



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

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VERY REV. DAVID F. GARRETSON, RECTOR  
BASIL KOZAK, CHOIR DIRECTOR  
JAMES KORNAFEL, STAROSTA

March 6, 2022

**CHEESEFARE SUNDAY—Tone 4—FORGIVENESS SUNDAY**

**The Expulsion of Adam from Paradise**

The Holy 40 Martyrs of Sebaste; The 42 Martyrs of Ammoria in Phrygia, including Constantine, Aetitus, Theophilus, Theodore, Melissenus, Callistus, Basoes and others; Monk-martyrs Conon and his son Conon of Iconium; The Uncovering of the Precious Cross and the Precious Nails in Jerusalem by Empress St. Helen; Ven. Arcadius of Cyprus; The *Czestochowa* Icon of the Most-holy Theotokos

Epistle: Romans 13:11-14:4

Gospel: Matthew 6:14-21

♦ **SERVICE & STUDY SCHEDULE** ♦  
(FIRST WEEK OF GREAT LENT)

TODAY	10:30 a.m.	<i>Forgiveness Vespers</i> (at which begins <b>HOLY &amp; GREAT LENT</b> )
Mon, Mar 7	7:00 p.m.	Great Compline with the Canon of St. Andrew of Crete
Tues, Mar 8	7:00 p.m.	Great Compline with the Canon of St. Andrew of Crete
Wed, Mar 9	7:00 p.m.	Great Compline with the Canon of St. Andrew of Crete
Thurs, Mar 10	7:00 p.m.	Great Compline with the Canon of St. Andrew of Crete
Fri, Mar 11	6:00 p.m.	Confessions
	7:00 p.m.	Vespers with the Blessing of the Koliva followed by Confessions
Sat, Mar 12	<b>FIRST SATURDAY OF GREAT LENT—Commemoration of Greatmartyr Theodore the Recruit</b>	
9:00 a.m.	Epistles: Heb 1:1-12	Gospels: Mark 2:23-3:2
Divine Liturgy	2 Tim 2:1-10 (Saint)	John 15:17-16:2 (Saint)
	<i>(Confessions before Liturgy will begin at 8:30 a.m. Please do not arrive later than 8:45 a.m.)</i>	
6:00 p.m.	Confessions	
6:30 p.m.	<u>Panihida</u> : <b>Lucia Bennett</b> (40 <sup>th</sup> day) and <b>Rosalie Szeszakowski</b> (Annual) offered by <b>Emily Szeszakowski</b>	
	<b>Allen Mioduszewski</b> (Annual) offered by <b>Marie Mioduszewski</b>	
7:00 p.m.	Vespers followed by Confessions	
Sun, Mar 13	<b>FIRST SUNDAY OF GREAT LENT—Tone 5—SUNDAY OF ORTHODOXY</b>	
9:00 a.m.	The Translation of the Relics of St. Nicephorus, Patriarch of Constantinople	
Divine Liturgy	Epistle: Heb 11:24-26; 32-12:2	Gospel: John 1:43-51
5:00 p.m.	<b>Sunday of Orthodoxy Vespers</b> with His Grace, Bishop ALEXIS, at <i>Holy Resurrection Church</i> in Wayne	

## ❖ LIFE OF THE PARISH ❖

**Coffee Hour** is a time of fellowship and socializing—a time to catch up with friends and acquaint yourself with new people of the congregation. Our parish has a wonderful tradition of connection and hospitality and Coffee Hour is a very integral part of that camaraderie. For this ministry to resume, starting **next Sun, Mar 13**, we need volunteers to host. It's simple—it includes coffee and bagels and anything else you want to bring. There is a sign-up sheet and guidelines posted on the bulletin board in the church vestibule. Let's keep this custom going!

The **Altar Society** will meet in the church hall on **Monday, March 21**, at 6:30 p.m.

A **Lenten Retreat** of the **Orthodox Christian Fellowship (OCF)** will be hosted by **our parish** on **Sat, April 9**. All young adults, ages 18-25, are invited to attend a day of lectures, discussion and fellowship. Save the date—more info will be forthcoming.

## ❖ NEWS YOU CAN USE ❖

**FOR THE RECORD** Attendance at Liturgy last Sunday was **85**.

**THANK YOU** to **Carol Deerson** for her generous contribution of new Altar Server robes in commemoration of the 95<sup>th</sup> birthday of her husband **Walter**. We are deeply grateful for such a beautiful offering; may God bless them both with continued good health and long life for many years—Mnogaya Lyeta!

**IOCC CONTINUES TO PROVIDE ASSISTANCE** During the six months since Hurricane Ida devastated southeast Louisiana, much assistance has been given to survivors through the efforts of **International Orthodox Christian Charities (IOCC)**. Aid delivered in the days and weeks following the disaster sustained life with the help of tents, mattresses, medicines & medical equipment, food & water, fuel and blankets. Since the hurricane, IOCC response teams have been working non-stop to address the long-term need for permanent clean water/sanitation, housing and other basic necessities. Donations to IOCC have truly "made a difference." For more information on this ongoing relief effort or to make a contribution online, visit [www.iocc.org](http://www.iocc.org). Any offerings may also be made directly to IOCC by mail (110 West Road - Suite 360, Baltimore, MD 21204) or by phone (1-877-803-4622). May the Lord bless you all for your generosity, care and concern for those who are still suffering.

**MEMORIAL (SOUL) SATURDAYS** One of the most venerable traditions in the Orthodox Church is the commemoration of the departed in our liturgical prayers. Since Apostolic times, the Fathers have constantly taught us that our intercessions, offerings and good deeds can help those who have fallen asleep. It is also of great consolation for us, the surviving friends and relatives, to be able to pray for them and, thus, remain in a bond of everlasting love. We remember the deceased at every Divine Liturgy. In our liturgical calendar, Saturdays are dedicated, in a special way, to prayer for the dead, since on that day God not only rested from His work, but Christ lay in the tomb. In accord with this, the Church has established special days of universal commemoration commonly known as *Memorial (Soul) Saturdays*. This year's Lenten Soul Saturdays will be **March 19** and **April 2**. The 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 was included in the Feb 6 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. St. Gregory the Theologian, after celebrating the funeral service for his brother Caesarius, concluded his eloquent eulogy with the following words: "*Part of my funeral gift is now completed. The remainder we will pay by offering every year, as long as we live, our honors and memorials for him!*" We should emulate Saint Gregory by remembering our departed ones, especially on these two Memorial Saturdays, and pray that those who come after us will continue this beautiful and praiseworthy custom by including us, as well.

**READER CORNER** If you'd like to learn to read the Hours and/or Epistle, see or contact Basil Kozak (917-697-8058).

**E-MAIL ADDRESSES NEEDED** We are looking to become more connected as a parish by sending out important announcements, updates, death/sickness notices and other pertinent information via E-mail. If you have not already provided your E-mail address, we invite you to do so; just send a blank E-mail to Father David at [dfmg@aol.com](mailto:dfmg@aol.com) with "*E-mail List*" as the subject. Thank you.

**2021 DONATION STATEMENTS** will be issued this year **BY REQUEST ONLY**. Any parishioner who'd like one for tax purposes should put his/her name on the sign-up sheet located at the Candle Desk. Any questions? Contact Jay Pelleriti by telephone (732-216-8121) or E-mail ([poetheart7753@aol.com](mailto:poetheart7753@aol.com)). We appreciate your support and thank you for your continued stewardship.

**SHARE IN A JOURNEY OF FAITH** Since its establishment in 1994, the **Orthodox Christian Mission Center (OCMC)** has reached out to over 30 countries worldwide with mission programs, long- and short-term mission teams and other resources. This year, there are eight opportunities to participate in a *Mission Team*, including Ghana (teaching and youth work), Indonesia (teaching), Alaska (youth work) and Albania (youth work and teaching). For additional info or to sign-up, see the poster on the church bulletin board or visit [www.ocmc.org](http://www.ocmc.org).

**PLEASE PRAY FOR** the following parishioners, family members and friends this week, as well as for the deceased, suffering, wounded, grieving or displaced people affected by the current hostilities in Ukraine:

**Departed**

Jean (Spedding) Joyce  
Lucia Bennett  
Terese Wisniewski  
Patricia Earp

**Servicemen**

Priest Sean Levine  
Todd Adams  
Mark Lopez  
Nathaniel Simpson

**Sick**

Kaitlyn Fox  
Jay Pelleriti  
Barbara Trojan  
Marisa Stryker  
John Bihuniak  
Debbie Williams  
Beth Van Orden  
Jamie Arango  
Karyn Migut  
Virginia Staples  
Riley Dolan  
Alan Diaz  
Michelle Telesca  
Bronwyn Smith  
Daria Bishara  
David Sommers  
Robert DiPaolo  
Peter Pero  
Thomas Pituk  
Concetta Canon  
Jacques Roscel  
Julianna Bihuniak  
Leon Brasowski  
Brian Carter  
Robert Lombardo  
Ronald Hendricks  
Wesley Worley  
David Longo

Beth Giordano  
Victor A. Rugala Jr.  
Donna Truglio  
Wil Bowser  
Edward Boshko  
Veronica Genito  
Richard Bumgardner  
Marianne Ford  
Andrea Londensky  
Christine Marie Parker  
John Makarewicz  
Doris Gorman  
Buddy Watson  
Carol Luongo  
Joshua Torosyan  
Theodore Gentili  
Margaret DeVito  
Nikolai Schijan  
Ann Jenkins-Frison  
Joseph Turick  
Joseph McIlhinney  
Laurissa Solar  
Maryann DeFrancesco  
Lexi Porambo  
Theodore Brown  
Wayne Modzelewski  
Jennifer Rice & Her Unborn Baby  
Olga Kornafel

Kelsey Fischer  
Michael Dargento  
Ellen Dargento  
Mario Troyani  
Gertrude Samuel  
Kathleen Keimer  
Jonathan Dzoba  
Aidan Brown  
Gregory Staples  
Lynn Clair  
Joyce Major  
Alan Zenkert  
Stefania Lazor  
Suellen Shimski  
Robin Sueling  
Karen Meade  
Alexey Nerush  
Janice Sadlon  
Jay Sommers  
Lynn Bush  
Sandra Saurman  
Stanley Rakowski  
Gloria Celkupa  
Teri Szelli  
Janet Lombardo  
Carly Byrne  
Bruce Longo

Contact Father David or Starosta if you would like to add or remove a name from this list, remembering the words of St. James in his Epistle (5:16): *"Pray for one another, that you may be healed."*

**OUR SINCERE THANKS** to **Harry & Janice Meade, Helene Titsch** and **Judith Znaiden** for their offerings to the *Church General Fund* in memory of **Lucia Bennett**. May the Lord continue to bless these donors on earth and reward them richly in heaven.

**BIRTHDAY BLESSINGS** go out this week to **Nick Berezniak Sr., Ann Krynicki, Subdeacon Joshua Chup, Caroline Trebino, Fiona Garretson** and **Sebastian Deerson**. May love, joy and peace continue to be theirs for many years—Mnogaya Lyetal

**DAYLIGHT SAVING TIME** begins **next Sunday, March 13**; remember to turn your clocks **ahead one hour** before retiring on Saturday night.

**FOOD CARDS** continue to be sold in the hall after Liturgy; participating supermarkets are *Shop Rite, Stop & Shop* and *Acme*. Make every effort to purchase them before you go grocery shopping. Keep in mind that each card sold brings money into our parish at **no additional expense** to you! **Food Cards – Because It Doesn't Make Cents Not To!**

**MASK MANDATE LIFTED** The mask mandate issued by Archbishop MICHAEL will be lifted **Mon, March 7**. Parishioners and guests will no longer be required to wear a mask inside the church and hall at any time, regardless of vaccination status; however, anyone is welcome to continue this practice, if he/she is more comfortable doing so.

**BULLETIN DEADLINE** All notices must be submitted to either Fr. David or Starosta James Kornafel by no later than **Thursday evening** in order to be in next Sunday's bulletin. You can reach Father at the rectory or get in touch with Jim 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 milk, cheese and butter, as we prepare for the start of Great Lent tomorrow.

*Fasting and abstinence are spiritual disciplines that we desperately need in our lives. They are vital in any spiritual renewal. They must be carried out in true humility. We must remember that the Lord calls us to abstain not only from certain foods, but from gossip, argumentativeness, jealousy and self-gratification, as well. Through this discipline, we detach ourselves from the distractions of the mundane routines of our daily lives and concentrate on the life of the Holy Spirit. We do this with one goal or purpose in mind: the opportunity for personal communion with ourselves, with others and with God.*

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



The beginning of **Great Lent** is, once again, upon us. At this sacred time of the year, the Holy Church invites us on a journey where we can renew ourselves by fasting, praying, studying and concentrating on our spiritual life—a life that will bring us closer to God.

This is the time to be strengthened spiritually as Christians. We are called to cleanse our souls and do good works of charity. We suffer together with God by putting physical restrictions in our lives so that we can participate more fully in the joy of His Resurrection and in our own spiritual resurrection from sin and estrangement from Jesus Christ and His Church. Above all, it is a period of personal renewal and enlightenment.

We wish you all a blessed Lenten season. May our Lord God keep us well as we march through these days leading to His glorious, joyous and triumphant Pascha, which is our Passover from sin to salvation and from darkness to light.

## ❖ THE PENITENTIAL CANON OF SAINT ANDREW OF CRETE ❖

The Lenten season begins with the **Penitential Canon of Saint Andrew of Crete**. Written in the 7<sup>th</sup> century by one of the greatest hymnographers of the Holy Orthodox Church, this canon is the purest expression of repentance. St. Andrew contemplates the great history of salvation, recorded in the Old and New Testaments, and applies its various images to the state of his sinful soul. It is a long, 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 read, as part of Great Compline, over the first four days of the Fast.

Be a part of these services **this Monday through Thursday**. It is a real introduction to the Fast; it sets its tone and spirit and gives us the true dimension of repentance.

## ❖ THE PRAYER OF SAINT EPHRAIM THE SYRIAN ❖

Of all Lenten hymns and prayers, the **Prayer of Saint Ephraim the Syrian** occupies an important position in our entire Lenten worship, both publicly and privately, for it is the most succinct summation of the spirit of the Fast. It brings to mind our temptations and sins; it proclaims our faith in the merciful God; and it asks for the gifts and graces we need to lead a holy life. 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're encouraged to incorporate this prayer into your weekday morning and evening devotions. To emphasize the theme of this prayer—changing our sinful lives—make a prostration (full bow with head to the floor) at the end of each verse. After the *Amen*, cross yourself twelve (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. The bows not only represent the 12 hours of the day, but also our awareness of the sins and shortcomings we suffer throughout each day of our life.

May these blessed words help you on your Lenten journey.

## ❖ HOLY CONFESSION & COMMUNION DURING GREAT LENT ❖

In order that Christ might increase in our lives, we must pass through the gate of repentance. Repentance is changing our minds; it involves a new orientation—turning away from sin and toward the Lord. This is possible through **Holy Confession & Communion**. In these sacraments, the burden of our sins is removed; the gate of repentance is opened; and access to the heavenly kingdom is granted.



To make your participation in these Holy Mysteries more meaningful this Great Lent, you're asked to adhere to the following guidelines and schedule:

- General Confession will **NOT** be held. Those of you who have been communing regularly may continue to approach the Holy Chalice; however, everyone **must** come to individual confession sometime during the Fast.
- 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.** preceding the Liturgy of the Presanctified Gifts;
  - Friday evenings** from **6-7 p.m.** and **following** the Lenten service;
  - Saturday mornings** at **8:30 a.m.** (*Please do not arrive later than 8:45 a.m.*); and
  - Saturday evenings** from **6-7 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. If you want a fulfilling Pascha, seize the blessings that these holy sacraments afford, as often as possible. Your faith, your relationship with Christ and your love for others will grow, as your tears of repentance will be transformed into shouts of everlasting joy.

**GLORY TO JESUS CHRIST!**

**GLORY FOREVER!**