



February 14, 2010

**SUNDAY OF CHEESEFARE—Tone 3—SUNDAY OF FORGIVENESS**

**The Expulsion of Adam from Paradise**

Ven. Auxentius of Bithynia; The Repose of St. Cyril, Equal-to-the-Apostles and Teacher of the Slavs; Ven. Isaac the Recluse of the Kiev Caves; The 12 Greeks who built the Dormition Cathedral in the Lavra of the Kiev Caves; The Translation of the Relics of Martyrs Michael and his councilor, Theodore of Chernigov; Ven. Maron the Hermit of Syria; St. Abraham, Bishop of Charres in Mesopotamia

Epistle: Romans 13:11-14:4

Gospel: Matthew 6:14-21

**✠ THE WEEK IN WORSHIP & STUDY ✠**  
**(FIRST WEEK OF GREAT LENT)**

|                |  |  |                                |
|----------------|--|--|--------------------------------|
| TODAY          | 10:30 a.m.   | <i>Forgiveness Vespers</i> (at which begins <b>HOLY &amp; GREAT LENT</b> )   |                                |
| Mon, Feb 15    | 7:00 p.m.  | Great Compline with the Canon of St. Andrew of Crete                         |                                |
| Tues, Feb 16   | 7:00 a.m.  | Lenten Matins  |                                |
|                | 7:00 p.m.  | Great Compline with the Canon of St. Andrew of Crete                         |                                |
| Wed, Feb 17    | 7:00 p.m.  | Great Compline with the Canon of St. Andrew of Crete                         |                                |
| Thurs, Feb 18  | 7:00 p.m.  | Great Compline with the Canon of St. Andrew of Crete followed by Confessions |                                |
| Fri, Feb 19    | 8:00 a.m.  | Confessions  |                                |
|                | 9:00 a.m.  | Liturgy of the Presanctified Gifts   |                                |
|                | 6:00 p.m.  | Confessions  |                                |
|                | 7:00 p.m.  | Vespers with the Blessing of the Koliva followed by Confessions              |                                |
| Sat, Feb 20    | <b>FIRST SATURDAY OF GREAT LENT—Commemoration of St. Theodore the Recruit</b>                                |  |                                |
| 9:00 a.m.      | St. Leo, Bishop of Catania in Sicily   |  |                                |
| Divine Liturgy | Epistles: Heb 1:1-12   |  | Gospels: Mark 2:23-3:5         |
|                | 2 Tim 2:1-10 (St. Theodore)  |  | John 15:17-16:2 (St. Theodore) |
|                | <i>(Confessions before Liturgy will begin at 8 a.m. Do not arrive later than 8:30 a.m.)</i>                  |  |                                |
| 5:00 p.m.      | Confessions of the Church School Children  |  |                                |
| 7:00 p.m.      | Vespers followed by Confessions  |  |                                |
| Sun, Feb 21    | <b>FIRST SUNDAY OF GREAT LENT—Tone 4—SUNDAY OF ORTHODOXY</b>   |  |                                |
| 9:00 a.m.      | Ven. Timothy of Symbola in Bithynia  |  |                                |
| Divine Liturgy | Epistle: Heb 11:24-26, 32-12:2   |  | Gospel: John 1:43-51           |
|                | <i>(After Liturgy, the St. Anne's Guild will host a <b>Communion Breakfast</b> to which all parishioners</i> |  |                                |
| 12 noon        | Winter Film Series at SS. Peter & Paul Church in Manville  |  |                                |
| 4:00 p.m.      | <b><i>Sunday of Orthodoxy Vespers</i></b> at Christ the Saviour Church in Paramus                            |  |                                |

**✠ IN TOUCH WITH THE PARISH ✠**

Because of *Forgiveness Vespers* and the *Communion Breakfast*, there will be **NO** Church School today or next week. All classes will

resume on **Sunday, February 28**.

The **Altar Society** will hold its **Annual Blini Batter Sale TODAY** during Coffee Hour. Price is \$5/quart.

**TODAY** is the **St. Anne's Guild Annual Sweetheart Bake Sale**. Thanks to all the wonderful donors and bakers, there are all sorts of special and yummy treats available for purchase in the church hall, so bring your appetite! Proceeds from this fundraiser will benefit the *Warm the Children (WTC)* charity that provides clothing and supplies to Orthodox sponsored orphanages, homes and missions in Russia and Belarus. Please plan to stop in and buy something for the sweetheart in your life!

The **Men's Club** will meet in the hall on **Thursday, February 18**, following the Lenten service.

Everyone is invited on **Sunday, February 28** to Fr. David's **Faith Feedback Session** during Coffee Hour. At this forum, he will be answering questions on anything that may be puzzling you regarding Orthodoxy. If you have a query, write it down on a card provided in the church vestibule and drop it in the *Faith Feedback Question Box*. Then, on the 28<sup>th</sup>, come and be a part of an enlightening experience!

It's that time of year again! The **Annual Gertrude Hawk Spring Candy Sale** to benefit our mission team trip to Guatemala is now underway through **Sunday, February 28**. Order forms are available from Susan Witkowski. Help make this important fundraising effort successful! Delivery will be on **Sunday, March 21**.

The **Installation of the 2010 Parish Council** will take place on **Sunday, March 14**, at the conclusion of the Divine Liturgy. The new Council's first meeting will be held on **Monday, March 15**, at 7 p.m., in the church hall.

When one is ill, it can, very often, be a time when one feels alone and isolated. The **Sacrament of Holy Unction (Anointing of the Sick)** reminds us that when we are in pain—either physical, emotional or spiritual—Christ is present with us through the ministry of His Church. He is among us to offer strength to meet the challenges of life. As is the custom of our parish during Great Lent, this sacrament will be celebrated this year on **Thursday, March 18**, at 7 p.m. After the reading of seven Epistles and Gospels and the offering of seven prayers all devoted to healing, everyone present will be anointed with oil, as a sign of God's mercy and forgiveness. Holy Unction is not an obligatory, but voluntary sacrament. It is good, though, for all Orthodox Christians who are sick in body, mind or spirit to draw near, as it can provide great comfort, spiritual uplifting and the patience to accept the will of God. So, keep the day open and plan to attend. (**NOTE:** *Those who are not regular communicants must prepare to receive Holy Unction by first going to Holy Confession. If you have any questions, contact Fr. David.*)

On **Saturday, March 20**, our parish will host a **Lenten Food Fair**, from 10 a.m. to 2 p.m., in the church hall. Lenten foods, arts & crafts and babkas for the holiday will be available for purchase. Much more will be featured, so please watch future bulletins for further details. Meanwhile, save the date and invite all your friends and neighbors to come.

## ✂ CHURCH CHATTER ✂

**WHERE TWO OR THREE ARE GATHERED TOGETHER...**Attendance at Liturgy last Sunday was **100**.

**MINISTRY DUTIES** The Epistle will be read next week by **Gregory Sprogis**. Because of the *Communion Breakfast*, there will be **NO COFFEE HOUR**. (**NOTE:** *The St. Anne's Guild will resume hosting Coffee Hour on Sunday, February 28.*)

**THE FLORAL ARRANGEMENT** adorning the icon of the Expulsion of Adam from Paradise on the center tetrapod today was donated by **Thomas Kurdonik** in loving memory of his mother, **Sophie**. May her soul dwell with the blessed—Vechmaya Pamyat!

**FOR YOUR INFO** A moving and inspirational video showing the beauty of Orthodoxy can now be seen on [www.youtube.com](http://www.youtube.com). It is called *The Orthodox Church – A Visual Journey*. Check it out!

**HELP THE PEOPLE OF HAITI** with your ongoing financial support of **International Orthodox Christian Charities (IOCC)**, as we continue to respond in the aftermath of a massive earthquake that struck near the capital of Port-au-Prince. Haiti is the poorest country in the Western Hemisphere and was still recovering from deadly hurricanes in 2008 when the initial quake struck, followed by numerous aftershocks. Make your check payable to the parish. In the memo section, write: *IOCC Haitian Relief*. All donations collected will be forwarded, without delay, to IOCC. You can also make a contribution by going to [www.iocc.org](http://www.iocc.org).

**BIRTHDAY BLESSINGS** are bestowed by God this week on **Saya Alexandra Christie** and **Archie Kananovich**. May their lives continue to be filled with joy and peace and love for many years—Mnogaya Lyeta!

**OUR THANKS** to **Carol Deerson** and **Barbara Kaminsky** for organizing and hosting a lovely and well-received expanded *Coffee Hour* two weeks ago in honor of the visit of our Bishop-elect, **Hieromonk Michael Dahulich**. Their kindness and selfless efforts were greatly appreciated. May God grant them many years—Mnogaya Lyeta!

**WARM THE CHILDREN (WTC) UPDATE** Thank you to everyone for his/her wonderful participation in the efforts of WTC to help children who are less fortunate than ours. Nice warm items and monetary donations were received from parishes and parish organizations across the country enabling this charitable organization to ship nine boxes last month to orphanages in both Russia and Belarus. As we enter the Great Fast, how can you help, you ask? Even though you will probably be attending many more church services, perhaps you can “fit in” some additional time, as part of your Lenten charity, to make a child warmer by knitting/crocheting a scarf or hat. If you were not blessed with this talent, then purchasing an article of clothing or making a financial contribution towards shipping costs would certainly be welcomed. Contact WTC Coordinator, Barbara Nafranowicz, by phone (908-232-2632), E-mail ([bnafranowicz@verizon.net](mailto:bnafranowicz@verizon.net)) or post (167 North Cottage Place, Westfield, NJ 07090-2820) to find out what’s needed the most right now. Remember that we cannot simply think that by praying to God, He will have mercy on these little ones in need. We must show our faith by doing what we can to help also—our salvation depends on it!

**MEMORIAL (SOUL) SATURDAYS** are days set aside, throughout the year, for commemoration of the dead. Within the Church, Saturday is a traditional day of prayer for the deceased, because Christ lay dead in the tomb on Saturday. Memorial Saturdays are devoted to remembering departed relatives and others among the faithful who have fallen asleep in the Lord. This year’s Lenten Soul Saturdays will be **March 6 & 13**. Liturgy on these days will be preceded by *Matins for the Departed* on Friday evening. A form to list the names of those you want mentioned at these services was included in the January 17 bulletin; if you didn’t get one, there are extra copies available at the Candle Desk. Once completed, you can either drop it off in church or send it to the rectory. As Orthodox Christians, we should never neglect our responsibility of praying for the dead, for remembering them is a sign of our love for the Church Triumphant. In response to our heartfelt petitions, our Lord will, in turn, show His mercy upon our departed loved ones and us. Attend these services and you will be richly blessed!

**WITH HEARTFELT SYMPATHY** we extend our condolences to **Olga Dutka** on the falling asleep of her beloved husband, **Paul**, on Friday, February 12. May his soul rest in peace.

**PLEASE REMEMBER TO PRAY** for the following parishioners, family members and friends this week, as well as the departed, sick and suffering people of Haiti:

| <u><b>Departed</b></u> | <u><b>Sick</b></u>     | <u><b>Service</b></u>      | <u><b>men</b></u>      |
|------------------------|------------------------|----------------------------|------------------------|
| Marie Olsen            | Elaine Ashton          | Vivian Hunkele             | Ivan Shidlovsky        |
| Irene Kniel            | Irene Boule            | Janet Firestone            | Lisa Beard             |
| Mary (Dutka) Silva     | Joseph Casall          | Adam Krosnowski            | Gregory Nosol          |
| Mark Van Houten        | Edward Romanofsky      | Ellie Shipman              | June Buyofsky-Rittman  |
| Edward Sosnowitz       | Walentyna Posluszny    | Archpriest Sergei Glagolev | David T. Floyd         |
| William Leggon         | Alan Zenkert           | Vera Rosenthal             | Patrick Lohr           |
| Helen Grygo            | Michael Dargento       | Edna Maletz                | Keith Sudder           |
| Paul Dutka             | Virginia Moran         | Savanna Dore               | Priest Paul Rivers     |
|                        | Daryl Deissinger       | Dorothy Dabkowski          | Andrew Kubik           |
|                        | Cynthia Denlinger      | Joan Roshak                | Jason Vaughn           |
|                        | Constantine Romanofsky | Sarah Hall                 | Patrick Baldwin        |
|                        | Linda Martinovich      | Dotsy Hartman              | Timothy Stepan         |
|                        | Josephine Tillison     | Katherine Tarzewski        | Michael Gregus         |
|                        | Mary Lou Goldy         | Paula Hila                 | Peter Shaw             |
|                        | Julia Glazer           | Joseph Posluszny           | Jacqueline Martinez    |
|                        | Joseph Casale          | Nancy Filak                | Robert Mahrer          |
|                        | Donna Casale           | Stefan Wilczynski          | Karen Bonet            |
|                        | Dr. Joseph Pastore     | Anna Durovich              | David Gambert          |
|                        | Karen Kennedy          | Kira Gregor                | Gregg Poole            |
|                        | Randall Cline          | Lisa Muhs                  | Fred Bush              |
|                        | Joseph Lynch           | Denise Yager               | Travis Hartman         |
|                        | Jean Staples           | Martha Drobnak             | Walter Zettlemoyer Jr. |
|                        | Joan Tita              | Chrise Murrell             | Elizabeth Brent        |
|                        | Lasha Giorgi Pozidis   | Patricia Larkin            | Kyle Abbott            |
|                        | Aiden Gowarty          | Dorothy Sopchak            | Matthew Scudder        |
|                        | Dorothy Swenticky      | Elaine Boshko              |                        |
|                        | Sara Cseh              | William Leggon             |                        |
|                        | Olga Smith             | Andre Tirenin              |                        |
|                        | Reginald Thomas        | Glynne Smith               |                        |
|                        | Anthony Garito         | John Fedak                 |                        |
|                        | Ermelinda Faziola      | Marian Morgan              |                        |
|                        | Kirsten Hyland         | James Dewan                |                        |
|                        | John Cameron           | Beverly Martucci           |                        |
|                        |                        | Walter Shenko              |                        |

If you have a name you would like included in the bulletin, contact Fr. David or Starosta.

**LAMENTATIONS: ORTHODOX CHANTS OF HOLY WEEK** is the newest CD release from **Archangel Voices**, a professional vocal ensemble, under the direction of Vladimir Morosan, committed to presenting Orthodox music in English. This 80-minute CD features the best-loved hymns of Holy Week, including the Bridegroom texts, the Lamentations, Noble Joseph and the Great Saturday Canon and draws from Byzantine (Greek, Antiochian & Romanian traditions), Serbian, Russian and Bulgarian repertoires. It was produced by our former parishioner, **Natalia Pavlovsky Weismantel**, and can be a wonderful tool for meditation during Great Lent. The cost is \$18.95; if you're interested, please see Kristen Berezniak during Coffee Hour.

**ANNUAL PARISH MEETING** Sincere thanks to those who participated in last Sunday's *Annual Parish Meeting*. Despite all the snow from the storm the previous day, we had a decent turnout and the Lord led us to make good decisions for His work, based on the past year's goals, accomplishments and activities. As we move forward, please keep the parish in your prayers that by God's grace and using the talents bestowed on us, we may continue to faithfully serve Him for many years—Mnogaya Lyeta!

**HOUSE BLESSINGS** Because of limited time due to the early start of Lent this year, there are still a few homes that Fr. David and our Choirmaster, Basil Kozak, have been unable to bless. Please be assured that those they have missed will be visited after Pascha.

**MISSIONARIES WANTED** Have you ever wanted to share your God-given talents, gifts and skills with others? If so, then please consider being part of this year's mission trip to *Hogar Rafael Ayau*, the Orthodox orphanage in Guatemala City, Guatemala. Please see or contact Fr. David for details. Impact the world for Christ!

**THE IMPORTANCE OF BEING A REGISTERED PARISHIONER** Being registered with the parish is of the utmost importance. It allows us to serve all parishioners by providing a better vision of the active populace, so that we may respond to the

needs of this growing and dynamic community. Please **DO NOT** assume that you are automatically registered if you attend Liturgy every Sunday and participate in or support parish social functions. To become a fully active member, please contact Fr. David at the parish office.

**CANDLES FOR SALE** Candles that were blessed on the Feast of the Meeting of Our Lord two weeks ago are still available for purchase. If interested, please see anyone at the Candle Desk.

**WITH GRATITUDE** **Vera Rosenthal** is finally home from the hospital and rehab center. She wishes to thank all who prayed for her, sent cards, flowers, goodies and gifts, visited her and called her while she was recuperating. She never realized how many friends she had until something like this happened. Both she and her daughter, **Merilyn**, were overwhelmed. Her deepest appreciation and sincere love are extended to all.

**COMMUNITY OUTREACH** Help us reach out to others in our community by donating non-perishable items for the **South River Food Bank**. A basket is located in the church hall vestibule. Thank you for your assistance with this vital ministry.

**BULLETIN ANNOUNCEMENTS** for next week's edition must be submitted by **Thursday evening** to Fr. David or our Starosta/Bulletin Editor, James Kornafel. You can reach Father at the rectory or contact Jim by telephone (732-462-3388), fax (732-845-3515) or E-mail ([jimmyk@optonline.net](mailto:jimmyk@optonline.net)). Please note that all submissions may be edited for brevity or clarity.



*Today is **Cheesefare Sunday**, the last day to eat eggs and dairy products, such as cheese, butter and milk, as we prepare for the start of Great Lent tomorrow.*

*Most of us would agree that fasting is hard, whether it is abstaining from food, drink, forms of entertainment and, certainly, from the sinful inclinations of our fallen nature. These things are difficult to keep “in check” everyday, let alone during the Great Fast, which is longer and stricter than any of the other fasting seasons of the year. As hard as we try to live a godly life, the demons are trying that much harder to take us off the path.*

*We need to remember that fasting is not effective, or even spiritual, if it is an empty physical exercise; it must be accompanied by prayer, almsgiving, repentance, spiritual reading and attendance at church services. True fasting is not meant to be a set of rules making for a dismal life; rather, it frees us from the slavery of sin. The physical fast—abstinence from certain foods and their quantities—goes hand-in-hand with the spiritual fast—shunning sin and passions. We must also remember that it is as important to fast with what comes out of the mouth as well as what goes into it. God does not need our fasting—we need to fast in order to return to a state of communion with Him.*

*So, whatever fasting discipline you set for yourself, make the best effort possible to stick to it. Focus your mind, soul and body on God, Who is the source of life and joy, fully realized in His glorious Resurrection.*



The beginning of **Great Lent** is, once again, upon us. As we start this time of preparation that will ultimately lead us to the celebration of Pascha, we must take care that we handle the Fast with the right spirit and with proper goals in mind.

Great Lent must be a prayerful time. Some of the most beautiful and meaningful services are found during this 40-day fast. As it unfolds, our prayer life must increase in frequency and intensity. Participating in the devotions prescribed for this sacred season will provide us with a fuller understanding of our Lord's Passion.

Great Lent must be a penitential time. We must use it as the perfect opportunity to imitate the Prodigal Son and “return to our Father,” as well. If Christ was willing to die for our sins, we must be willing to express sorrow and contrition for them.

Great Lent must be a positive time. As Christ says in today's Gospel: “When you fast, anoint your head and wash your face, so that you do not appear to men to be fasting.” (Matt 6:17) The demands of the Lenten season are not placed upon us to cause us pain and suffering! Indeed, we should rejoice that this wonderful opportunity to draw closer to Jesus is given to us each year by our Holy Orthodox Church.

May God grant all of us a blessed 40 days—days where we can allow Him to work with us, in us and through us to bring about deeper prayer, greater spiritual receptivity through fasting and more perfect love through almsgiving. Only then will His victory over sin and death on Pascha be a time of immeasurable joy for all of us.

**T**he reading of the **Great Canon of Saint Andrew of Crete** is the traditional way to begin the season of Great Lent. It is divided into sections and read, as part of Great Compline, over the first four days of the Fast. It can best be described as a penitential lamentation conveying the scope and depth of sin, shaking the soul with despair, repentance and hope. Saint Andrew uses examples from both the Old and New Testaments in such a beautiful and unique way to emphasize the fallen nature of man. This is further underscored through our heartfelt repetition of the soulful refrain: **“Have mercy on me, O God, have mercy on me.”**

Plan to come to the services **this Monday through Thursday**; it truly is the perfect way to get you into the mindset of the Fast.

## ✠ THE PRAYER OF SAINT EPHRAIM THE SYRIAN ✠

**T**he traditional prayer of the Great Lenten season is the **Prayer of Saint Ephraim the Syrian**. It is read at the conclusion of every weekday service during the 40 days, accompanied by repeated prostrations. In its simplicity, this prayer embodies the essence of Lent, in that we pray to God to help rid us of our passions and install virtue in our hearts.

The text of this prayer is as follows:

**O LORD AND MASTER OF MY LIFE, TAKE FROM ME THE SPIRIT OF SLOTH, DESPAIR, LUST OF POWER AND IDLE TALK. BUT GIVE RATHER THE SPIRIT OF CHASTITY, HUMILITY, PATIENCE AND LOVE TO THY SERVANT. YEA, O LORD AND KING, GRANT ME TO SEE MY OWN TRANSGRESSIONS AND NOT TO JUDGE MY BROTHER, FOR BLESSED ART THOU UNTO AGES OF AGES. AMEN.**

You are encouraged to incorporate this prayer into your morning and evening devotions. At the end of each verse, make a prostration (full bow with head to the floor). Following the *Amen*, cross yourself 12 times while bowing your head and saying, **“O God, cleanse me a sinner.”** Then repeat the entire prayer and prostrate yourself one final time.

May these blessed words help you each day of your Lenten journey.

## ✠ CONFESSION & COMMUNION DURING GREAT LENT ✠

**T**o make your participation in the sacraments of Holy Confession & Communion more meaningful this Great Lent, you are asked to adhere to the following guidelines and schedule:

- General Confession will **NOT** be held. Those who have been communing regularly may continue to approach the Chalice; however, everyone **must** come to individual confession sometime during the Fast.
- The confessing of Church School Children will take place on the **First Saturday of Lent, February 20**, at 5 p.m. The youth will commune as a group during Liturgy on the **Sunday of Orthodoxy, February 21**. Afterwards, the **St. Anne’s Guild** will host a **Communion Breakfast** for all parishioners.
- Everyone is encouraged to confess before or after attending worship services on the evening **prior** to the day he/she wishes to commune.
- Make sure you completely fill out a *Confession Card* before giving it to Fr. David; this will help update parish records.
- Consider making an offering to charity as you go to Confession; be generous from the heart **and** wallet to those in need.
- Confessions will be held:
  - Wednesday evenings** from **6-6:45 p.m.** and **Friday mornings** from **8-8:45 a.m.**, preceding the Liturgy of the Presanctified Gifts;
  - Friday evenings** from **6-7 p.m.** and **following** the Lenten service;
  - Saturday mornings** at **8 a.m.** (*Please do not arrive later than 8:30 a.m.*); and
  - Saturday evenings** from **5-6:30 p.m.** and **following** Vespers.
- There will be **NO CONFESSIONS** at all on Sunday mornings, unless pre-arranged with Fr. David.
- The confessing and communing of our shut-ins and nursing home residents will be scheduled later in the Lenten season.

As you can see, there will be many opportunities throughout this period to look at yourself honestly and confess those things that have been weighing on your mind. Don’t **put off** going to Confession until the last minute! By so doing, you are depriving yourself of a much richer Lent—indeed, a much richer life. If it’s been too long since the last time you sought the direct, personal forgiveness of Christ made tangible in this sacrament, it will only get more difficult because of your procrastination. You are urged to make your Lenten confession early, especially during these first few weeks of the Fast. In that way, the richness of God’s mercy may develop the full root and stem to blossom into a hardy and brilliant Paschal joy.

**GLORY TO JESUS CHRIST!**

**GLORY FOREVER!**