

# The Orthodox Way



**Quarterly Newsletter**

**April – June 2017**

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## **Regular Schedule of Services**

*(Unless otherwise announced)*

### **Saturdays**

*Great Vespers*.....6:00pm  
*(confessions after Vespers)*

### **Sundays**

*Sunday School*.....9:00am  
*Divine Liturgy* .....9:30am

**Feast Days** *(if they fall on a weekday)*

*Eve of the Feast Day*.....7:00pm  
*Feast Day Liturgy*.....9:00am

### **Tuesdays**

*Akathist to St John the Baptist*  
.....6:45pm  
*Bible Study*.....7:30pm

Dear friends,

As the Feast of feasts, the Day of Lord's Resurrection, the Holy Pascha, is fast approaching I would like to take a moment to reflect on the life of our parish since the beginning of this year.

Glory be to God, we have been pretty active so far. January was headlined by the celebration of the Lord's Nativity and Baptism. We held our Annual Parish Meeting, elected, or re-elected, Parish Committee (the full list of Committee members is on page 7). I am grateful to every one of you, but especially to the Parish Committee for helping me transition into the role of your parish priest. Your prayers, words of encouragement and even constructive criticism (it is as important as encouragement because it points out my deficiencies and helps me to improve) all are invaluable.

In February we had our first (and I hope this becomes our annual tradition) Mission Liturgy. The goal was to explain and show to you the historical and practical aspects of our main worship service – the Divine Liturgy. The whole service took longer than I expected, but we had Maslenitsa with Russian style pancakes (bliny) afterward, which helped us to recover after a long service and have a great fellowship ☺ . God willing, I am hoping to make the Mission Liturgy a two-Sunday event next year.

The end of February and the beginning of March marked the start of Great Lent and the traditional reading of the Great Canon of St Andrew, these services were well attended. On the First Sunday of Great, the Triumph of Orthodoxy, our parish hosted the Mission Vespers, concelebrated by the clergy from the deanery of the Patriarchal Parish, as well as the Deanery Meeting.

On Tuesday, March 28, we began Bible Study classes. I encourage everyone who desires to learn about universe's bestselling book to attend these classes. We meet every Tuesday at 7:30pm.

Also, as mentioned during the Annual Parish Meeting, we will begin having catechism talks (in preparation for Baptism) and Christian Marriage Preparation talks (in preparation for Wedding). Anyone who would like to be baptized or married in our parish would have to sit down with me at least once (preferable

three or more times, but we'll take baby steps in the beginning). The point of these talks is to prepare and explain what is Baptism or Orthodox Wedding, why we do it, and what are the expectations from a person(s) entering into the Orthodox Church (through Baptism) or into a married life as Orthodox Christians.

I pray that you have a soul-benefitting remainder of Great Lent, and joyous and blessed Pascha!

Your servant in Christ,  
Priest Aleksey Paranyuk

P.S.: When looking at the schedule, pages 25-29, notice that Saturday Vespers will not be cancelled during the summer. Despite popular belief, God does not rest during the summer. We keep Him so busy that He works 24/7.



### **A message from Irina Gozick**

When I first came to St John's in Singac more than 50 years ago I was made to feel most welcome. I realized that this Church Community was a family. This has been true over all these years, but never so visible as in the past year. My St John's family was there to support Mike and myself through a truly trying year. I know not how to extend my family's and my gratitude for all you have done to help us get through these challenges.

My eternal gratitude to all of you!

Irina Gozick and family

**Note:** Since this newsletter contains images of the sacred Cross and/or icons of the saints, please do not simply throw it away once you are done with it. You can either burn it and bury the ashes in the ground or throw them into a river, or return the newsletter to Fr Aleksey. Thank you.



**Deadline** for the next newsletter (July-September 2017) is **June 20<sup>th</sup>, 2017**. If you would like anything included in the next newsletter – anniversary, prayer list, news, memorials, etc., please call Fr Aleksey at (973) 256-0314 or drop him an email at [priest.aleksey@gmail.com](mailto:priest.aleksey@gmail.com). Early submissions are more than welcome.



**Coffee hour** is a great time for a fellowship and for us to get to know each other better.

We are always thankful to those who help to make sure coffee hour keeps going.

It does not take much to setup and host/serve the coffee hour, and we always welcome volunteers who can contribute their time and/or money for this

purpose.

You can sign up to host coffee hour downstairs of the church.



If you want to help our parish, but have run out of ideas, here is one!

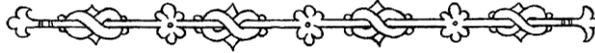
If you shop at ShopRite, you can buy **ShopRite gift cards** from us (if you don't shop there, it's never too late to start). They are as good as cash.

What's the catch? There's none (no, really, trust me, I am a priest), they do not cost anything extra to you and St John's makes 5% from the amount sold.



Please call Vickie Duin at (973) 694-5844 or see her any Sunday after the Liturgy to buy the gift cards.

Thank you for participating in this program and for your support of St John the Baptist Church.



To be a Christian means to live selflessly for the sake of others, in imitation of our Lord Jesus Christ.

One of the ways we do this is by feeding the hungry, those who unlike us, *for whatever reason*, are unable to afford food.

St John the Baptist Church participates in *St Agnes Food Drive* and we rely completely on your donations.

If you would like to donate non-perishable foods, we have a collection basket in the narthex (vestibule), by the stairs to the choir loft. Every bit counts, and it *does* make a difference in people's lives.



**FEED THE  
HUNGRY**



*Palm Sunday*, April 9<sup>th</sup>, weather permitting, we will have a procession around the church, led by the children, in remembrance of our Lord's entrance into Jerusalem. He entered as King, but left only a week later as a crucified criminal.



There will be two sign up sheets posted on the announcement board in our narthex (vestibule) – one for the *Grave Watch* to stand watch (to read at the Tomb of Christ) from Holy Friday, April 14, 4pm to Holy Saturday, April 15, 11:30pm. The second one for the *15 Readings* during the Divine Liturgy of the Holy Saturday, at 9am. The deadline for both will be Wednesday, April 12. We will need to meet and discuss the readings.



After the Paschal Liturgy we will have *Paschal Egg Hunt* for the kids.



# HOME & SCHOOL

Home and School Group *Garage Sale and Bake Sale*, Saturday, May 6, 9am-4pm. If you would like to donate something for the sale, please see Johanna Cap or Matushka Natallia.



*Blessing of graves* this year will be on Saturday and Sunday, June 3 and 4.

Saturday, June 3 10:00am Laurel Grove Cemetery, Totowa  
(starting from the *bottom*).

2:00pm St Peter's Cemetery, Garfield

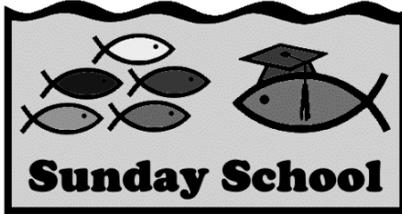
3:00pm East Ridgelawn Cemetery,  
Clifton

Sunday, June 4 2:00pm East Ridgelawn Cemetery

3:00pm St Peter's Cemetery

4:00pm Laurel Grove Cemetery



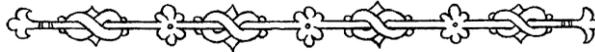


**Sunday School Graduation** will be on Sunday, June 4 after the Divine Liturgy and the Vespers with Kneeling Prayers. Come support our children as they conclude a great year of learning about their faith.



**Annual Liturgy at the Christ the Savior Chapel**, on Sunday, June 11 at 103 Horseneck Rd, Montville, NJ 07045.

The Father's Day falls on June 18 this year, which is already the Apostle's Fast, for this reason we will celebrate Father's Day on June 11 with the Liturgy and the BBQ.



**Paschal Baskets** will be blessed on Holy Saturday, April 15 at 5:00pm and after the Divine Liturgy on Sunday, April 16. Please remember that if you bless your baskets on Saturday, you cannot partake of whatever is blessed! The Great Lent ends with the Paschal Liturgy on Sunday!



### **Parish Committee Members for 2017**

Thank you for volunteering your time to make sure that St John's continues to function properly, the services run smoothly, and the church look beautiful.

Let us all support our Parish Committee by praying for them. The names are also included in the "Prayer Corner," on the next page.

As always, if anyone would like to take a more active role in the life of the parish, you can volunteer to become Committee member next year.

**President** - Gregory Karol

**Vice President** - Harry Stryker

**Treasurer** - Jonathan Preciado

**Financial Secretary** - Judy VanBeesel

**Assistant Financial Secretary** - Claudette Scerbak

**Recording Secretary** - Barbara Preciado

**Corresponding Secretary** - Maryann Bacsik

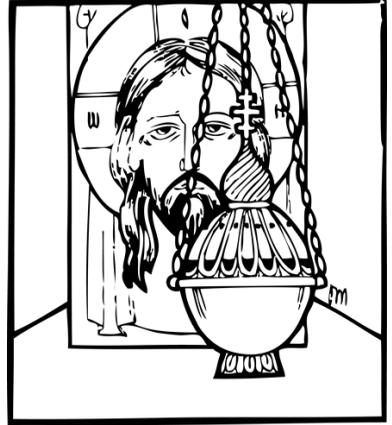
**Auditors** - Joan Strothers, Anastasia Noce

**Trustees** - Zinovia Gillies, Eugene Kulick, Leonard Shark, Richard Gobeille, Walter Bascik, Beth Gobeille, Irina Gozick, Michael Humecky, Jr., Judy VanBeesel

**Vestrypersons** - Jonathan Preciado, J.D. Worrall, Joan Strothers, Beth Gobeille, Andrei Panarin, Vickie Duin, Marie Stefanelli, Anna Kaniuk, June Witty, Zinovia Gillies, Barbara Preciado.

***“Prayer Corner”*** is for your prayer requests.

This is an opportunity for us to pray for each other *daily*, please remember the names listed below when you pray.



***Prayer for the living:*** Remember, O Lord Jesus Christ our God, Your eternal mercies and compassion, for whose sake You became man and willingly endured crucifixion and death for the salvation of those who rightly believe in You. You rose from the dead and ascended into heaven and sit at the right hand of God the Father, looking down on the humble petitions of those who call upon You with their whole heart. Incline Your ear and hear the prayer, which I, Your unworthy servant, offer You for all Your people as a spiritual fragrance. Save, O Lord, and have mercy on Your servants:

### Living

Gregory	Zinovia	Andrei	Ioann	Marina
Harry	Eugene	Vickie	Vladimir	Mat. Natallia
Jonathan	Leonard	Marie	Natalia	Ioann
Judy	Richard	Anna	Olga	Katerina
Claudette	Walter	June	Victor	Helena
Barbara	Beth	Lewis	Vladimir	Priest Aleksey
Maryann	Irina	Natalia	Vladimir	
Joan	Michael	Daria	Daria	
Anastasia	Jonathan	Maria	Larissa	

***Prayer for the departed:*** Remember, O Lord, the souls of Your departed servants:

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**Departed**


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Archpriest George Burdikoff (d. 04.15.1993), served our parish 1972-1992

Archimandrite Nikifor Kapitanchuk (d. 06.04.1947), served our parish 1918-1921

Lyudmila

Anna

Lyudmila

Olga

Leonid

Nina

Maria

infant Elizabeth

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Forgive all their sins, both voluntary and involuntary. Grant them a portion of Your eternal blessings and the delight of the everlasting and blessed life.

Remember, O Lord, all our departed fathers and mothers, sisters and brothers, the Orthodox Christians that lie here and in other lands in the hope of the Resurrection and life everlasting. Grant them to live with Your saints in the Light of Your Countenance. Have mercy on us also, for You are good and love mankind. Amen.



Please do consider submitting names for the Prayer Corner. One of the things we can do for each other is pray. It is one of the easiest things to do, yet one of the most essential.

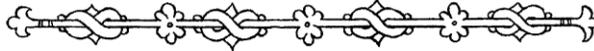
Christians pray for each other and ask each other's prayers. In doing this they fulfill God's command to love one another, and actualize in a powerful way the fact that they are "members one of another" in Him (Ephesians 4:25). "For just as the body is one and has many members, and all the members of the body, though many, are one body," says St Paul, "so it is with Christ. Now you are the body of Christ and individually members of it" (1 Corinthians 12:12, 27).

The body of Christ, which Christians compose as members of Christ in His Church, cannot be broken by anything. We can sever ourselves from the body because of our sins, but we cannot be separated from it by anything else.

The Apostle Paul again says it most adequately: "For I am sure that neither

death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:38-39).

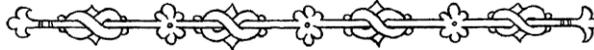
- Fr Thomas Hopko, “The Lenten Spring,” page 57.



## Birthdays

On June 23 Daria Kobel Selepouchin will celebrate her 70<sup>th</sup> birthday!

**Happy birthday! Many and blessed years!**



In the last three months we lost four members of our community:

Stephen Kopach Sr – reposed in the Lord January 11, 2017.

Angelo Lobosco – reposed in the Lord January 14, 2017.

Joseph Mirowsky – reposed in the Lord February 20, 2017.

Walter Olenich – reposed in the Lord March 17, 2017.

May they all rest in peace and rise in glory with our Lord Jesus Christ.

***Memory eternal! Вечная память!***



### SCRIPTURE IN THE DIVINE LITURGY

What the Liturgy is made up of? Glad you asked. Here is what Fr John Matusiak compiled a few decades ago. It turns out the Liturgy is completely based on the *Bible*. Who would have thought it?

What is biblical about our worship? Well, everything!

This list is not exhaustive, of course, but it does illustrate very well how our worship is not made up out of the “thin air,” but is actually based on something specific.

#### Opening Doxology

*“Blessed in the Kingdom of the Father, and of the Son, and of the Holy Spirit. Amen.”*

**Mark 11:10** – “Blessed is the kingdom of our father David that is coming! Hosanna in the highest!”

**Luke 22:29-30** – “I assign to you, as my Father assigned to me, a kingdom, that you may eat and drink at my table in my kingdom, and sit on thrones judging the twelve tribes of Israel.”

*See also Matthew 28:19 & Revelation 7:12.*

#### The Great Litany

*“In peace, let us pray to the Lord!”*

**Philippians 4:6-7** – “Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.”

**1 Timothy 2:1-2** – “First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all men, for kings and all who are in high positions, that we may lead a quiet and peaceable life, godly and respectful in every way.”

*See also Psalm 51:1, Luke 18:13, John 14:27, Hebrews 13:7, Psalm 109:26, Luke 1:42.*

#### The First Antiphon

*“Bless the Lord, O my soul”*

Selected verses from *Psalm 103*.

**The Second Antiphon**  
*“Praise the Lord, O my soul”*

*Psalm 146.*

**The Hymn to Christ Incarnate**  
*“Only-begotten Son...”*

*John 1:1, 3:16, 17:5, 19:18* – “In the beginning was the Word, and the Word was with God, and the Word was God... For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life... and now, Father, glorify thou me in thy own presence with the glory which I had with thee before the world was made... There they crucified him, and with him two others, one on either side, and Jesus between them.”

*See also Luke 1:35, Hebrews 2:14, Matthew 8:25.*

**The Third Antiphon**  
*The Beatitudes*

*Matthew 5:3-12* - Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.

**The Little Entrance**

*“Come let us worship...”*

***Psalms 95:1-6*** - O come, let us sing to the Lord, let us make a joyful noise to the rock of our salvation! Let us come into His presence with thanksgiving, let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods. In His hand are the depths of the earth, the heights of the mountains are His also. The sea is His, for He made it, for His hands formed the dry land. O come, let us worship and bow down, let us kneel before the Lord, our Maker!

*See also Revelation 7:11-12.*

### **The Trisagion**

*“Holy God, Holy Mighty...”*

***Isaiah 6:1-5*** - In the year that King Uzziah died I saw the Lord sitting upon a throne, high and lifted up, and His train filled the temple. Above him stood the seraphim, each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. And one called to another and said: “Holy, holy, holy is the Lord of hosts, the whole earth is full of his glory.” And the foundations of the thresholds shook at the voice of him who called, and the house was filled with smoke. And I said: “Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips, for my eyes have seen the King, the Lord of hosts!”

### **Prokeimenon**

Selected verses from different *Psalms*.

### **The Epistle**

Readings change daily, taken from the *Epistles* and *Acts of the Apostles*.

### **The Alleluia**

Selected verses from different *Psalms*.

***Revelation 19:1-6*** - After this I heard what seemed to be the loud voice of a great

multitude in heaven, crying, "Alleluia! Salvation and glory and power belong to our God, for His judgments are true and just. He has judged the great harlot who corrupted the earth with her fornication, and He has avenged on her the blood of his servants." Once more they cried, "Alleluia! The smoke from her goes up for ever and ever." And the twenty-four elders and the four living creatures fell down and worshiped God who is seated on the throne, saying, "Amen. Alleluia!" And from the throne came a voice crying, "Praise our God, all you His servants, you who fear Him, small and great." Then I heard what seemed to be the voice of a great multitude, like the sound of many waters and like the sound of mighty thunderings, crying, "Alleluia! For the Lord our God the Almighty reigns."

### The Gospel

Readings change daily.

### The Sermon

**1 Timothy 4:13** - Till I come, attend to the public reading of scripture, to preaching, to teaching.

### The Cherubic Hymn

*"Let us, who mystically represent the cherubim..."*

**Colossians 3:12** - Put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience.

*See also Psalm 24, Revelations 19:1-6.*

### The Great Entrance

**Psalm 43:4** - Then I will go to the altar of God, to God my exceeding joy, and I will praise You with the lyre, O God, my God.

**Matthew 5:23-24** - So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

**Hebrews 5:1** - For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins.

### The Peace

*“Peace be unto all”*

**John 20:21, 26** - Jesus said to them again, “Peace be with you. As the Father has sent me, even so I send you.”...Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, “Peace be with you.”

**1 Peter 5:14** - Greet one another with the kiss of love. Peace to all of you that are in Christ.

### The Kiss of Peace

*“Christ is in our midst”*

**Luke 7:45** - You gave me no kiss, but from the time I came in she has not ceased to kiss my feet.

**1 Corinthians 16:20** - All the brethren send greetings. Greet one another with a holy kiss.

*See also 1 John 4:7, 1 Peter 3:8, Philippians 2:2.*

### The Eucharistic Canon

*“Let us stand aright...”*

**Leviticus 3:1** - If a man’s offering is a sacrifice of peace offering, if he offers an animal from the herd, male or female, he shall offer it without blemish before the Lord.

**Hosea 6:6** - For I desire steadfast love and not sacrifice, the knowledge of God, rather than burnt offerings.

**Hebrews 13:14-15** - For here we have no lasting city, but we seek the city which is to come. Through Christ then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His Name.

*See also Matthew 9:13, 2 Corinthians 13:14, 2 Timothy 4:22, Lamentations 3:41.*

### The Eucharistic Prayer

*“Holy, Holy, Holy Lord of Sabaoth...”* through the Consecration

**Isaiah 6:3** - And one called to another and said: “Holy, holy, holy is the Lord of hosts, the whole earth is full of his glory.”

**Matthew 21:9** - And the crowds that went before Him and that followed Him shouted, “Hosanna to the Son of David! Blessed is He who comes in the name of the Lord! Hosanna in the highest!”

*See also 1 Corinthians 11:23-24, Matthew 26:26-28, John 6:51.*

### Hymn to the Theotokos

*“It is truly meet...”*

**Luke 1:28, 42, 48** - And he came to her and said, “Rejoice, O favored one, the Lord is with you!”... And she exclaimed with a loud cry, “Blessed are you among women, and blessed is the fruit of your womb”... For He has regarded the low estate of His handmaiden. For behold, henceforth all generations will call me blessed.

### The Concluding Eucharistic Prayers

**Romans 15:6** - That together you may with one voice glorify the God and Father of our Lord Jesus Christ.

**Revelations 22:21** - The grace of the Lord Jesus be with all the saints. Amen.

*See also 2 Maccabees 12:44-45, 1 Timothy 2:1-2, 2 Timothy 2:15.*

### The Litany before the Lord’s Prayer

**Ephesians 5:2** - And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.

**2 Corinthians 5:10** - For we must all appear before the judgment seat of Christ, so that each one may receive good or evil, according to what he has done in the body.

*See also 1 Peter 3:15, Ephesians 4:13, Philippians 2:1-2.*

### The Lord's Prayer

**Matthew 6:9-13** - Pray then like this: Our Father who art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

**2 Corinthians 2:9-11** - For this is why I wrote, that I might test you and know whether you are obedient in everything. Any one whom you forgive, I also forgive. What I have forgiven, if I have forgiven anything, has been for your sake in the presence of Christ, to keep Satan from gaining the advantage over us. For we are not ignorant of his designs.

### The Elevation of the Holy Gifts

*"The Holy Gifts are for the Holy"*

**Leviticus 11:44** - For I am the Lord your God. Consecrate yourselves therefore, and be holy, for I am holy.

**Philippians 2:10-11** - At the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

### The Communion Hymn

*"Praise the Lord..."*

**Psalms 34:8** - O taste and see that the Lord is good! Happy is the man who takes refuge in him!

### The Eucharist

**1 Corinthians 11:27-29** - Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the Body and Blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For any one who eats and drinks without discerning the body eats and drinks judgment upon himself.

**Isaiah 6:7** - And he touched my mouth, and said: "Behold, this has touched your lips. Your guilt is taken away, and your sin forgiven."

**James 4:8** - Draw near to God and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you men of double mind.

**Psalm 116:13** - I will lift up the cup of salvation and call on the name of the Lord.

*See also 1 Timothy 1:15, Luke 23:42-43, John 6:32-35, 48-58.*

### Hymns after Holy Communion

*"We have received the true Light..."*

**John 1:9** - The true light that enlightens every man was coming into the world.

**Psalm 71:8** - My mouth is filled with Your praise, and with Your glory all the day.

### Thanksgiving Litany after Communion

**Judges 18:6** - And the priest said to them, "Go in peace. The journey on which you go is under the eye of the Lord."

**Colossians 3:17** - And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.

### Prayer behind the Ambo

*"O Lord, You bless those who..."*

**James 1:17** - Every good endowment and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.

*See also Genesis 12:3, Psalm 26:8, 1 Timothy 2:1-2*

**"Blessed be the name of the Lord, henceforth and for evermore!"**

**Psalm 113:2** - Blessed be the name of the Lord from this time forth and for evermore!

***“The blessing of the Lord be upon you...”***

**Psalm 129:8** - The blessing of the Lord be upon you! We bless you in the name of the Lord!”

**2 Corinthians 13:14** - The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

**The Dismissal**

**2 Thessalonians 2:16-17** - Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word.

*A fuller list, with expanded citations, will be posted on our website in the near future.*



**Bequests**

Throughout the United States, religious institutions are finding themselves in a declining membership. This in turn makes it more difficult for them to meet their rising financial obligations. St John the Baptist Russian Orthodox Church is among these.

Unfortunately, the cost to operate St John’s continues to rise every year and as a result the financial burden weighs heavier on membership.

This appeal is extended to you as parishioners and friends of our parish, so that you may help ensure the future stability of St John’s for the coming generations.

One way of doing this is to seriously consider including St John’s in your will. No amount of money is too small, when it is used to further the future of Orthodoxy and your church.

Thank you and may God bless you!

On Holy Wednesday, April 12, we will serve the sacrament of *the Holy Unction (Anointing of the Sick)*. In order to dispel some of the myths about this sacrament, I present to you the text of Dr Paul Meyendorff, one of the leading theologians in



America. The text is taken from the introduction to “The Service of the Anointing of the Sick,” which he translated and prepared:

*“Is any one among you suffering? Let him pray. Is any cheerful? Let him sing praise. Is any among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord, and the prayer of faith will save the sick man, and the Lord will raise him up, and if he has committed sins, he will be forgiven. Therefore confess your sins to one another, and pray for one another, that you may be healed. The prayer of a righteous man has great power in its effects.”* (James 5:13-16)

Healing is too important to be left solely to the medical profession. Yet that is exactly what our modern society has done. The sick are herded into large hospitals, hooked up to an ever-increasing array of machines, and pumped full of wonder drugs. Using modern technology, physicians are now able to prolong “life” almost indefinitely. Many once-deadly diseases have been eliminated or become curable. Physical pain can be controlled, if not totally eliminated. A vast, impersonal medical bureaucracy, controlled by doctors, governments, and insurance companies, has risen, reaching deep into the life (and pockets) of every individual.

Yet this remarkable medical progress comes with a price. Sickness and dying have become the responsibility of a medical establishment which treats humans merely as mechanisms that have broken down and need repair (or are beyond repair). The sick are removed from their homes, separated from their families, jobs, churches – from society. Their bodies are invaded, poked and probed as physicians and other health professions perform their duties. But who is to care for their emotional and spiritual well-being? In recent years, hospitals have hired increasing numbers of social workers and chaplains, but these are very much

junior partners in the medical enterprise, often barely tolerated by the “professionals.” Doctors remain very much the “high priests” of the medical system we have created for ourselves.

As a society, we have chosen to leave healing to the medical profession. Doctors and hospitals have all the knowledge and technology, and we are perfectly happy to leave everything in their hands. Our consciences are clear when we provide our loved one – our parents, our spouses, our children – with the best medical care that money can buy.

Hospitals, nursing homes and long-term care facilities not only provide medical care, but also insulate the rest of us from having to come face-to-face with pain, suffering and death, and with our own mortality. “Leave it to the professionals,” we say, “that’s their job.” Rationalizing in this way, we keep sickness out of sight, out of mind; we postpone facing the reality of sickness and death as long as possible, until we must each face it on our own, unprepared as we are.

As a result, while we may be very good at addressing the physical aspects of sickness, we altogether neglect its spiritual side. Yet the spiritual suffering, which accompanies physical illness, can often be far worse than any physical pain. Separation from family and church, guilt, the anxiety caused by facing one’s mortality, the loss of control over one’s life – all these can be sources of agonizing pain. Writing in the 19<sup>th</sup> century, Leo Tolstoy described the agonizing suffering endured by Ivan Ilich, a well-to-do provincial judge:

*“The doctor said that his physical suffering was terrible, and that was true; but more terrible than his physical suffering was his spiritual suffering, and in this lay his chief agony...He lay down on his back and began to pass his life in review in an entirely new fashion...He saw himself, all that he had been living by, and saw clearly all that was not right, that it was all a terrible, huge deception, which concealed both life and death. This consciousness increased, multiplied tenfold his physical sufferings.”* (Leo Tolstoy, *The Death of Ivan Ilich*).

This pain the medical doctors could not cure. True healing, which is both physical and spiritual, can be given only by Christ, Who is the “Physician of our souls and bodies.”

This healing ministry of Christ is a primary task of the Church, which is the presence of Christ in this sick and fallen world. We are Christ's presence in the world and we, as the Church, are charged with bringing healing to those around us. At the Last Judgment, we shall have to answer whether we "fed the poor, welcomed the stranger, clothed the naked, visited the sick..." (Matthew 25:31-46). Our contemporary church life is sorely lacking in this regard. Few parishes encourage their members to engage in this ministry, which is often simply forgotten or left up to the priest alone. Few communities make full and appropriate use of the Sacrament of Healing, the Anointing of the Sick. We do not even make this ministry of healing available to our own parishioners, or to members of own families, who are all too often left to suffer and die alone, in hospitals and nursing homes. For this we shall be held accountable.

The words of Dr Paul are almost chilling. He is right to point out that we neglect sacraments at times. When we do not neglect, we often misuse them. It is always tempting to make sacraments shorter or "more convenient" (whatever that may mean) mainly for the priest, than for the faithful. That is a serious malpractice, however. Christ grants us these sacraments through His Church for the healing of soul and body, not for some sort of quick and pointless sense of accomplishment, when we do them carelessly and half way.

As was mentioned, the Holy Unction service is a sacrament of the Orthodox Church, for this reason only baptized members of the Orthodox Church can participate in it. The non-Orthodox can be present during the service to pray and receive the blessing at the end, however they won't be able to be anointed (conversely, they may always become the members of the Orthodox Church through Baptism or Reception and participate in all the sacraments).

Note also that Unction Service is not "the Last Rites," even when it is administered in the hospital or on the deathbed. The Last Rites according to the Orthodox tradition are more than simply anointing (as I understand is the tradition of other Christian denominations). Orthodox Last Rites consist of Anointing of the Sick, Confession, and Communion. Therefore, if you, or your

loved one, are sick (be it at home or in the hospital or in the nursing home) there is absolutely nothing wrong with calling the priest to administer the Anointing and/or Communion, which is done for the healing of soul and body, not as prayers shortly before death. Getting anointed does not mean that you, or loved one, are ready to die. The sacraments of the Orthodox Church are for our salvation!

Couple practical pointers regarding the Unction Service on Holy Wednesday: It is rather a long service, consisting of seven readings from the New Testament and seven anointings. Depending on the number of people present, it can take anywhere from an hour and half to over two hours. Nevertheless, we have pews, and service booklets will be provided for you to easily follow along. You will have to stand at the very least during the readings of the Gospel and the anointings themselves.

The service of Unction can be served on any day of the year, but it has become associated with the Great Lent, and Holy Wednesday in particular. Even if we are not physically ill, we are all, in one way or another, spiritually sick. Great Lent is the time when we concentrate most of our attention on our spiritual development and the Holy Unction is one of those sacraments that helps us to get back on track through healing in Christ.

# A p r i l

Tuesday April 4 7:00pm Lenten Small Compline  
7:30pm Bible Study

\* \* \*

Wednesday April 5 7:00pm Liturgy of the Presanctified Gifts

\* \* \*

## Feast of the Annunciation

Thursday April 6 7:00pm Great Vespers with Litia

Friday April 7 9:00am Vesperal Divine Liturgy

7:00pm Panikhida/Parastas

\* \* \*

## Lazarus Saturday

Saturday April 8 9:00am Divine Liturgy

6:00pm Great Vespers with Litia & blessing of willows

\* \* \*

## Palm Sunday – Entrance of our Lord Jesus Christ into Jerusalem

Sunday April 9 9:30am Divine Liturgy & Procession

\* \* \*

## Start of Holy Week

Tuesday April 11 7:00pm Lenten Small Compline

7:30pm Bible Study

\* \* \*

Holy April 12 9:00am Liturgy of the Presanctified Gifts

Wednesday 7:00pm Holy Unction/Anointing with Oil

\* \* \*

Holy April 13 9:00am Vesperal Divine Liturgy of St Basil

Thursday 7:00pm Matins with 12 Passion Gospels

\* \* \*

Holy April 14 3:00pm Vespers with the Rite of Entombment

Friday 7:00pm Matins with the Lamentations

\* \* \*

Holy April 15 9:00am Vespers Divine Liturgy of St Basil  
 Saturday 11:30pm Midnight Office (Nocturns)

\* \* \*

### P A S C H A

Sunday April 16 12:00am (midnight) Paschal Matins and Procession  
 10:00am Paschal Divine Liturgy

Egg Hunt

**CHRIST IS RISEN! INDEED HE IS RISEN!**  
**ХРИСТОС ВОСКРЕСЕ! ВОИСТИНУ ВОСКРЕСЕ!**

\* \* \*

### Bright Week April 16-22

Monday April 17 9:00am Bright Monday Divine Liturgy

\* \* \*

Saturday April 22 6:00pm Great Vespers

Sunday April 23 9:30am Divine Liturgy

\* \* \*

Tuesday April 25 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study

\* \* \*

Saturday April 29 6:00pm Great Vespers

Sunday April 30 9:30am Divine Liturgy

## M a y

Tuesday May 2 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study

\* \* \*

Saturday May 6 6:00pm Great Vespers

Sunday May 7 9:30am Divine Liturgy

\* \* \*

Tuesday May 9 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study

\* \* \*

Saturday May 13 6:00pm Great Vespers  
 Sunday May 14 9:30am Divine Liturgy. Mother's Day

\* \* \*

Tuesday May 16 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study

\* \* \*

Saturday May 20 6:00pm Great Vespers

Sunday May 21 9:30am Divine Liturgy

\* \* \*

Tuesday May 23 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study

\* \* \*

Ascension of our Lord Jesus Christ

Wednesday May 24 7:00pm Great Vespers with Litia

Thursday May 25 9:00am Divine Liturgy

\* \* \*

Saturday May 27 6:00pm Great Vespers

Sunday May 28 9:30am Divine Liturgy. Memorial Day

\* \* \*

Tuesday May 30 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study

## June

Pentecost

Saturday June 3 6:00pm Great Vespers with Litia  
 Blessing of graves (see schedule on pages 5-6)

Sunday June 4 9:30am Divine Liturgy. Vespers with kneeling prayers  
 Sunday School Graduation

Blessing of graves (see schedule on pages 5-6)

\* \* \*

Tuesday June 6 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study  
 \* \* \*

Saturday June 10 6:00pm Great Vespers  
 Sunday June 11 9:30am Divine Liturgy at Christ the Savior Chapel  
 \* \* \*

Apostles' Fast June 12 – July 12

\* \* \*

Tuesday June 13 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study  
 \* \* \*

Saturday June 17 6:00pm Great Vespers  
 Sunday June 18 9:30am Divine Liturgy  
 \* \* \*

Tuesday June 20 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study  
 \* \* \*

Saturday June 24 6:00pm Great Vespers  
 Sunday June 25 9:30am Divine Liturgy  
 \* \* \*

Tuesday June 27 6:45pm Akathist to St John the Baptist  
 7:30pm Bible Study

## J u l y

Saturday July 1 6:00pm Great Vespers  
 Sunday July 2 9:30am Divine Liturgy  
 \* \* \*

Nativity of St John the Baptist – Our Patronal Feast Day

Thursday July 6 7:00pm Great Vespers with Litia  
 Friday July 7 9:00am Divine Liturgy  
 \* \* \*

Saturday July 8 6:00pm Great Vespers

Sunday July 9 9:30am Divine Liturgy

\* \* \*

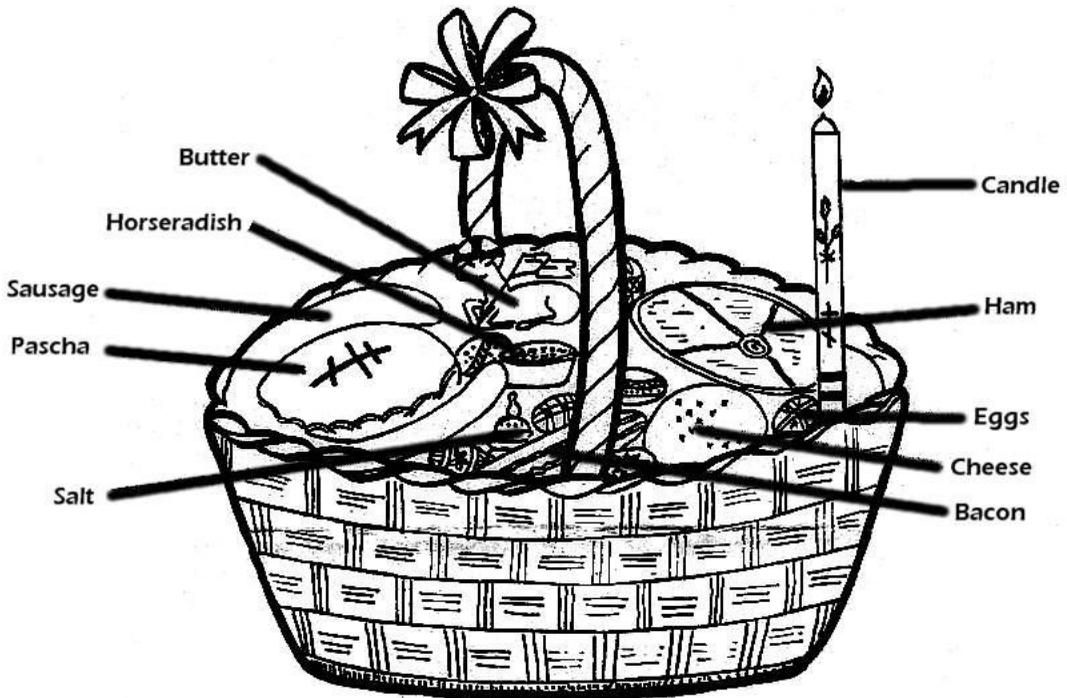
Tuesday July 11 6:45pm Akathist to St John the Baptist

7:30pm Bible Study

*Any change to schedule will be announced on our website: [www.singac.com](http://www.singac.com) and  
facebook page: [www.facebook.com/StJohnSingac/](http://www.facebook.com/StJohnSingac/)*



For tips how to properly prepare your *Paschal Basket* check our website in the next week under the “News” tab.



**Scheduled Memorials**  
**For April-June 2017**

**April 2**

*At the Divine Liturgy*

**Anna Drelick** (d. April 9, 2016)

requested by Todd & Eileen Okker &  
family

&

**Joseph Mirowsky** (d. Feb. 20, 2017)

**April 9**

*At the Divine Liturgy*

**Ewa Pruksa** (d. April 14, 2005),

requested by Michael & Anna Kaniuk  
&

**Charles Kuryla** (d. April 13, 2009)

requested by Charles Kuryla

**April 23**

*At the Divine Liturgy*

**Frank Yackwack** (d. April 11, 2008)

requested by Barbara Fengya

**May 28**

*At the Divine Liturgy*

**Andrew Bacsik**, requested by Walter  
Bacsik

**June 4**

*At the Divine Liturgy*

**Daniel J. Kobelka** (d. June 3, 1993)

requested by Barbara Addressio

**June 11**

*At the Divine Liturgy*

**John Matthew Lonsky** (d. June 8

2009), requested by family & friends

**June 18**

*At the Divine Liturgy*

**Natalie Kamentz** (d. June 20, 2015)

requested by St. Anna's Altar Society

*Panikhida for*

**Kopach** family

# Easter Story Cookies

By Helen Sobolowski

*To be made the evening before Easter*

- |                    |               |
|--------------------|---------------|
| 1 cup whole pecans | zipper baggie |
| 1 tsp. vinegar     | wooden spoon  |
| 3 egg whites       | tape          |
| pinch of salt      | Bible         |
| 1 cup sugar        |               |

*Preheat oven to 300F (this is important, don't wait until you're have done with the recipe!)*

Place pecans in zipper baggie and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested, He was beaten by the Roman soldiers. **Read John 19:1-3**

Let each child smell the vinegar. Put 1 tsp. vinegar into mixing bowl. Explain that when Jesus was thirsty on the Cross, he was given vinegar to drink. **Read Jon 19:28-30**

Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. **Read John 10:10-11**

Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sins. **Read Luke 23:27**

So far, the ingredients are not very appetizing. Add 1 cup sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. **Read Psalm 34:8 and John 3:16**

Beat with a mixer on high speed for 12-15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. **Read Isaiah 1:18 and John 3:1-3**

Fold in broken pecans. Drop by teaspoons onto wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. **Read Matthew 27:57-60**

Put the cookie sheet in the oven, close the door and turn the oven **OFF**.

Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. **Read Matthew 27:65-66**

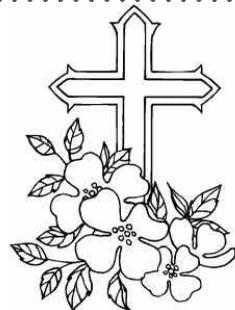
**GO TO BED!** Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. **Read John 16:20, 22**

On Easter morning (before leaving for church), open the oven and give everyone a cookie. Notice the cracked surface and take a bite (only if you are not planning on receiving communion!). The cookies are hollow! On the first Easter, Jesus' followers were amazed to find the tomb open and empty. **Read Matthew 28:1-9**

Anyone wishing to have flowers on our Altar in memory of a loved one, for someone's health, to celebrate a birthday, an anniversary, or for any other special occasion

PLEASE SEE: **BARBARA PRECIADO**

Or call her at 973 299-9457



We need flowers for our church every Sunday!

Thank you for your support of St. Anna's Altar Society and for your help in beautifying our church Altar.

**The following people have made flower donations:**

**January 15** In memory of Dorothy Holod Basalyga, given by her sister Betty Dubowchik.

In memory of Michael Paul Handago, given by his sister Paulette.

**February 5** In memory of Olga Kostiak and Mary Gillow, given by daughter and niece Marie Stefanelli.

**February 12** In memory of Sophia Handago, given by her daughter Paulette.

**February 26** In joyous celebration of Stephen Perry's birthday, given by Beth Gobeille.

**St. John the Baptist Russian Orthodox G.C. Church**  
**P.O. Box 4,**  
**Little Falls, N.J., 07424**

**ADDRESS CORRECTION REQUESTED**

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