



SAINTS PETER AND PAUL ORTHODOX CHURCH

A Parish of the Orthodox Church in America
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Glory to Jesus Christ! Glory to God for all things!

February 6, 2011	Sunday of Zacchaeus	Divine Liturgy and Blessing of Candles	9:30 am
February 12	Saturday	Great Vespers	4:00 pm
February 13	Sunday of the Publican and the Pharisee	Divine Liturgy	9:30 am

Saints of the Day: Venerable Bucolus, Bishop of Smyrna (ca. 100). New Hieromartyrs Priest Demetrius and Martyr Anatolius (1921). New Hieromartyr Priest Basil (1930). New Hieromartyr Priest Basil Nadezhnin of Moscow, (1937). New Hieromartyr Priest Alexander (1938). Venerable Monks Barsanuphius the Great and John the Prophet, of Palestine (6 c.). Saint Photius, Patriarch of Constantinople (891). Virgin-martyr Dorothea, and with her Martyrs Christina and Callista, sisters and Theophilus, at Caesarea in Cappadocia (288-300). Martyr Julian of Emesa (312). Virgin-martyr Fausta, with Martyrs Evilasius and Maximus, at Cyzicus (ca. 305-311). Virgin-martyrs Martha and Mary, and their brother Martyr Lycarion, in Egypt. Venerable Schemanon Dorothea of Kashin (1629). Hieromartyrs Mael, Bishop of Ardagh, and his brother, Bishop Melchu, Disciples of Saint Patrick (488). Martyrs Faustus, Basil and Silvanus of Darion in Constantinople. Venerable Monk John of Thebes. Saint James, Ascetic of Syria (ca. 460). Saint Vedast, Bishop of Arras (540). Saint Amand, Apostle of Maastricht (675). Saint Arsen of Iqalto, Georgia (1127). Saint Ina, King of the West Saxons and Saint Ethelburga, his wife. Saint Jacut and his brother, Saint Guethenoc (5 c). Saint Mun of Lough Ree, Bishop.

God Grant Many Years! Prayers for the health of Archbishop ANTONY were offered on his birthday at Liturgy and Moleben January 30 at the request of Father John Udics.

God Grant Many Years! Prayers for the health of Matushka Patricia Saverino were offered at Liturgy and Moleben January 30, February 2 and today at the request of Father John Udics.

God Grant Many Years! Prayers for the health of Matushka Anastasia Karlgut were offered at Liturgy and Moleben January 30, February 2 and today at the request of Father John Udics.

God Grant Many Years! Prayers for the health of cousin Cathy Udics Baran were offered at Liturgy and Moleben today at the request of Father John Udics.

God Grant Many Years! Prayers for the health of Archpriest Jason Kappanadze were offered at Liturgy and Moleben today for his ordination anniversary at the request of Father John Udics.

God Grant Many Years! Prayers for the health of Metropolitan HERMAN, Gregory Geeza, Christine Nass Phillips, Matushka Loïda Plumlee and Subdeacon Vasyl Dovgan were offered at Liturgy and Moleben today at the request of Father John Udics.

God Grant Many Years! Prayers for the health of Archpriest John Udics were offered at Liturgy and Moleben January 30 on his Ordination Anniversary at the request of Father Sergius Willis.

+ **Memory Eternal.** Prayers for the repose of the soul of Efrosina Krenichyn were offered today at Liturgy and Parastas at the request of family.

Please remember in your prayers: Don, Rea, Daniel, Aaron, Archpriest Jason, Nina, Priest Sergius, Mark, Jennifer, Nadine, Helen, Anna, Thomas, Archpriest Vincent, Mother Raphaela, John, Catherine, Ron, Albert, Michael, Gregory, Emma, Cathy, John, Mykola, Dan, Wayne, Nina, Dan, Isaiah, Robert, Robert, Kevin, Andrew, David, Warren, Michael, Archimandrite Athanasy, Archimandrite Isidore, Archimandrite Pachomy.

A word about titles. In our listing of the Saints of the Day, we often use words which may not be familiar to everyone. First, all clergy who are martyrs are called Hieromartyrs: hiero- is Greek for priest. Monastics are not called Saint or Martyr, but Venerable – and we add a word to indicate what their rank was (Venerable Monk, Venerable Abbot, etc). Monastics who have taken their complete vows (called the Great Schema [skay' ma]) are called Schemamonk or Schemanon. This is true for the saints of the Eastern Church. There are other ranks of saints – Apostles, Theologians (the Eastern Church has only three saints called Theologian – can you name them?), Angels, Archangels, Equal to the Apostles, Wonderworker ('wonder' in this case, means 'miracle') Disciples. In the Western Church, there are differences – they have a 'process' for canonizing saints, and first one is 'Blessed' and then 'Venerable' and then 'Saint.' The Western Church has many 'Doctors of the Church' as well as Theologians. Some titles have stuck with saints and defy the simple rules given above. Finally, remember that 'saint' means 'holy' so sometimes saints are called 'The Holy...' but never 'The Holy Saint...' We try to stick with the titles appropriate for use in the Eastern or Western Church – just in case you wondered.

A word from Saint Maximus the Confessor (c 580-662): Let us not render evil for evil, and we shall not receive our due for our sins. For we find the forgiveness of our trespasses in the forgiving of our brothers; and the mercy of God is hidden in mercifulness to our neighbor. Therefore the Lord said, "Forgive, and you shall be forgiven," and, "With what measure you mete, it shall be measured to you again." See how the Lord bestowed on us the method of salvation and has given us eternal power to become sons of God!

A word from the desert: At Babylon (a Roman fortress just south of modern Cairo) the daughter of an important person was possessed by a devil. A monk for whom her father had great affection said to him, "No one can heal your daughter except some anchorites whom I know; but if you ask them to do so, they will not agree because of their humility. Let us therefore do this: when they come to the market, look as though you want to buy their goods and when they come to receive the price, we will ask them to say a prayer and I believe she will be healed." When they came to the market they found a disciple of the old men sitting there selling their goods and they led him away with the baskets, so that he should receive the price of them. But when the monk reached the house, the woman possessed with the devil came and slapped him. But he only turned the other cheek, according to the Lord's command (Matthew 5:39). The devil, tortured by this, cried out, "What violence! The commandment of Jesus drives me out!" Immediately the woman was cleansed. When the old men came, they told them what had happened and they glorified God saying, "This is how the pride of the devil is brought low, through the humility of the commandment of Christ."

REMINDERS FOR YOUR CALENDARS:

- **TODAY: SAINT ANN'S SISTERHOOD: Brief Meeting after Liturgy**
- **First Annual On-line Orthodox Christian Education Conference:** February 11-12, 2011, *Orthodoxy in the Home*. <http://www.orthodoxconference.com/Conference/Home.html>
- **Church Musicians and Singers** - February 12 - 11 am, Holy Resurrection Church, 285 French Hill Road, Wayne NJ 07470. No Charge.
- **GENERAL PARISH MEETING ("Annual Meeting") with meal: Next Sunday.** after Liturgy
- **Altar Servers Retreat (Diocese of New York and New Jersey)** is scheduled for 26-27 February 2011, at Saint Basil's Academy, Garrison NY. There are three/four seats available for those wishing to go to the Retreat. Ask Subdeacon Demetrios Richards about this. - Let us know, as soon as possible.
- **From March 6:** Sunday Soup Sales. Soup maker volunteers sign-up sheet or see Rebecca Hawranick.

Saint Ina and Saint Ethelburga. Ina, a descendant of Cerdic, was born at Somerton and was to rule the enlarged Kingdom of the West Saxons for thirty eight years. This Kingdom included quite a number of the old British inhabitants, now to be called Welsh, and Ina was the first of the Saxons to make provision for them in his code of laws for which he is most renowned. In fact his is the oldest collection of Saxon laws, apart from those of the Jutish King Ethelbert of Kent. Ina and his wife Ethelburga were devout Christians, and the foundation of Saint Andrew's at Wells, later to become a Cathedral, and the creation of the new diocese of Sherborne, to which he appointed his Kinsman Aldhelm as bishop, are evidence of his Christian zeal. However, it is his love for Glastonbury that made that holy place his chief concern.

Ina recognised Glastonbury as a most holy place and set about restoring the British buildings and extending them. Saint Paulinus of York is credited with enclosing and protecting the original church with wooden panels and lead roofing, and King Ina added to this a "Wooden basilica dedicated to the honour of the Blessed Mother of God, Mary", and a new church dedicated to Saints Peter and Paul. This church was in memory of his brother Mul, who had died in battle against the King of Kent and is buried in the Abbey of Saints Peter and Paul at Canterbury. Ina gave over the church at Glastonbury to Rome and in return received the Privilege under the Apostolic Seal, which was to be the boast of the Abbey until the dissolution.

There is a curious story told by William of Malmesbury. The King and Queen had been holding court in one of the royal residences, and on the night before they moved on, had held a great banquet. The following morning the royal party had gone only a few miles when the Queen begged her husband to return to the hall. There she showed him what she had done: she had ordered the servants to throw rubbish and cow dung in the hall, and had put a sow and her litter into the royal bed. Thus, Ethelburga pointed out to the King, the pomp of this world passes and the splendour of the world is as a breath that disappears.

In 720, Ina resigned his kingdom and went to spend the last years of his life with his wife in Rome praying at the tombs of the Apostles. He was graciously received by Pope Gregory II who gave him a parcel of land near Saint Peter's, where he founded a hospice for English pilgrims with a church adjoining it known as Saint Maria in Saxia. This is now covered by the large hospital of San Spirito, but the district is still known as "In Sassia". Ina and his wife Ethelburga died in Rome and are buried there, probably by the altar of Saint Maria, but some say in the narthex of the old Basilica of Saint Peter.

Saint Jacut and Saint Guethenoc. 5th cent. Sons of Saints Fragan and Gwen (f.d. July 5), brothers of the more celebrated Saint Gwenaloe (Winwaloe; f.d. March 3 – twin of Jacut), Jacut and Guethenoc became disciples of Saint Budoc (f.d. December 9), and like him were driven from their native Britain by the invading Saxons.

Saint Mun of Lough Ree, Bishop. 5th century. Described as another nephew of Saint Patrick, who consecrated him bishop of what is now County Longford. He ended his days as a hermit on an island in Lough Ree.

Oatmeal. A hearty recipe for your winter hot breakfasts

Make oatmeal (McCann's Irish fast-cooking oatmeal) or farina (remember Farina?) with additional water, so that the oatmeal seems soupy when done – an additional ½ cup of water is enough. Instead of using plain water, add vegetable* or chicken soup base, or even onion soup mix. When the grain is cooked, add a pat of butter (maybe a tablespoon) and a beaten egg (which cooks in the hot oatmeal or farina – even more quickly if the egg is at room temperature). This simple breakfast sticks to your ribs, is far more tasty than plain oatmeal, is amazingly easy to make, and is almost 'instant' as well!

* Hint: Seitenbacher Vegetarian Vegetable Broth and Seasoning (see Amazon.com) is so good you can just make some and sip it! It's every bit as good as chicken flavored broth on those cold Lenten mornings.