SS. PETER & PAUL
RUSSIAN ORTHODOX CHURCH
ORTHODOX CHURCH IN AMERICA
DIOCESE OF NY & NJ

VERY REV. DAVID F. GARRETSON
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February 26, 2017

SUNDAY OF CHEESEFARE—Tone 3—SUNDAY OF FORGIVENESS
The Expulsion of Adam from Paradise
St. Porphyrius, Bishop of Gaza; Ven. Sebastian of Poshekhonsk; Martyr Sebastian; Newmartyr John the Cabinetmaker at Constantinople; New Hieromartyr John, Bishop of Rylsk

Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21

PARISH WORSHIP & STUDY SCHEDULE—FIRST WEEK OF GREAT LENT

TODAY	10:30 a.m.	*Forgiveness Vespers* (at which begins **HOLY & GREAT LENT**)
Mon, Feb 27	7:00 p.m.	Great Compline with the Canon of St. Andrew of Crete
	7:30 p.m.	Lenten Parish Talk Series at *Archangel Michael Greek Orthodox Church* in Port Washington, NY
Tues, Feb 28	7:00 p.m.	Great Compline with the Canon of St. Andrew of Crete
Wed, Mar 1	7:00 p.m.	Great Compline with the Canon of St. Andrew of Crete
Thurs, Mar 2	7:00 p.m.	Great Compline with the Canon of St. Andrew of Crete followed by Confessions
Fri, Mar 3	8:00 a.m.	Confessions
	9:00 a.m.	Liturgy of the Presanctified Gifts
	6:00 p.m.	Confessions
	7:00 p.m.	Great Compline & Litiya with the Blessing of the Koliva followed by Confessions and Lenten Youth Activity Night

Sat, Mar 4 — **FIRST SATURDAY OF GREAT LENT—Commemoration of St. Theodore the Recruit**
9:00 a.m. — **The Repose of St. Raphael, Bishop of Brooklyn**
Divine Liturgy — Epistles: Heb 1:1-12; 2 Tim 2:1-10 (St. Theodore); Heb 13:17-21 (St. Raphael) — Gospels: Mark 2:23-3:5; John 15:17-16:2 (St. Theodore); John 10:9-16 (St. Raphael)
(Confessions before Liturgy will begin at 8 a.m. Do not arrive later than 8:30 a.m.)

11:15 a.m. — Lenten Parish Talk Series at *SS. Mary & Antonios Coptic Orthodox Church* in Ridgewood, NY
5:00 p.m. — Confession of Church School Children **ONLY** *(Adults are asked to confess **after** Vespers.)*
6:30 p.m. — Panihida for **Jakob Joseph Vail** (Annual) offered by **the family**
7:00 p.m. — Vespers

Sun, Mar 5 — **FIRST SUNDAY OF GREAT LENT—Tone 4—SUNDAY OF ORTHODOXY**
9:00 a.m. — Martyr Conon of Isauria
Divine Liturgy — Epistle: Heb 11:24-26, 32-12:2 Gospel: John 1:43-51
*(After the Liturgy, the Saint Anne's Guild will host a **Communion Breakfast** to which all parishioners are invited.)*

5:00 p.m. — ***Sunday of Orthodoxy Vespers*** at our parish

PARISH CALENDAR & EVENTS

Because of *Forgiveness Vespers* and the *Communion Breakfast,* there'll be **NO** Church School today or next week. All classes will resume on **Sunday, March 12**.

Our **Annual *Gertrude Hawk* Easter Candy Sale** ends **TODAY**. This fundraiser will help raise money for the *Hogar San Rafael Ayau Orphanage* in Guatemala. Last-minute orders, with payment in full, must be given to Jay Pelleriti or left at the Candle Desk. Delivery will be in mid-March. Put a smile on someone's or a friend's face with an Easter basket filled with tons of delicious chocolate and jellybeans! Thanks in advance for your support.

A **Lenten Youth Activity Night** will be held in the hall **this Friday, March 3**, following Great Compline & Litiya. All our children are invited for an evening of fun and reflection during this time when we are called to be closer to God and grow as a Christian.

Homemade Kielbasa Orders for Easter are now being taken by Debra Jones, via phone (732-238-0735) or E-mail (dshaluha@comcast.net), through **next Sunday, March 5**. Cost is $7 per pound. The pickup day will be **Sat, March 18**, from 2 to 3 p.m., in the hall. Make sure you have this tasty, high-quality sausage as part of your Paschal basket and holiday dinner—order TODAY! Once you taste the fresh, you will never want the precooked type again!

Sunday of Orthodoxy Vespers will be served **in our parish** at 5 p.m. **next Sun, March 5**. *(PLEASE NOTE TIME CHANGE!)* Clergy and laity from throughout the deanery will gather together to affirm our unity in the One True Faith. Our "native son," Fr. Theodore Gregory from *Holy Apostles Church* in Rahway, will be the guest speaker. A Lenten dinner, hosted by Parish Council, will be held in the hall following the service. Make your plans now to attend this solemn celebration.

The **Altar Society** will meet in the church hall on **Monday, March 20**, at 6 p.m.

PARISH NEWS & REMINDERS

LAST WEEK'S BLESSINGS Attendance at Liturgy was **116**.

LAY PARTICIPATION SCHEDULE The Epistle will be read next week by **Paul Machyowsky**. Because of the *Communion Breakfast,* there will be **NO COFFEE HOUR**. The church will be cleaned by **Team Edwards**. *(**NOTE**: The **Saint Anne's Guild** and **Team Edwards** will be responsible for Coffee Hour and the cleaning the church, respectively, during the month of March.)*

THANKS to all the **Parish Volunteers**, especially **Lou Silva**, who hosted *Coffee Hour* this month with **Greg Messeka** and to **Team Dziemian (Greg & Josh Chup, Hank Dziemian, Anastasia Essl, James Kornafel, Helene Titsch)** 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!

PARISH APPROVES AN ASSESSMENT INCREASE At the *Annual Parish Meeting* held last Sunday, a proposed assessment increase was approved, retroactive to **Jan 1, 2017**. The primary reasons for the increase were to balance the budget and to grow parish income. Each registered parishioner must now pay **$220**, $145 of which will continue to fund the Diocese and National Church (OCA); the remaining $75 will stay within the parish. Please note that those of you who already paid your 2017 assessment have a balance that must be submitted. If you have any questions, see or contact Treasurer Sandra Hoff (732-254-8524).

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

SAVE THE DATE! Lenten Youth Sunday **(Mar 26)**...Easter Egg Hunt & Paschal Potluck Luncheon **(Apr 17)**...Paschal Cemetery Visitation/Provodnoye **(Apr 23)**...Visit of His Eminence, Archbishop MICHAEL **(Apr 29-30)**...113th Annual Pilgrimage to *St. Tikhon's Monastery* **(May 29)**...22nd Annual *Run/Walk for the Church* **(Jun 10)**.

READERS NEEDED Anyone interested in answering the Lord's call to assist in the Liturgy by reading the Hours or Epistle is asked to contact our Choir Director, Basil Kozak, at (917) 697-8058.

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

VIGIL PRICE INCREASE The price of the **vigil** candles will be increased to $2 to $3, effective **March 1**. *(**NOTE**: The prices of the small and large candles will remain at **$1** and **$2** each.)*

SHHHH! Out of respect for worshippers, please silence all cell phones and pagers. Thanks.

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

May 25	Ascension Day
June 4	Pentecost
June 24	The Birth of St. John the Baptist
June 29	Feast of SS. Peter & Paul (Our Patron Saints)

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

LITURGICAL REMINDERS The **Hours** start the Divine Liturgy and begin at **8:50 a.m.** on Sundays and holidays. **Liturgy** itself starts **shortly after 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.

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

THE CHURCH CLEANING MINISTRY is an excellent opportunity to join in service to Jesus Christ, as a steward of His ebuilding, while growing closer with other parishioners. Also, this ministry saves our parish enormous expense!

Listed below are the "crews" for March, April & May:

March	*April*	*May*
Norman & Dorothy Edwards	Nicholas & Wendy Dashkiewicz	Brenda Adams
Sonja Harris	Christina, Janet & Paul Machyowsky	Kenneth Davis
Marie Mendoker	Janice Meade	Marie Mioduszewski
Dorothy Messeka	Sandra Saurman	Judith Znaiden

All the cleaning instructions are posted on the bulletin board in the Candle Desk. Supplies and equipment are provided. If you have any concerns/conflicts, see Hank Dziemian, Jay Pelleriti or Starosta. Thanks in advance for providing a clean and organized facility that glorifies God.

ANNUAL PARISH MEETING Thank you to all who attended, spoke, voted and/or otherwise participated in our *Annual Parish Meeting* last Sunday. Although the turnout was lower than expected, the Holy Spirit led us to make sound decisions, based on the past year's goals, accomplishments and activities. Whether you were there or not, we ask for your continued prayers, assistance and stewardship as we move forward together as a community on our divinely-guided path to the future.

HAVE YOU MOVED? Let Fr. David know your new contact information.

FOOD CARDS are on sale every Sunday in the hall; help your church by using them, instead of cash, to buy your weekly groceries. **Food Cards – Because It Doesn't Make *Cents* Not To!**

SCHEMICK-TOLLS SCHOLARSHIP For well over three decades, our parish has been blessed to be in a position to offer scholarships to active young members seeking higher education. The generous bequests of the Schemick and Tolls families, along with the prudent investments of these monies, have afforded us the opportunity to assist our students with their educational endeavors. Applications for this year's scholarships are now available from Carol Deerson. To meet all the eligibility requirements of this award, the applicant and his/her family must be members in good standing, as defined by *SS. Peter & Paul Church,* the *Diocese of NY & NJ* and the *Orthodox Church in America (OCA),* for at least two years prior to May 1, 2017; they must also be regular participants in the sacramental life of the parish and demonstrate proper stewardship/financial support. The student must be a high school graduate and be enrolled in a two-year, four-year or certificate granting institution and have high school and/or college grade point averages of 2.25 or better. The completed application must be submitted by **Mon, May 1**. Incomplete documentation or an applicant who does not meet the criteria or the entry deadline will not be duly considered for a scholarship. The Scholarship Committee is committed to strictly adhering to these regulations and criteria and, in so doing, strives to honor the original intent of those who so nobly donated to make these scholarships possible. Please feel free to contact Carol at (732) 254-4979 with any questions or concerns.

A NOTE OF THANKS The **Altar Society** would like to sincerely thank everyone who supported its *Annual Blini Batter Sale* last Sunday. After 61 and 48 years, respectively, **Bob & Joan Pisuk**, along with their trusted helping friends of the past 20 years, **Greg & Christine Marple**, have decided to discontinue this pre-Lenten custom/fundraiser. We just cannot tell them enough how very appreciative we are for their decades of selfless service. May God grant them good health and long life for many years—Mnogaya Lyeta!

EXTRA COPIES of the ***2016 Annual Report*** are available at the Candle Desk.

MEMORIAL (SOUL) SATURDAY As Orthodox, it is as natural for us to pray for the departed as it is for those who are still alive. We are taught 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 Church has set aside one Saturday in Great Lent this year, called *Memorial (Soul) Saturday,* to publicly commemorate all her departed children; it will be **Saturday, March 11**. Liturgy on this day 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 those who have departed this life in the hope of the resurrection unto life eternal. *(There are extra copies available at the Candle Desk.)* Please write their first names only. Once completed, you can either drop your list off in the church or forward it to the rectory. Remember: don't consider your dearly departed as dead—they are very much alive, only in another place. If they repose in glory, all your prayers for them will come back to you, as those of the saints. Our bright and joyous faith teaches that someday, you'll again see them in a renewed form.

PRAYER REQUESTS Pray for the following parishioners, family members and friends this week:

Departed

Janet Ferrara
Lucille Witkowski
Marie Andryzewski
Matushka Juliana Schmemann
Marisa Tufaro
Richard Horvath
Lucille Myers
Gino Sasso
James Billings
Larry Lang

Servicemen

Priest Sean Levine
Michael Dean
Todd Adams

Sick

Karla Bhend
Ronald Ostrowski
Gus Tsirkas
Dylan Magee
Kaitlyn Fox
Oleg Burlak
Natalie Matz
Guido Gargione
Daniel Lauria
Ginny Wilmer
William Begley
Pamela Malloy
Dawn Zirch
Jane D'Amore
Ann Puchala
Michaela Fox
Sandra Sasso
Dean Prestino
Gaynelle Crowley
Timothy Brown
Aspasia Alfaro
Beth Van Orden
Jamie Arango
Devon Pietrini
John Holod
Margaret Stuart
Karen Yuschak
John Uhrin
Sharon Fedak
SaraLee Pindar
Richard Bodin
Ingo Richmond
Sophia Simms
Suzanne Murphy
Beth Giordano
Linda Buxton
Miriam Eby
Ruth Curtis
Mary Louise Viquez
Sgt. Peter Roselli
Josefa Calero
Ewa Tirenin
Walentyna Posluszny
John Cameron
Pearl Blower
Gloria Soto
Thomas LaDelia
William Taylor
Michael Sullivan
Grace Diriwachter
Nana Tikhashvili
Kendall McNamara
Pamela Inman
Ian Witkowski
Archpriest Joseph Kreshik
Pauline Finnochio
Maria Elena Marinelli
Eugenia Dix
Tom Diriwachter
Leonard C. Wilson Sr.
Robert DiPaolo
Thomas Sommerville
Landon Drew Policastro
Mary Modzelewski
Barbara Jean Ross
Allen Mioduszewski
Crystal Aldana
Barbara Ingram
Michael Dargento
Sandra Webster
Mary Dean
Ellen Dargento
Olga Miller
Russell Schaaf
Brad Barlow
Kathleen Keimer
Margaret Butch
Jane Mordas
Michael Pelleriti
Gina Krusius
Richard Leming
John Nelson
Anthony Abate
Helen Maloney
Elizabeth Reynolds
James D'Amore Jr.
Jonathan Clayton
Aidan Brown
Victor Rugala Jr.
Robert Fedak
Patricia Knett
Richard Jones
Joyce Major
Vera Bilas
Brit Davis
Jamie Swain
Carol Eden
Helen Dmitrienko
Cristin Halaycio

To place a name on this list, notify Fr. David or Starosta. Prayer still works miracles and wonders, for as Saint James says in his Epistle (5:6): *"The sincere and effectual prayer of a righteous person does much good."*

PASTORAL CARE If you or a loved one is homebound or in the hospital, inform Fr. David so that he can arrange a pastoral visit.

BULLETIN DEADLINE The deadline for next Sunday's bulletin is **Thursday evening**; all notices must be given to Fr. David or Starosta James Kornafel by then. You can contact Father at the rectory or reach Jim by E-mail (jimmyk@optonline.net), telephone (732-462-3388) or fax (732-845-3515). Any submissions received after Thursday will be published the following week.

ANNUAL EASTER BAZAAR – APRIL 1, 2017

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

This year's "eggstravaganza" will be held on **Saturday, Apr 1**, from 10 a.m. to 3 p.m., in the hall. There will be Lenten and Paschal foods for sale, including pierogies, kielbasa, babkas and dessert rolls, as well as arts & crafts for the upcoming holiday. There will also be a few gift basket raffles and church tours. If you'd like to help, contact one of our three co-chairmen: Gregory Messeka (732-236-2558), Natasha Rogozenski (732-613-0856) or Deborah Silowka (609-918-0249). The more helping hands, the smoother the event will run; we are always excited to teach new people the ropes!

Pierogie Making is scheduled for **Fri, Mar 10**, following Matins, and **Sat, Mar 11**, after Liturgy. Assistance is needed on both days, but especially on Saturday morning—mark your calendar NOW!

Stuffed Cabbage (Halupki) Making will take place on **Fri-Sat, Mar 24-25**. *(Times to be determined.)* Your help is needed; please come and join the fun!

Babka Orders are now being taken by Debra Ann Jones, via E-mail (dshaluha@comcast.net) or phone (732-238-0735), through **Sun, Mar 26**. Get them in early and often! This year's variety includes, cheese, chocolate, cinnamon crumb, prune, poppyseed, raspberry, apricot and raisin for $11 and apricot cheese, raspberry cheese and chocolate cheese for $11.50. Orders can be picked up in the hall on **Thurs, Mar 30**, between 2 and 7 p.m.

Look for additional details in future bulletins; until then, start getting the word out and bring your family, neighbors, acquaintances and co-workers for a day of fundraising, friendship and community. Let's make this year's Bazaar the best ever!

*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 Christ is a rival that must be deliberately set aside—food, drink, cigarettes, TV, shopping, texting, jealousy, self-gratification, etc.—in order to create a sense of dependence on Him and thankfulness for life's necessities.

*Fasting and abstinence are not 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 Holy 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. Just as Christ rose from the cold tomb to a resurrected life, 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 glorious and joyful Resurrection at the end of it that may be shared with all.

THE CANON OF ST. ANDREW OF CRETE

The **Canon of St. Andrew of Crete** is the purest expression of repentance associated with Lent. Written in the 7th 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 many images to the state of our sinful soul. It is a long 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 be in church and listen to it, with a desire and expectation for God's grace and forgiveness to teach and heal us.

The Prayer of Saint Ephraim

The **Prayer of Saint Ephraim** is traditionally recited during Great Lent. It is considered to be the most succinct summation of the spirit of the holy 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 strongly 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.

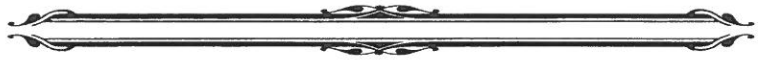
Confession & Communion During Great Lent

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 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 4**, at 5 p.m. The youth will commune as a group during the Divine Liturgy on the **Sunday of Orthodoxy, March 5**. Afterwards, the **Saint Anne's Guild** will host a **Communion Breakfast** for all parishioners. *(**NOTE TO ADULTS**: Please let the time before Vespers be for the kids. If you want to go to Confession, wait until after the service. Thanks.)*
- Everyone is strongly 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.**, before 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 Fr. 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 the Lord all our sins and failures, we will hear the glorious words of freedom, which announce His promise of forgiveness of all our sins: *"Go and sin no more."* (John 8:11)



FORGIVENESS MEANS GOD BURIES OUR SINS AND DOES NOT MARK THE GRAVE.

GLORY TO JESUS CHRIST! **GLORY FOREVER!**