



**Albanian Orthodox Archdiocese in America ~ <http://www.aoaa.org>
SS Peter and Paul Albanian Orthodox Church**

9230 Old Bustleton Avenue ~ Philadelphia, PA 19115 ~ Church Phone: 215-676-3311

Pastor: Father Stephen Siniari - Phone: 609-385-3757 - Email: frsiniari@gmail.com

FATHER DAVID FOX'S MESSAGE TO THE FAITHFUL

Acting Rector's Letter

On the Great Fast (See Bishop Kallistos Ware's *Introduction to The Lenten Triodion*)

Why do we fast?

To lose weight? Because the 'material' world is not important or bad? Because some foods are 'impure' or bad for us? To earn points with God? No.

We fast to build 'spiritual muscle', to purify our physical and spiritual senses, to learn our dependence upon God.

There is an 'inner' and an 'outer' aspect of the fast.

The 'outer' fast is bodily. The full bodily fast of Great Lent is to refrain from drinking alcohol, having sexual relations, and eating meat, fish products, dairy products and cooking with oil for most of Great Lent (wine is allowed Saturday and Sundays). There are some days when a "strict" fast is prescribed (no food or drink). Also, we ought never eat to satiety (i.e., to never feel completely full after a meal). The reason for this bodily fast is essentially to teach the body to be obedient to the soul, to humble us and to help us experience bodily our dependence upon God.

The 'inner' fast involves prayer; participating in the Church's Mysteries (attending Church services and receiving the Sacraments); confession; studying the Holy Scriptures, Lives of or writings by the Saints; refraining from passions such as judgment of others, anger, hatred, pride; and practicing acts of obedience, compassion, humility and love, especially to the poor or to those suffering most.

Just as the body and the soul are both important and interrelated, yet the soul is more important and supposed to lead the body,

both the 'outer' and the 'inner' aspects of the fast are important and interrelated, yet the 'inner' fast is more important and ought to lead and guide the 'outer' fast.

Fasting is a great tool in the spiritual life, but as with any tool, fasting can be dangerous to ourselves and destructive to others and therefore ought to be undertaken under the guidance of a spiritual father.

A nun once remarked, "the monastic life is like climbing straight up a mountain, the married life is like taking switchbacks: both paths can take you to the top, but one is more direct, the other is more gradual." A good general rule when observing the Lenten Fast and in teaching it to children is: go gradual and steady, start slow, and year by year, with the help of a guide, add little by little.

There are many personal factors to consider before undertaking the Fast: Do I live with non-Orthodox people in my home or am I in the presence of non-Orthodox often? What are my health conditions? What are my work conditions? What other 'strains' are there in my life? What is my relationship to my spouse and the desire, spiritual level of my spouse (in marriage: it's not about us and our 'religious needs'; it's about accepting a cross for the other and often 'praying [and observing the fast]' in secret)? Therefore, it is important to seek guidance before undertaking the Fast.

If you would like to talk more, I am here to help you craft the Fast for your situation. Just reach out.

Yours in Christ,
+Fr. David

Events and Announcements

LITURGICAL SCHEDULE - MARCH/APRIL 2011

- + PRE-SANCTIFIED - WEDNESDAY, MARCH 9 - 7 PM
 - + SUNDAY OF ORTHODOXY - MARCH 13 - Divine Liturgy, 10 AM
 - + PRE-SANCTIFIEDS - WEDNESDAYS, MARCH 16, 23 - 7 PM
 - + ANNUNCIATION - FRIDAY, MARCH 25 - Divine Liturgy, 9 AM
 - + PRE-SANCTIFIEDS - WEDNESDAYS, MARCH 30/APRIL 6, 13 - 7 PM
 - + LAZARUS SATURDAY - APRIL 16 - Divine Liturgy, 9 AM
 - + ENTRY OF OUR LORD INTO JERUSALEM - SUNDAY, APRIL 17 - Divine Liturgy & Blessing of Palms, 10 AM
 - + HOLY WEDNESDAY (*Holy Unction*) - APRIL 20 - 7 PM
 - + HOLY THURSDAY (*Twelve Passion Gospels*) - APRIL 21 - 7 PM
 - + HOLY FRIDAY (*Vespers, Taking Down from Cross*) - APRIL 22 - 3 PM; *Lamentations at Tomb* - 7 PM
 - + HOLY SATURDAY (*Vesperal Liturgy of St Basil*) - APRIL 23 - 9 AM; ORTHROS/PASHKAL CANON/LITURGY - 11 PM
 - + PASCHA SUNDAY (*Agape Vespers; Gospels in Many Languages*) - NOON
-

SCHEDULE OF OTHER SERVICES

- BIBLE STUDY - EVERY WEDNESDAY - 7 PM - 8:30 PM in the Church Hall - Led by *Fr. Dn. Gregory*.
- PLEASE NOTE: Last day for Bible Study during Lent is Wednesday, March 2nd**
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CHURCH NEWS AND REMINDERS

ICON PLEDGES Can be paid at any time to our treasurer, James Schaeffer.

SPECIAL SERVICES If you are planning to have a special service in the Church, please be considerate and notify either Father Stephen or the Church Committee one week in advance.

When you are planning for a Baptism, Wedding, Funeral, or any other Prayer Service in the Church, please speak with Father Stephen in advance to determine if there is any way you can contribute to help the Church in helping others. Thank you.

Please note: if the services of the Church Choir are required, please notify the Choir Director, Christina Murianka, as soon as possible.

Memorials: Any help in setting up and cleaning up from the families involved is truly appreciated and welcomed by the Ladies Society.

NO SMOKING/NO CELL PHONES Please remember that SS Peter & Paul has a no smoking policy in the building and that ringers on cell phones should be off during the Divine Liturgy.

CHURCH COUNCIL MEETING - Monday, March 7, 7 PM. All Parishioners are welcome to attend.

SUNDAY SCHOOL NEWS

We invite all children to attend our Sunday School, led by Rdr. Gregory Shaloka and Mrs. Rose Shaloka. Sunday School begins immediately after Holy Communion and takes place upstairs in the Church Hall.

LADIES SOCIETY NEWS

A SINCERE THANK YOU from the Ladies Society to everyone for their support this year. Through your support, the Ladies Society were able to make a \$1,000 pledge to the Church this year. They are also looking into items that may be needed for the Altar (with the guidance of Fr Stephen). Thank you for your continued support which will enable the Ladies Society to do much more in the future.

A REQUEST... if you have borrowed any containers, trays, bowls, coffee carafes, etc. from the kitchen, please return them as soon as possible. These items are used for many of the functions held in the Church Hall and they are needed. *Thank you!*

Events and Announcements *(Continued)*

THE JOY OF GIVING

ICON PLEDGE SUNDAY APPRECIATION - A most sincere **thank you** to everyone who participated in our successful **Icon Pledge Sunday**. **Pledges can still be made** by contacting the treasurer, James Schaeffer, with the Saint's name and the amount. *May God bless you all for your generosity!*

A BIG THANK YOU - from **RJ & Debbie** to all who donated to RJ's food drive. The Krimetz's delivered **2 FULL shopping carts** of groceries to the food pantry at Morrisville Presbyterian Church. The Church was very grateful for the donation, as they make up and give out 200 bags of food a week. Each family can come once a month to receive a food donation.

A BIG THANK YOU - from **Linda Biando** to everyone who helped with our **2nd Annual SS Peter & Paul Soup-er Sunday**, including those that brought soup, helped prepare, served, and cleaned up: **Nigina, Rose, Sophia S., Elizabeth S., Lydia, Christina S., Katherine, Harry, Sophia D., Stephen M., Elizabeth, Virginia R., Margie, David, Letitia, Belinda, Jeanette**. *If anyone has been inadvertently left out, please accept Linda's most heartfelt apologies and let her know so that she can correct the oversight.*

The soups were truly delicious and perfect on that cold February day! As a result of everyone's hard work and generosity, about \$350 was received for the Poor Box.

CASSEROLES FOR THE HOMELESS - Please continue to help feed the hungry. The Church is accepting casserole donations. A donation of \$10 also buys a casserole. *Thank you!*

COLLECTION SUNDAYS - *May God bless you for your generosity!*

1st Sunday of each month - *Collection for the Poor*

2nd Sunday - *Orthodox Herald*

3rd Sunday - *Pastoral Fund*

OTHER DONATIONS:

Church Library

Pop Tab Collections for Ronald McDonald House

Wine: Altar wine: **Manischewitz Concord Grape** (*please do not donate any other brand of concord grape*)

Oil: **Virgin Olive Oil**

FUTURE EVENTS AT SS PETER & PAUL

LENTEN LUNCHEON - Sunday, March 6 - (*Hosted by the Ladies' Society*) The Ladies' Society welcomes our Albanian, Russian, Georgian, Romanian, Greek, German, and Ukrainian members to please join them in preparing their favorite Lenten dish for the Lenten Luncheon. *Please bring the dish to Church already cooked! (Please forgive the inadvertent omission of any ethnic group)*

Cost: \$10 for Adults, \$5 for Children 10 or older

THRIFT SALE - Saturday, May 14 - at the Church. *More information to follow in future Bulletins and on the website.*

EVENTS OF INTEREST AT OTHER LOCATIONS

SUNDAY OF ORTHODOXY VESPERS AND RECEPTION - March 13, 4 PM - St Stephen Orthodox Cathedral, 8958 Verree Rd, Phila, PA 19111

SUNDAY EVENING LENTEN VESPERS (*sponsored by Philadelphia Orthodox Clergy Brotherhood*)

March 20, 4 PM - St Thomas Greek Orthodox Church, 615 Mercer St, Cherry Hill, NJ 08002

March 27, 4 PM - St John Chrysostom Albanian Orthodox Church, 237 N. 17th St, Phila, PA 19103

April 3, 4 PM - SS Peter & Paul Orthodox Church, 1406 Philadelphia Pike, Wilmington, DE 19809

April 10, 4 PM - St Nicholas Orthodox Church, 817 N. 7th St, Phila, PA 19124

April 17, 5 PM - St Nicholas Serbian Orthodox Church, 506 Stahr Rd, Elkins Park, PA 19027

Events and Announcements *(Continued)*

EVENTS OF INTEREST AT OTHER LOCATIONS *(Continued)*

EASTERN REGIONAL DIOCESAN LENTEN RETREAT - Saturday, March 26, 9:30 AM to 5 PM
- National Christian Conference Center, 1485 Valley Forge Rd, Valley Forge, PA

Topics: "Transfigured into A New Way of Life" and "Living in the Light of Christ: The Battle against Teenage Temptations"

Speakers: Fr Peter Paproski, Dn Stephen Hall, Fr Jeff Zias, Gregory Benc

Cost: \$20 per person; \$7 for Children ages 5 to 12 (4 & under free). *Cost includes lunch.*

Deadline for Registration: March 12, 2011 (Registration requires payment in full. Make checks payable to "National ACRY"; send to: **Tracey Bilanin, 2491 Jessica Dr, Gilbertsville, PA 19525**)

Contact: Tracey Bilanin, 484-624-4664, traceybilanin@comcast.net

*** 5 flyers with tear-offs are posted on our bulletin board outside the hall (or go to our Bulletin online or to the "Service & Event Schedule" webpage where there are links to the flyer)**

2011 SUSAN G. KOMEN RACE FOR THE CURE WITH TEAM ST JOHN CHRYSOSTOM - Sunday, Mother's Day, May 8 - A Letter from Donna Dimitri

Dear Friends and Family,

Although it is snowy and cold Mothers Day, May 8, 2011, is fast approaching!!!

The fight against cancer goes on. In today's society everyone knows someone who has been touched by breast cancer. Whether it's a friend, relative or co-worker, someone in your circle has battled breast cancer.

The Komen Race for the Cure is a community event that honors and memorializes breast cancer survivors, co-survivors and those who have lost their battle with the disease.

The Race also plays a vital role in raising funds for research, education, prevention, advocacy and treatment. Each year over 1.3 million people take part in over 120 Race for the Cure events around the world.

How can you help?

You can support this very worthwhile cause by making a tax-deductible contribution to Susan G. Komen for the Cure. If you would like to donate, please use the link below to visit our team page and make a donation. You may also call me with the amount you will be pledging and can send the donation, payable to the "Phila. Affiliate of SGK", to me at the address below.

Additionally, you can join me at the event as a walker, runner on Team St John Chrysostom. There are many ways to join in on the fight to end breast cancer forever. Visit **www.Race.KomenPhiladelphia.org** to learn more and join!

Thank you for supporting the fight against cancer!

Gratefully,

Donna Dimitri (donnadimitri@gmail.com/ 609-685-1651)

If you would rather donate by check, please

* Make the check payable to "Phila Affiliate of SGK"

* Put a note in the lower left of the check: In support of Team St. John Chrysostom

* Send to: Donna Dimitri 1901 Beverly Road, Burlington, NJ 08016. I will submit your donation when we pick up our shirts for the race.

PLEASE NOTE** If you join Team St. John Chrysostom please do not pay to have your shirt and number mailed to you. We will be picking up our team's shirts and numbers and will distribute them Sunday morning before the race.**

To view the page for Team St John Chrysostom, go to:

http://rfcphl.convio.net/site/TR?team_id=41883&pg=team&fr_id=1050&et=kZDxocZQHqcBDXcq7xrQiw..&s_tafId=37117

Events and Announcements *(Continued)*

ANNOUNCEMENTS

COFFEE HOUR - *The Coffee Hour sign up sheet is located upstairs in the Church Hall by the door to the kitchen. Please write your name, email address and phone number by the date you sign up for. If you have any questions, please see Linda Biando.*

Dear Friends,

Thank you for volunteering to sponsor coffee hour! Your generosity is greatly appreciated. Many people choose a date to sponsor coffee hour to celebrate a special day, like a name day, birthday, anniversary or feast day. You can also join in with other families to sponsor coffee hour as a group.

Coffee hour can be sponsored in two ways; by supplying food directly or by a monetary donation to the church. If you want to bring in food items, here are some guidelines on what to bring: enough items for 70- 80 people, 1 can of coffee, 1 gallon of milk (non dairy creamer during Lenten times), paper plates, napkins and cups (no Styrofoam please!)

Since we do not have people who are paid to put the food out or clean up after coffee hour, please take part in this process.

If you would like to sponsor coffee hour through a monetary gift, you may do so with cash or a check in the amount of \$40.00. Please speak to Katherine Halkedis or Stephen Murianka at least a week before the date that you have chosen so that the coffee hour items can be purchased. Please pay the donation to Jim Schaeffer, our treasurer.

Occasionally, a memorial date request may conflict with a date that you have already chosen making it necessary to choose another date or perhaps share the date. Your understanding in these cases is truly appreciated.

Again many thanks!!

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Te dashur miq,

Ju falenderojme qe po sponsorizoni oren e kafese ne Kishe. Bujaria juaj eshte shume e mirepritur. Shume njerez zgjedhin nje date qe te sponsorizojne oren e kafese, e cila mund te jete nje date e vecante per ate familje ose person, si per shembull dita e emrit, dite- lindja, pervjetori I martesese, ose nje dite e vecante e Kishes. Ju gjithashtu mund te bashkoheni me nje familje tjeter per te sponsorizuar oren e kafese.

Ora e kafese mund te sponsorizohet ne dy menyra; duke sjelle ushqim direct ne Kishe ose duke dhene nje sasi te arsyehme parash. Nese ju preferoni te sillni ushqime, ketu jane disa udhezime se cfare te sillni. Duhet te sillni gjera per 70-80 njerez.

Nese ne nuk kemi njeri qe paguhet per te vene ush- qimin ne tavolina para ores se kafese ju lutemi mund te merni pjese ne kete process. Gjithashtu nese nuk ka asnjeneri I paguar nga Kisha per te pastruar pas ores se kafese, ju lutemi ju bie ju pergjegjesia te pas- troni pasi ora e kafese eshte mbaruar.

Nese ju preferoni te paguani per ores e kafese, ju mund te paguani me check ose para Shumen e \$40.00. Ju lutemi flisni me Katherine Halkedis ose Steffen Murianka te pakten nje jave perpara dates qe ju kini zgjedhur per oren e kafese. Kjo eshte e nevo- jshme qe te sigurohet mundesia qe te tera gjarat e duhura per oren e kafese jane te blera. Ju lutemi paguini parate e dhurates se ores se kafese tek Jim Schaeffer, i cili eshte ar- ketari yne.

Ka raste qe nje date e perkujtimi qe doni jut e zgjid- hni bie ne kundershtim me ndonje date tjeter, eshte e rendesishme qe ju tke zgjidhni nje date tjeter, ose mund ta ndani koston e ores se kafese me nje njeri tjeter qe ka zgjedhur ate date. Mirekuptimi juaj eshte shume I rendesishem ne kete process.

Ju falenderojme per pjesemarrjen dhe bujarine tuaj.

**Events and Announcements** *(Continued)*

ANNOUNCEMENTS *(Continued)*

**ძვირფასო მეგობრებო,**

გმადლობთ, რომ გამოთქვით სურვილი დააფინანსოთ ეკლესიის ტრაპეზი. ვაფასებთ თქვენს ხელგაშლილობას. ხშირად ხალხი ირჩევს რომელიმე განსაკუთრებულ დღეს ტრაპეზის დასაფინანსებლად, მაგალითად, თავისი ანგელოზის დღეს, დაბადების დღეს, წლისთავს ან რაიმე დღესასწაულის დღეს. ასევე, შეგიძლიათ შეუერთდეთ სხვა ოჯახებს და ჯგუფურად დააფინანსოთ ჩვენი ტრაპეზი. ტრაპეზის დაფინანსება შეიძლება მოხდეს ორი გზით: ნივთები გათვლილი უნდა იყოს 70-80 სულზე.

1 ყუთი ყავა. 1 გალონი რძე (მარხვის დღეებში ნაღები უნდა იყოს რძის შემცველობის გარეშე). ქაღალდის (ერთჯერადი) თეფშები, ხელსაწმენდები, ჭიქები. (გთხოვთ, გამორიცხოთ ეგრეთ წოდებული „პენოპლასტი“. ) ვინაიდან ჩვენ არ გვყავს დაქირავებული პერსონალი ტრაპეზის შემდგომ დასალაგებლად და ნაგვის გასატანად, გთხოვთ, მიიღოთ მონაწილეობა ამ პროცესში. თუ სურვილი გექნებათ, რომ ტრაპეზი დააფინანსოთ ფულადი სახით, შეგიძლიათ ნაღდი ფულის ან ჩეკის სახით \$40-ის ოდენობით.

ამ საკითხზე გთხოვთ მიმართოთ კატრინ ჰალკედის ან სტეფანე მურიანკას თქვენს მიერ ტრაპეზის დასაფინანსებლად არჩეულ დღემდე ერთი კვირით ადრე, რომ წინასწარ მოხდეს საჭირო ნივთების შექცნა. გთხოვთ შემოწირულობა გადაეცით ჯიმ შაფერს, ჩვენს ხაზინადარს.

ზოგჯერ შეიძლება მოხდეს თქვენს მიერ არჩეული დღის თანხვედრა ხსოვნის დღესთან, ასეთ შემთხვევაში შეგიძლიათ გაინაწილოთ ეს დღე ან აირჩიოთ სხვა დღე. გმადლობთ გაგებით მოკიდებისთვის.

კიდევ ერთხელ დიდ მადლობას მოგახსენებთ.

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**Дорогие Друзья,**

Спасибо за то, что предлагать спонсировать перерыв на кофе! Ваше великодушие очень оценено. Много людей выбирают дату, чтобы спонсировать перерыв на кофе, чтобы праздновать специальный день, как именины или день рождения или ознаменовать специальный день, типа годовщины или праздника. Вы можете также присоединиться с другими семьями, чтобы спонсировать перерыв на кофе как группа. Перерыв на кофе может спонсироваться двумя способами; поставляя пищу непосредственно или денежно-кредитным пожертвованием церкви.

Если Вы хотите ввести пункты пищи, вот - некоторые руководящие принципы по тому, что принести: достаточно многие пункты для 70-80 человек 1 может из кофе, 1 галлон молока бумажные пластины, салфетки и чашки (никакой Пенополистирол пожалуйста!)

Так как мы не имеем людей, которые являются заплаченными, чтобы произвести пищу или вымыться после перерыва на кофе, пожалуйста помогите в этом процессе.

Если Вы хотели бы спонсировать кофе через денежно-кредитный подарок, Вы можете сделать так с наличными или чеком в количестве 40.00 \$. Пожалуйста говорите с Кэтрин Холкедисом или Стивенном Мерианкой за по крайней мере неделю до даты, которую Вы выбрали так, чтобы пункты перерыва на кофе могли быть куплены. Пожалуйста заплатите пожертвование Джиму Шафферу, нашему казначею.

Снова большое спасибо!!

## Events and Announcements *(Continued)*

### GENERAL INTEREST

**ANCIENT FAITH RADIO** 24 hour a day *internet Orthodox radio station:*

<http://ancientfaithradio.com>

**EMPLOYMENT ANNOUNCEMENT WITH THE ORTHODOX CHRISTIAN MISSION CENTER (OCMC)**

**Position:** Major Gift Officer

**Qualifications:** The Orthodox Christian Mission Center is now accepting applications for the position of Major Gift Officer. The Major Gift Officer is responsible for all facets of fundraising for the Mission Center.

The successful candidate will identify, cultivate, solicit and steward major donors. He/she will nurture long-term relationships with contributors including individuals, corporations, and foundations.

The Major Gift Officer will report to the Associate Director and work closely with the Executive Director providing support for identification of potential donors, cultivation and solicitation.

Minimum qualifications for the position include experience in major gift fundraising. Managerial, organization, interpersonal, and communication skills are required. Knowledge of fundraising and ability to prepare proposals from start to finish are essential.

**TO APPLY:** Submit your resume and cover letter, including a brief statement of fundraising qualifications, to:

Fr. Martin Ritsi, Executive Director  
Orthodox Christian Mission Center  
PO Box 4619  
St. Augustine, FL 32085

or by email to: [missions@ocmc.org](mailto:missions@ocmc.org)

### MISCELLANEOUS

#### NEW WEB PAGE/E-MAILS

<http://sspeterpaulphila.org>

New Bulletins are available online by Saturday 8 PM. If you would like to be kept up-to-date by e-mail or to be removed from our "paper" mailing list, please send Alicia an e-mail at: [aliciaj17@mac.com](mailto:aliciaj17@mac.com)

**SS PETER & PAUL CHURCH STORE** - Open Sundays at 9:30 AM (1/2 hour before Divine Liturgy) **Items available:** **SS Peter & Paul 90th Year Celebration DVD** (\$15); Divine Liturgy Books, Icons; Crosses (Baptismal, lapel pins, Georgian style, orthodox); Prayerbooks (English); Censors; CDs and cassettes; Religious Books. Also available: **IN THEIR OWN TONGUE**, a documentary chronicling the Albanian Archdiocese in America

**"DAILY BREAD"** - The Church distributes a daily email entitled "Daily Bread" containing scripture readings for the day and the commemorated saints. To add your name (or the name of anyone who would enjoy getting it) please forward the email address to the Church email address:  
[sspeterpaul2@verizon.net](mailto:sspeterpaul2@verizon.net)

**WEEKLY DEVOTIONAL LIGHTS** - Envelopes are available at the Church Store counter for special prayers to be

said during the week in conjunction with the burning of the Seven-Day Votive Light hanging above the Royal Doors. Suggested offering: \$10, which will go towards building up our Pastoral Fund with the ultimate goal of supporting a full time priest.

**ANNOUNCEMENTS/NEWS ABOUT PARISHIONERS** - If you have any items to include in next month's Bulletin, please see **Alicia** or call her at **215-742-0492** or email: [aliciaj17@mac.com](mailto:aliciaj17@mac.com). *The deadline for the next Bulletin is Sunday, March 20. Thank you! Parishioners will be able to pick up the December Bulletin at the Church on Sunday 3/27/11.* Bulletins will be mailed to any Parishioners unable to attend.

*Please remember to let Alicia know the names of our members who are ill or in need of prayer so that they can be included in our Bulletins.*

**Thank You to all members of the Parish who have helped out or volunteered in any way with their time and efforts, and a very special thank you to anyone whose name was inadvertently omitted from the Bulletin.**

## Parishioner's Corner



A VERY HAPPY BIRTHDAY is wished to the following parishioners and friends who are celebrating **March Birthdays**: *Yolanda Barenbaum, Katherine K. Costa, Thimi Daka, Mary Dimitri, Fr Gregory Dudash, Debbie Krimetz, Claire Kutzler, Martha Murianka, Stephen Murianka, Mary Palmerick, Mark Pryzby, Virginia Rubis, Priftesha Margot Siniari, Diane Vesho, Kathryn Vrato, Steven Yarrow*

*May God grant them all many, many years!*

**DONATE AN ITEM A MONTH CAMPAIGN** - We are still in need of the following items: **Paper Towels, Ziplock Bags, Toilet Paper, Large Paper Plates.** *Your continued help is truly appreciated! A sincere "Thank You" to all parishioners who so kindly donated any requested items.*

**GOOD COMPANY & GOOD FOOD: HELP BUILD UP OUR PASTORAL FUND** - A new tradition has started -- serving a hot meal on most Sundays to build up our Pastoral Fund. If you have any ideas or are interested in participating or sponsoring a particular Sunday, please talk to **Jim Schaeffer** or **Letitia Desloges**. *Your help and support is needed to get this project up and running!*

**GREGORY VRATO, SR.**, is at the *John Neumann Nursing Home*, Room 726, at the intersection of Haldeman & Tomlinson Road (make a right on Tomlinson and the parking lot is immediately on your right). Visitors are welcome anytime from noon to 8 PM

*Please continue to keep Gregory in your prayers. May God grant him good health!*

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## Let Us Keep Them in our Prayers

Please continue to pray for the full and speedy recovery of: **Gregory Vrato, Sr., Matthew Murianka, Joyce Dorsey, Andi Steffa, Mary Palmerick, John Palmerick, Thimi Daka, Al Rifkin, Sophie Bacon, Margot Craig, Eteri Okropiridze, Katherine Halkedis, Mary Ann Clark, Alexandra Pana, Nicholas Desloges, Steven Yarrow, Martha Murianka, Connie Douris, Anthony Sarris, Jeanie Rifkin, Nick Zeo, His Grace Bishop Nikon, Debbie Krimetz, Christina Murianka**

*God knows the names and ages of all who need His love and mercy...*

## Prayer for the Sick

O Holy Father, heavenly Physician of our souls and bodies, Who has sent Thine Only-begotten Son our Lord Jesus Christ to heal all our ailments and deliver us from death: do Thou visit and heal Thy servant \_\_\_\_\_, granting him/her release from pain and restoration to health and vigor, that he/she may give thanks unto Thee and bless Thy Holy Name. of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

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## Special Announcements from Fr. Stephen

Father Stephen may be reached at **609-385-3757**, Monday - Friday, 8 AM to 5 PM or by email: **frsiniari@gmail.com**

Please remember that all confessions and consultations on Sunday mornings shall take place from 9 AM to 10 AM before the Divine Liturgy. Thank you.

HOLY DAYS AND NAME DAYS IN MARCH

- March 6** - **Cheesefare Sunday; Forgiveness Sunday**
- March 9** - **Holy 40 Martyrs of Sebaste**
- March 11** - **St Sophronius, Patron of Jerusalem**
- March 12** - **St Theodore Saturday**
- March 13** - **Sunday of Orthodoxy**
- March 14** - **St Benedict of Nursia**
- March 17** - **Ven Aleksy, Man of God; St Patrick, Bishop of Armagh**
- March 18** - **Repose St Nikolai of Zhicha**
- March 19** - **Martyrs Chrysanthus and Daria**
- March 20** - **St Gregory Palamas; Holy Martyr Photina (Svetlana)**
- March 21** - **St James the Confessor, Bishop of Catania**
- March 22** - **Hieromartyr Basil of Ancyra**
- March 23** - **Martyr Nikon & 199 Disciples**
- March 25** - **Annunciation Most-Holy Theotokos**
- March 26** - **Synaxis of the Archangel Gabriel**
- March 27** - **Veneration of the Precious Cross**
- March 30** - **St John Climacus**
- March 31** - **Repose St Innocent, Metr of Moscow & Apostle to Americas**

SUNDAY OF CHEESEFARE EXPULSION OF ADAM FROM PARADISE

(Commemorated on March 6)

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (*Gen. 2:16*), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendants became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our

fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: *"Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit...."*

*Icon & Reading Courtesy of OCA Website*

