoca.org

Face book: Friends of Ss. Peter & Paul Orthodox Church

SECOND SUNDAY OF GREAT LENT/MARCH 16

St. Gregory Palamas

9:10a.m. Hours; 9:30a.m. Divine Liturgy; Parish Council Installed;
Coffee Hour; No Church School, instead Orthodox Summer Camp Presentation

4:00p.m. South Deanery Vespers in So. River

6:00p.m. North Deanery Vespers in Glen Gardner with Bishop Michael

Monday/March 17

7:00p.m. Vespers

Tuesday/March 18

7:00p.m. Vespers; Confessions

Wednesday/March 19

9:30a.m. Akathist to the Passion of
Our Lord; Confessions

6:30p.m. Pre-Sanctified Liturgy

Thursday/March 20

3:00p.m. Vespers; Confessions

7:00p.m. Parish Council Meeting

Friday/March 21

7:00p.m. Vespers; Confessions

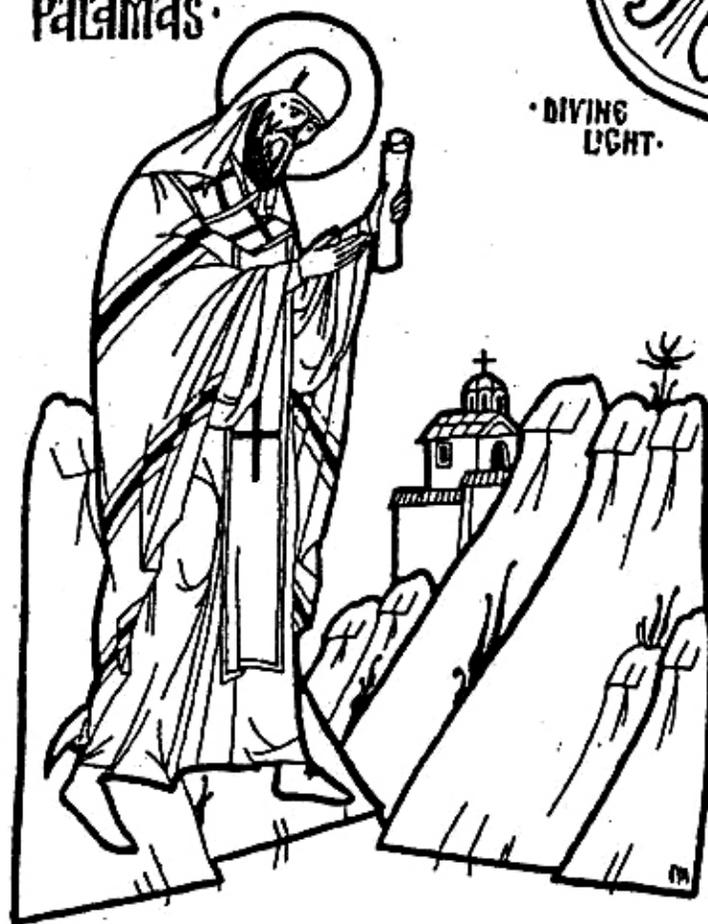
Memorial Saturday/March 22

9:30a.m. Akathist to the Departed;
Confessions

10:30a.m. General Church Cleaning

5:30p.m. Vigil; Confessions

•ST. GREGORY
PALAMAS•



THIRD SUNDAY OF GREAT LENT/MARCH 23

Veneration of Holy Cross

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

4:00p.m. South Deanery Vespers in Trenton

4:00p.m. North Deanery Vespers in Paramus

Offerings Week of March 16

Olive Oil: in memory of Michael, Justina, Rosalia, and Anastasia; in memory of Vaschen and Emilia; in memory of Gheorghe, Floarea, Gabriela, Elena, Grigore, Valeria and Alexandru.

Flowers: for the health of Sara, Antoniou, Shirley and Nichole.

Wine: for the health of Nikolai (names day); for the health of Diaconissa Patricia (names day).

Parish Synodicon: Memory Eternal!

Mar. 18 th	40 th Day	Zurabi
Mar. 16,	1973	Edmund Kornacki
Mar. 16,	1979	Jospeh Peschek
Mar. 17,	1949	Theresa Krivka
Mar. 17,	1968	Andrew Hnatuk
Mar. 17,	1989	Philip Kulina
Mar. 18,	1942	John Hrihorchuk
Mar. 18,	1981	Metropolitan Ireney
Mar. 19,	2004	Anna Lisneski
Mar. 20,	2000	Theodore Adamchak
Mar. 21,	1991	Eugenia Kozlov
Mar. 23,	1925	Peter Chabra
Mar. 23,	1974	Anna Yalsh

Coffee Hour Hosts

In Great Lent we do not serve meat, dairy or fish.

Mar. 16	Inga, Eka, Marina & Nona
Mar. 23	Motoviloff, Torrisi, Kachek & Stone
Mar. 30	Combs, Mantzafos and Sokol

Ushers Schedule

Mar. 16	D. Fedechko & C. Dunaenko
Mar. 23	E. Sarchisian & A. Moldoveanui

Great Lent Deanery Schedule of Services

Flyers of the schedule are on the vestibule stand, Please note one side is "North" and one side is "South." You have choices and opportunities this Great Lent.

Fasting for the Pre-Sanctified Liturgy

The Holy Synod of Bishops permits the fast from all food and drink to commence no later than the noon day meal, for those unable to keep a fast from the morning, to receive Holy Communion at the evening Pre-Sanctified Liturgy.

Spring Church Cleaning Days

On March 22 and 29, Saturdays, beginning at 10:30a.m. we will have a general clean-up in the church. There is much to do, and the more hands the better.

Lenten Visitation to Those Home Bound

In the week of March 31-April 5, Fr. James will make visitations to the homes of those who are shut-in, with the Mysteries of Confession and Communion. Please be sure you are scheduled.

The Mysteries of Confession & Communion

These Holy Mysteries ought to be received by all the faithful in the time of the 40 Day fast (before Palm Sunday, April 13th).

Ushers Meeting – March 23rd

A short meeting of ushers will take place during the Coffee Hour on Sunday, March 23rd.

Manville Causeway To be Closed

The Manville Causeway connecting to Weston Canal Road is closed and scheduled to be re-opened in July. Please be mindful and allow ample time to come to church, especially on weekdays.

Pussy Willows

Our annual appeal is being made. Please bring them to the lower hall (not in plastic). Thanks!

Youth Retreat – Grades 7-12 – Wayne, NJ on April 4th and 5th

The Annual Diocesan Youth Retreat is open to both Orthodox and Non-Orthodox. See posted information at www.nynjoca.org

Parish Website: www.ssppoc.org

On our site you will find photos of recent services and the Sunday of Orthodoxy Celebration.

Names Day Greetings!

St. Patrick/Mar. 17th: Diaconissa Patricia, Many Blessed years!

Father, Why Don't We Eat Meat During Fasts?

By Archimandrite Hierotheos Argyris

Once at the Monastery of the Theotokos Full of Grace, on the primary day of the feast, we were sitting at the main dining table, both the Fathers and the brothers, as well as many lay people. Among the laity was a certain child, who was in elementary school if I remember correctly.

"Elder, I wanted to ask a question," asked the young student.

"Let me hear you, my child," answered the Elder [Epiphanius Theodoropoulos], without despising his age.

"The Church arranged that during the fasts we can eat certain foods and others we cannot. Why, therefore, did they set it up this way? Why didn't they schedule it the opposite way, so that when we fast we can eat meat?"

The Fathers began to quietly laugh at this truly original question: Why can't we fast from beans and not meat?

"Do not laugh," counselled the Elder in a serious tone. "This question is very remarkable. Listen, my child, if we assume that the Fathers had decided this way, then everyone would permanently 'fast' and we would never 'abstain from fasting'."

And immediately he began to analyze why the Church appointed it the way it is and not vice versa.

With examples he explained how with this practice we abstain from the easiest and not the most delicious foods.

He then offered several examples by which he connected fasting with the spiritual ascent of man and his intellectual progress through study.

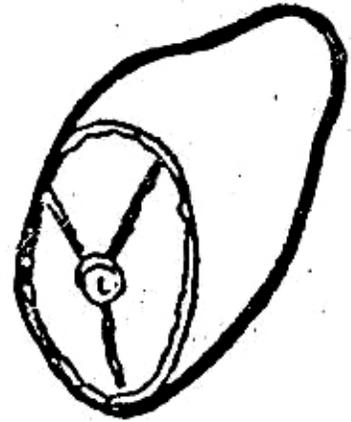
"Both quality and quantity of food," he said, "does not assist either in the spiritual life or in reading. Because according to the ancients: 'A fat belly does not make for a refined mind.' A full stomach with delectable dishes does not allow the mind to use its full powers and capabilities. Binging on food weakens our will. Then we display our impaired resistance to the challenges of alcohol, smoking, pleasures, sins and every kind of corruption."

So the discussion reached great depth with several topical extensions.

Asceticism, both physical and mental, is a key element of the progress of man. Certainly a frugal diet helps in this asceticism.

Here we must emphasize that asceticism is not an end in itself, but a means and method of growth and progress for man who is of a dual composition, namely, earthly and spiritual.

Source: From the book *ΜΑΘΗΤΕΙΑ ΣΤΙΣ ΠΗΓΕΣ του π. ΕΠΙΦΑΝΙΟΥ*. Translated by John Sanidopoulos.



When Only Great Courage Will Do

Department of
CHRISTIAN EDUCATION
ORTHODOX CHURCH in AMERICA

This weekly bulletin insert complements the curriculum published by the Department of Christian Education of the Orthodox Church in America. This and many other Christian Education resources are available at <http://dce.oca.org>.



During the week of March 16 we remember two people who showed great courage. One was a young woman, and the other was an old man.

The young woman, commemorated on March 22, is Drosida (or Drosis), the daughter of the emperor Trajan. He was a cruel enemy of Christians, and enacted laws forbidding people to assemble secretly. These laws were aimed at Christian gatherings for worship, even though there was nothing subversive in their gatherings. His prisons and methods of punishment were known for their brutality, and many Christians met painful, humiliating deaths during his reign. After death their bodies were further degraded by being left unburied and visible to the public, as a warning to others who might think of following their way of life.

But the emperor's daughter Drosida had become friends with a group of young Christian women who undertook a dangerous and admirable ministry. Under cover of night they gathered the bodies of these martyrs and gave them a proper burial, first anointing them with oils and spices and then wrapping them in the customary shrouds. Drosida joined them in this furtive, courageous work. Though she had not yet been baptized, she lived as a Christian.

Their activity went unnoticed for a time, but finally became known. The young women were apprehended, interrogated, and finally—with the exception of Drosida—executed by being thrown into huge furnaces used for melting copper. She, at the order of the emperor, was held in the imperial chambers. Trajan hoped his child would give up her allegiance to this new faith.

But she did no such thing. The courage of her friends had already convinced her to join them as a martyr for Christ. She baptized herself with oil and water so as to be worthy to meet the Lord. Then she made her escape, and approached the furnaces. She threw herself into one of them, and gave up her life.

During this week we read the seventh and eighth chapters of Genesis, which tell the story of Noah and the ark. We all know the familiar details of the story—the building of the vessel, the pairs of animals, the days on the water, and the dove bringing an olive leaf as a sign that the waters are finally subsiding.

But we don't think as often, perhaps, of the courage shown by this old man. He followed God's command to build the ark and assemble his family and the animals on it. But that was really the easy part. What must it have been like for Noah, watching as the waters rose up over the whole earth, even the mountains, and every living thing was blotted out? He needed great courage to face such momentous destruction.

Proverbs 10: 25 says that "when the tempest passes, the wicked is no more, but the righteous is established forever." The lives of Drosida and Noah became "tempestuous" in different ways, but their courage ensures that they are established forever.

