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## \* What's Up in Our Parish \*

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Because of *Forgiveness Vespers* and the *Communion Breakfast*, there will be **NO** Church School today or next week. All classes will resume on **Sunday, March 11**.

Our **Annual Gertrude Hawk Easter Candy Sale** ends **TODAY**. This fundraiser will help raise money for this year's mission team. Any last-minute orders can be placed with Susan Witkowski (732-946-8468). Delivery will be on **Sunday, March 18**, four weeks before Holy Pascha. Put a smile on a loved one's or a friend's face with an Easter basket filled with tons of delicious chocolate and jellybeans! Thanks for your support.

**Basketball Practice** for the upcoming *Fellowship of Orthodox Christians in America (FOCA) National Basketball Tournament* will begin **this Saturday, March 3**, at 4:30 p.m., at the **St. Bartholomew Church Gym** on Ryders Lane in East Brunswick. All parish youth, ages 9-18, are invited to attend. If you have any questions, please contact Michael Steffaro at (732) 698-1952.

Our intern priest, **Fr. Gerasim Eliel**, will be offering a five-week series entitled **Scripture 101: An Intro to the Bible** on Sundays, beginning **March 11** through **April 8**, during Coffee Hour. Join him this Lent as we journey together as a community of Scripture readers.

The **Formal Installation of the 2012 Parish Council** will take place on **Sunday, March 18**, with a brief prayer service after the Liturgy. The new Council's first meeting will be held on **Monday, March 19**, at 7 p.m., in the church hall.

As is customary in our parish during the season of Great Lent, the **Sacrament of Holy Unction** will be celebrated on **Thursday, April 5**, at 7 p.m. In a time when the world presents us with all manner of alternative therapies, self-help books and new-age healing techniques, it is important for us to remind ourselves that it is Christ Who heals us and redeems fallen creation with its suffering and pain. We must turn to Him for the healing of our souls and bodies. Therefore, anyone whose physical, emotional or spiritual health is seriously impaired is encouraged to attend. (**NOTE: Because Holy Unction is intrinsically bound to the physical and spiritual healing that we receive in the life of the Church, we must approach this sacrament as we would Communion and seek to free ourselves of the sins that separate us from the fullness of life in Christ. Therefore, it is proper for those who are not regular communicants to be absolved of their sins through Confession before being anointed. If you have any questions, contact Fr. David.**)

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## \* News That Matters \*

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**STEWARDSHIP: TIME & TREASURE** Attendance at Liturgy last Sunday was **125**.

**MINISTRY DUTIES** The Epistle will be read next Sunday by **John Kozak**. Because of the *Communion Breakfast*, there will be **NO COFFEE HOUR**. The church will be cleaned by **Team Berezniak**. (**NOTE: The St. Anne's Guild and Team Berezniak will be responsible for Coffee Hour and cleaning the church, throughout March.**)

**THANKS** to all the **Parish Volunteers** who hosted *Coffee Hour* this month and **Team Deerson (Walter & Carol Deerson, Barbara Kaminsky, Wayne & Joyce Nice and Michael Steffaro)** for cleaning the church throughout February. Everyone's assistance with these ministries was very much appreciated. May the Lord bless you and keep you for many years—Mnogaya Lyeta!

**THE SOUTH RIVER FOOD BANK NEEDS YOUR HELP** Canned and dry goods are being collected on a continuous basis. Please place your donations on the table in the church hall vestibule.

**OUR BELATED CONGRATULATIONS** to **Oleg and Nonna Burlak** who celebrated their 66<sup>th</sup> wedding anniversary this past Friday. May their happiness and love continue to grow deeper and richer for many years—Mnogaya Lyeta!

**MEMORIAL (SOUL) SATURDAYS** As Orthodox Christians, it is as natural for us to intercede for the departed as it is for those who are still alive. Our Church teaches that the departed are no longer able to rectify their lives as they could on earth; hence, their only hope is for us to pray for them and to do good deeds in their name in order to cover any unrepentant sins that they might have brought into the next life. As an act of love and mercy, the Holy Church has set aside two Saturdays in Great Lent this year, called *Memorial (Soul) Saturdays*, to publicly commemorate all her departed children; they are **March 10 & 17**. The Liturgy on each of these days will be preceded by *Matins for the Departed* on Friday evening. A form was included in the January 29 bulletin to list the names of loved ones who have departed this life in the hope of the resurrection unto life eternal. (*There are also extra copies still available at the Candle Desk.*) Please write their Christian baptismal names (first names only). Once completed, you can either drop it off in church or send it to the rectory. Remember: do not consider your dearly departed as dead—they are very much alive, only in another place. If they repose in glory, your prayers for them will come back to you, as those of the saints. Our bright and joyous faith teaches that someday, you will again see them in a renewed form.

**IN YOUR DAILY PRAYERS** please remember the following parishioners, family members and friends:

Departed

Adriana  
Protopresbyter Joseph Kreta  
Protodeacon Michael Stulpin  
Benedetto Pelleriti  
Carol Ann Jewels  
Isabelle Teszla

Sick

Elaine Ashton  
Irene Boule  
Edward Romanofsky  
Walentyna Posluszny  
Alan Zenkert  
Michael Dargento  
Julia Glazer  
Joseph Casale  
Donna Casale  
Lasha Giorgi Pozidis  
Dorothy Swenticky  
John Cameron  
Katherine Tarzewski  
Martha Drobnak  
Dorothy Sopchak  
Margo Stewart  
Barbara Wyluda  
Arlene Krell  
Beverly Vietti  
Adam Huba  
Thea Casale  
David Hebert  
Robert Smith  
Thomas Roche  
Theresa Rogozenski  
Olga Romanofsky  
Alyssa Rosatelli  
John Bihuniak  
Larry Kimpert  
Patricia Cottrell  
Elaine Schwartz  
Athene Demitry  
Timothy Magee  
John Centrello  
Nancy Filak  
Charles Csenica  
Barbara Parhizgar  
Mikola Zakrewsky  
Kim Walker  
Dennis Silowka

Servicemen

Alexandre Kurtanidze  
Darren Flynn  
Beth Williscroft  
Malcolm Bradford  
Rina D'Amico  
Barbara Longo  
Charlene Sofer  
Brenda Foster  
Paul Pavlik  
Stavroula Parks  
Priest Herman Schick  
Subdeacon Basil Quinn  
Archpriest Thomas Edwards  
Eva Fedash  
Olga Kozlov  
Bishop NIKON (Liolin)  
Archpriest Alexander Atty  
Ivert (Fred) Kirkirt  
Melissa  
Anna Janiszewski  
Archpriest Paul White  
Myrna Woznica  
Joseph (Jay) Pelleriti  
Daniel Parker  
Jean Catherine Brooks  
Samuel Garretson  
Jami Porzi  
Richard Baylor  
Joseph Posluszny  
Betty Carson  
Gilson Costa  
Pearl Blower  
Presbyteria Florence Cassar  
Patricia Franchino  
Sophie Teszla  
Natalie Teszla  
Jonathan Zdybel  
Ellie Jacobs  
Mary Rock

Ivan Shidlovsky  
Lisa Beard  
Gregory Nosol  
June Buyofsky-Rittman  
David T. Floyd  
Patrick Lohr  
Keith Sudder  
Priest Paul Rivers  
Patrick Baldwin  
Timothy Stepan  
Michael Gregus  
Peter Shaw  
Jacqueline Martinez  
Karen Bonet  
David Gambert  
Fred Bush  
Travis Hartman  
Elizabeth Brent  
Kyle Abbott  
Priest Sean Levine  
Gary Amatrudo Jr.  
Steven Moore  
James G. Teller

If you have a friend or loved one for whom you would like us to pray, please contact Father David or Starosta.

**BRING A FRIEND** along with you to church. Encourage your relatives to attend services faithfully. It our Christian duty to help others find Jesus. Apostle Andrew brought his brother Peter to God...let's follow his example!

**LITURGICAL REMINDERS** The **Hours** start the Liturgy and they begin at **8:45 a.m.** on Sundays and holidays. **Liturgy** itself begins at **9 a.m.** with *"Blessed is the Kingdom..."* and ends with the final Blessing of the Cross. Liturgy is also a teaching tool; Church School is **NOT** a replacement for it.

**NO LONGER IN SERVICE** The phone in the church hall vestibule is no longer in service; the number has been removed from the bulletin masthead.

**THE WINTER 2012 ISSUE OF JACOB'S WELL**, our diocesan publication, has just been published; hard copies are available at the Candle Desk. You can also view and/or download this issue online at our diocesan website, [www.nynjoca.org](http://www.nynjoca.org).

**HAPPY BIRTHDAY GREETINGS** go out this week to **Jamie Hoff Arango** and **Oleg Burlak**. Belated best wishes are also extended to **Walter Deerson** who marked a significant milestone on Thursday. May God's blessings continue to be theirs for many years—Mnogaya Lyeta!

**DONATING FLOWERS** There are many holidays between now and the end of May on which to offer a floral arrangement for the center tetrapod, namely:

- March 18** Veneration of the Cross
- March 25** Feast of the Annunciation
- April 8** Palm Sunday

<b>April 15</b>	Pascha (Easter)
<b>April 22</b>	St. Thomas Sunday
<b>May 9</b>	Midfeast of Pentecost
<b>May 13</b>	Mother's Day
<b>May 24</b>	Ascension Day

Please see or contact James Kornafel (732-462-3388) to offer your donation.

**THE DEADLINE** to submit all info for next Sunday's bulletin is **Thursday evening**. Get in touch with Fr. David at the rectory or contact our Bulletin Editor, James Kornafel, by phone (732-462-3388), fax (732-845-3515) or E-mail ([jimmyk@optonline.net](mailto:jimmyk@optonline.net)).



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.

*Fasting is a traditional means of attaining spiritual growth and closeness to God. It is not a mere matter of changing your diet; it is moral as well as physical. Fasting is a way of eliminating all distractions. Whatever we want more than Him is a rival that must be deliberately set aside—food, drink, cigarettes, television, shopping, gossip, jealousy, self-gratification, etc.—in order to create a sense of dependence on Him and thankfulness for life's necessities.*

*Fasting and abstinence aren't supposed to be easy and they are not an end in themselves, but a means to spiritual perfection crowned in love. So, whatever rules you set for yourself this Lent, make the best effort possible to stick to them. Beware of pride and pay no attention to anyone's fast but your own, for as one monastic put it, we must **"keep our eyes on our own plates."***



That wonderful time of the year known as **Great Lent** is now upon us. Labeling a period of intense prayer, fasting, repentance and almsgiving as "wonderful" may seem a little strange, but the Church does teach that Lent is a blessed and happy time of the liturgical year. The strangeness comes from a misunderstanding of the season. It is not one of drudgery and suffering; instead, it is to be viewed as a great renewal. We are called to look interiorly and clean out all that weighs us down. All the negative influences in our lives are to be reassessed. Through these 40 days, we are to refresh ourselves; in this way, we are properly prepared for the great celebration of Pascha (Easter). Just as Jesus rose from the cold tomb to a resurrected life, so we throw off the coldness of sin and negativity to a life renewed in the Spirit. What could be more wonderful?

We wish you a blessed Lent and a joyful Resurrection at the end of it that may be shared with all.

### \* *The Canon of St. Andrew of Crete* \*

The **Canon of Saint Andrew of Crete** is the purest expression of repentance associated with Great Lent. Written in the 7<sup>th</sup> century by one of the greatest hymnographers of the Orthodox Church, the text emphasizes the fallen nature of man, recorded in both the Old and New Testaments. It applies various images to the state of our sinful soul. It is a very long and pathetic lamentation of a Christian who discovers, again and again, how much God has loved him, how much He has done for him and how little response came from the man. It is divided into sections and recited, as part of Great Compline, over the first four days of the Fast.

Be a part of these services **this Monday through Thursday** and read the entire Canon with us. It is a real introduction to Lent; it sets its tone and spirit. We cannot benefit from it unless we make it a priority to stand in prayer, in the church, and listen to it, with a great desire and expectation for God's grace and forgiveness to teach and heal us.

### \* *The Prayer of St. Ephraim* \*

The **Prayer of St. Ephraim** is traditionally recited during Great Lent. It is considered to be the most succinct summation of the spirit of the season and is, hence, the Lenten prayer "par excellence," prayed in church and at home. Here is its text:

**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 weekday morning and evening devotions. To emphasize the theme of this prayer—changing our lives—make a prostration (full bow with head to the floor) at the end of each verse. 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. Bowing down to Christ will make His presence more real and strengthen your faith, which is what we all need as we try to turn our lives towards Him.

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

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## \* Confession & Communion During Great Lent \*

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During Great Lent, the Church encourages us to bring our sins to the Lord in repentance and receive cleansing and forgiveness through the **Sacraments of Confession & Communion**. While it is easy to pray in isolation, yet never come clean, it is far more effective to confess aloud to God before a priest and benefit from his guidance and help, given to him by the grace of the Holy Spirit.

To make your participation in these Holy Mysteries more meaningful this 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 Holy Chalice; however, everyone **must** come to individual confession sometime during the Fast.
- The confessing of our Church School Children will take place on the **First Saturday of Great Lent, March 3**, at 5 p.m. The youth will commune as a group during the Divine Liturgy on the **Sunday of Orthodoxy, March 4**. Afterwards, the **Saint 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 **5:30-6:45 p.m.** and **Friday mornings** from **8-8:45 a.m.**, preceding the Liturgy of the Presanctified Gifts, as scheduled;
  - 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 for Father David to hear your confession. Let us all come before the Holy Gospel and Cross of Christ, to Whom we confess, and be guided by the priest, our spiritual father, in a cleansing inventory of our lives. For when we tell God all our sins and failures, we will hear the glorious words of freedom, which announce Christ's promise of forgiveness of all our sins: "*Go and sin no more.*" (John 8:11)

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## \* Annual Easter Bazaar – March 31, 2012 \*

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The weeks of hard work and preparation for our **Annual Easter Bazaar** have begun. Last year, we had quite a number of participants and this year, we hope, will be no exception.

This year's "eggstravaganza" is scheduled for **Saturday, March 31**, from 10 a.m. to 4 p.m., in the parish hall. There will be a wide assortment of delectable Lenten and Paschal foods for sale, including pierogies, kielbasa, babkas and dessert rolls, as well as arts and crafts for the upcoming holiday. There will also be a few gift basket raffles and church tours.

Our Bazaar Co-chairmen, Patricia Larkin (732-605-1351) and Jay Pelleriti (732-257-4478), are asking for as much assistance and support as possible. The more helping hands, the smoother this event will run. Contact them—any time you can offer is appreciated.

Pierogie-making is scheduled for **Friday-Saturday, March 16-17**; volunteers are needed on both days starting at noon and 10:30 a.m., respectively. Any questions should be directed to Rebecca Kozak (973-378-2443).

Fresh kielbasa orders are being handled by Michael Burak (732-254-0879); a 2-lb minimum is requested. The order deadline is **Sunday, March 18**. Assistance to make the sausage is needed on **Thursday-Friday, March 22-23**. Those of you who have not helped in the past are encouraged to do so and learn something new. Please see Mickey for details.

Babka orders are now being taken by Debra Ann Jones, via telephone (732-238-0735) or E-mail ([dshaluha@comcast.net](mailto:dshaluha@comcast.net)), through **Sunday, March 25**. Get them in early and often! This year's variety includes cheese, cinnamon crumb, prune, poppy, raspberry (NEW), apricot and raisin for \$9.50 and raspberry cheese, apricot cheese (NEW) and chocolate cheese (NEW) for \$10. Orders can be picked up in the church hall on **Thursday, March 29**, between 2 and 7 p.m.

Get the word out and bring your family, neighbors, acquaintances and co-workers for a day of fundraising, friendship and community.

*Glory to Jesus Christ!*

*Glory Forever!*