

# WEEKLY BULLETIN

Sunday, February 10, 2019

Ephraim the Syrian \* Zacchaeus Sunday

Tone IV \* Epistle: I Timothy 4:9-15 \* Gospel: Saint Luke 19:1-10

## SCHEDULE OF WEEKLY DIVINE SERVICES

### SUNDAY, FEBRUARY 10 - ZACCHAEUS SUNDAY

9:00AM Sunday Divine Liturgy followed by a Panachida in Memory of +Subdcn. Michael & Mary Zolar, offered by Diane Alber.

### SUNDAY, FEBRUARY 17 - PUBLICAN & PHARISEE SUNDAY

9:00AM Sunday Divine Liturgy.

## SCHEDULE OF WEEKLY PARISH ACTIVITIES

### SUNDAY, FEBRUARY 10

10:30AM Sunday Coffee Social Hour — Come join us!  
Sunday Church School — All Students are to attend!  
JR ACRY Meeting - All Members to Attend! Vestibule of Church!  
Monthly Parish Council Meeting — Steve Wythe, President.

### MONDAY, FEBRUARY 11

5:00PM Weekly Soup Kitchen Service — Come lend a hand!  
Pirohi Baking Session — Come lend a hand!

### TUESDAY, FEBRUARY 12 - WEDNESDAY, FEBRUARY 13

9:30AM Pirohi Baking Session — Many hands make light work!

### SUNDAY, FEBRUARY 17

10:30AM Sunday Coffee Social Hour — Come join us!  
Sunday Church School — All Students are to attend!



**FINAL CALL for HOUSE BLESSINGS. A sign-up sheet has been posted in the vestibule.** Any questions, please speak to Fr. Michael.

**A MEMBERSHIP RETENTION & GROWTH COMMITTEE** has been formed for the benefit of our parish. Please add your name to the roster in the vestibule if you are interested in helping our parish with this endeavor. Interested persons are asked to speak to Steve Wythe for additional information.

## ALL SOULS SATURDAYS COMMEMORATIONS & ENVELOPES

### First All Souls Saturday - March 9th

Please use your marked envelopes to make any name changes to your family listing and place them in the envelope or give them to Fr. Michael directly. Please make every effort to be present for these memorials as that is one way to properly honor the departed.

Please remember, if you are admitted to the hospital in an emergency or for any reason, or are undergoing surgery, please notify Fr. Michael so he can make arrangements to visit and pray with you ASAP. He may be reached on his cell phone, at any hour of the day by calling (201) 486-2123. If he cannot be reached: Fr. Andrew Fetchina will assist; (732) 382-8844.

## COFFE SOCIAL HOUR SCHEDULE

02/10 - Friedman Family  
02/17 - Fryc Family  
02/24 - Steve Gallant  
03/03 - Kim Kuzma

## PRAYER LIST



### PASTOR

VERY REVEREND

FATHER MICHAEL T. CHENDORAIN

### CLERGY

FATHER DEACON GREGORY BENC

SUB-DEACON ANDREW WYTHE

### CHOIR DIRECTOR

PROFESSOR GEORGE HANAS

### CONTACT INFORMATION

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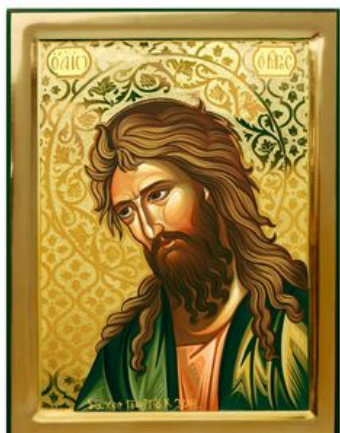
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An Orthodox Christian community of the American Carpatho-Russian Orthodox Diocese of the USA under the protection of the Ecumenical Patriarchate of Constantinople.



His All Holiness Patriarch Bartholomew, Richard Pratscher, Sue Shevchenko, Chris Petersen, Pat Yurcisin, Eleanor Aleksa, Ann Papp, Sandy DiLeo, Eleanor Dussling, John Billy, Walter Lykosh, Dorothy Szczecina, Olga Medvigy, Stephanie Gallant, Carol Rezes, Fr. Michael Psenechnuk, LCPL Michael Delcher, Janice Seniakvegch, Bill Kobasz, Kelly Peterson, Lilly Perry, Nino Krataschvili, John & Suzanne DiBiasi, Craig Chapman, Helen Hrehowsik, Michele Camisa, Dolores Matyola, Fr. John Gido, Betty Short, Irene Yacina, Carol Kondor, Lisa Buckley, Angel Abigail Billy, Angel Joseph Santalla, Sussi Howard, Amanda Orender, Helen Deliman, Melanie McHenry, Peggy Patrick, Oleg Alber, Maxine Vigilante, Lillian Kalog, Maryann Della Serra, Mary Stumpf, John Popadin, Victoria Dean, Joyce Nimetz, Stephen Skasko, Helen J. Dunham, George Kratsashvili, John Paul Hall, Veronica Houser, Edward Sierzega, Fr. John Baranik, Joshua Skoog, Joan Winters, Michael Ascher, Alex Fosinas, PO Daniel Langner, LCPL Matthew Fetchina, US Armed Forces, the unborn children of this world and more vocations to the Holy Priesthood. *May the Divine Physician touch them all! Amen!*

**PARENTING WORKSHOP : MARCH 02 : Rockaway, NJ** Please sign up via the registration link on the Diocesan website or call Fr. Matthew (973) 627-1462.

**ENVELOPE REMINDERS:** If you receive envelopes of any kind for donations, please use them. Anything not earmarked specifically is recorded as a general offering. If you have questions, please see Sharon Sarno. **CAMP NAZARETH NEWS** Please check out the camp's website for a slew of recently released information regarding the Diocesan Senior Retreat, Family Camp, Summer Camp and Science and Nature Camp. Most registration opens March 01. Information about Summer Camp will be promoted in the near future.

**ACRY LENTEN RETREAT** On Saturday, April 13th the National ACRY will host its Annual Lenten Retreat in Bethlehem, PA. Information will be posted soon and our parishioners are asked to consider attending this year. His Eminence Metropolitan Gregory will be presenting along with other spiritual fathers. There will be a program for the younger children as well. Mark your calendars and make some time for spiritual renewal.

**ST. NECTARIOS PRAYER SOCIETY** At last week's meeting, Bill Kobasz brought up and reminded us of an important part of our responsibilities as an Orthodox Christian and as a parish family. This was the idea of tending to and caring for the forgotten members of our parish, namely the sick and the shut-ins. Fr. Michael echoed the need for this spiritual care and concern to extend beyond the priest's pastoral responsibilities to our fellow parishioners to visit, to call, to write and to make contact and keep the connection to the church alive. Those interested in re-activating this group once again and participating in this stewardship of our brethren, in any fashion, are asked to see Fr. Michael in the coming weeks. Perhaps this can be energized with the upcoming Lenten season? Come and see! Come and be!

**NEW PEW BOOK SOLICITATIONS** The church has ordered 50 new pew books from the Diocese to replace the ones we have that are falling apart. AT the Annual Meeting it was suggested that parishioners may be interested in donating the cost of pew books with a commemoration as in the previous ones. There are 25 books remaining that are available for sponsorship. A list has been posted in the vestibule. Please sign up there with your commemoration and remit your donation to Father Michael in a marked envelope into the mirovanije basket. Thank you!

## THE LENTEN PRAYER OF ST. EPHREM THE SYRIAN

Let me offer you a special prayer to be prayed daily during Great and Holy Lent. It is the Lenten Prayer of St. Ephrem the Syrian. Do you know the prayer? Do you pray it? This prayer is given to us because it instructs us about some basic principles for the spiritual life. Listen to the words: *O Lord and Master of my life, do not give me a spirit of idleness, curiosity, love of power and idle talk. But grant to me Your servant, the spirit of prudence, humility, patience and love. Yes, Lord and King, grant that I may see my own faults, and to not judge my brother, For You are blessed to ages of ages. Amen.*

Let's look closely at what the prayer means.

- *Lord* a person who has authority, control, or power over others; a master, chief, or ruler.
- *Master* is a person with the ability or power to use, control, or dispose of something.
- *Of my life* refers to our whole life, not part of our life, or just our religious and spiritual life.
- *Do not give me...* Why would God give us a spirit of something that is not good? It reminds of the OT, where God often 'hardened the heart' especially of Pharaoh (Exodus 4:21). Here's how it works: It's like saying, even though I deserve to because of my words, actions, thoughts and feelings, don't give it to me anyway.
- *Spirit.* The root of sin is spiritual. Sinful words and actions are born within our heart. "Pneuma" (Greek for "spirit") literally means breath. It is the animating life force in our heart, mind and soul. It motivates our behavior and is the lynch pin for everything we do. What we do not want, and later in the prayer--what we do want, is the fountain or source of life.
- *Idleness* is sloth or laziness, not doing anything or at least not doing what we should. I cannot think of anything that epitomizes idleness as much as watching television. Turn off the TV for the rest of Lent. Instead, pray, read, worship.
- *Curiosity.* Sometimes we stick our nose into other people's business not to help them as much as to feel important because we know something about someone else. This curiosity exists because of a basic emptiness and impotence within us. It often leads to other vices. During Lent, let's mind our own business, we've got enough to worry about.

- *Love of Power.* The desire to feel or be in control is essentially a seeking for security. It translates into a raw ambition for whatever gives us more power. What gives us power in this life? Some things are money, notoriety, and knowledge. Love of power causes us to move from God-dependence to self-dependence or independence. Power and control are illusions. Anything we have has been given to us from above. Truly, in life we have little or no control over anything or anyone even ourselves. During Lent, make a conscious effort to turn towards Jesus Christ for help in all things.
- *Idle talk* is empty words, chatter, talking to talk. If silence is the highest form of prayer, what is the opposite? In order to listen, to God and to others, we must stop talking. In Proverbs it says that foolishness is manifested in many words. Idle talk is idle because it does not accomplish any good. Gossip is an extreme form of idle talk because it does damage. During Lent, keep talk to a minimum, to only what is necessary.
- *Prudence* in Greek means "common sense or wisdom". In English the word means "careful or cautious". Wisdom is the ability to see things as they are and to make correct choices based on that perception. Wisdom is directly related to faith in Christ as Proverbs says, "The beginning of wisdom is the fear of the Lord". Proverbs also says there is wisdom in much counsel. During Lent, follow the lectionary and read Proverbs to gain wisdom.



- *Humility.* We must consider ourselves lower than everyone else, especially God. Humility is the antidote to all sorts of sin because it is the opposite of pride which is at the root of many, if not most, sin in our lives. When we are humble, we do not expect anything because we see ourselves as deserving of nothing. There is no sense of entitlement and therefore we are not offended or upset by every little thing that does not go our way. During Lent let us practice humility by seeking opportunities to serve God and other people.
- *Patience* means long-suffering. In our world today we are so used to getting immediate service or feedback, we have difficulty being patient. Waiting a few extra seconds for our computer to boot-up or refresh a page can be irritating. Patience is the opposite of the "I want it now!" attitude. Patience is accepting things as they are, not as we want them to be. Patience is being on God's time, not our own. During Lent change synchronize your clocks with God's.
- *Love.* Agape is self-sacrificial love. Love is not the touchy, feely sentimental love that is more about fulfilling our own needs than truly caring and sacrificing for the good of the other. Every time we do for Christ or someone else that requires us to give up something of our own, we are exercising true love. During Lent let's show our love for God and for each other.
- *See my own faults and offenses.* To see my own faults, I must conduct a self-examination. I must look at my own words and actions and see where I have fallen short of God's commands and living up to Christ's example. I must look into my own heart and mind and see what spirit is in there motivating and directing me. I probably will need help doing this. During Lent I need to talk to my spiritual father and go to Holy Confession.
- *Not to judge.* Judging is not self-examination but "other examination" and in turn usually self-exaltation. Christ sternly warns us not to judge others lest we be judged with the same strictness and unforgiving attitude. During Lent, do not judge, rather forgive those who have trespassed against us.
- *Brother.* This refers not to just blood relatives but to everyone. Our neighbor is our close sibling, another child of God, whether he believes in Him or not. This helps us see our duty, loyalty and responsibility to everyone.
- *Blessed* means to extol as holy, to glorify. During Lent we need to bless God as the most holy person and glorify Him. This is the antidote to idolatry-to making gods out of anything else in our life.

Pray the Lenten Prayer of St. Ephrem and with it give yourself a check-up, not just during Great and Holy Lent but every day of the year. Amen.