

SAINTS PETER AND PAUL ORTHODOX CHURCH

A Parish of the Orthodox Church in America
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LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME, A SINNER

March 20, 2011		Sunday of Saint Gregory Palamas	Divine Liturgy	9:30 am
March 23	Wednesday	Liturgy of Presanctified Gifts		6:00 pm
March 25	Friday	Annunciation of the Lord	Divine Liturgy	9:30 am
March 26	Saturday	Soul Saturday Divine Liturgy		9:30 am
	Saturday	Great Vespers		4:00 pm
March 27		Sunday of the Veneration of the Holy Cross	Divine Liturgy	9:30 am

Saints of the Day: The Holy Fathers who were slain at the Monastery of Saint.Sabbas: Venerables John, Sergius, Patrick, and others (796). New Hieromartyr Deacon Basil (1938). New Hieromartyr Priest Nicholas Holz of Novosiolki (Chelm and Podlasie, Poland) (1944). Venerable Euphrosynus of Blue-Jay Lake (Valaam) (1612). Martyr Photina (Fatima, Svetlana) the Samaritan Woman and her sons: Martyrs Victor named Photinos, and Josiah with Anatolia, Photo, Photida, Paraskeva, Kyriakia, Domnina and Sebastian (66). Seven Virgin-Martyrs of Amisus: Alexandra, Claudia, Euphrasia, Matrona, Juliana, Euphemia, and Theodosia (310). Saint Nicetas the Confessor, Bishop of Apollonias in Bithynia (813). New Martyr Myron of Crete (1793). Saint Martin of Braga in Iberia (580). Saint Wulfram, Missionary (703). Saint Cuthbert of Lindisfarne, Bishop and Wonderworker of Britain (634). Righteous Abel, first martyr in history of mankind. Saint Austreigiselis, Bishop of Bourges (624). Martyr Michael the Sabbate, who suffered at Jerusalem (691). Saint Archil II, King of Georgia (744). Saint Herbert, Hermit of Derwent Water (687). Martyrs Rodion, Aquila the Eparch, Longinus, and Emmanuel. Saint Martin of Braga, Bishop (580). Saint Clement of the Paris Schools (826).

+ Please remember in your prayers newly-departed Metropolitan NICHOLAS, Michael, Paul, Mary
Please remember in your prayers: Archpriest Jason, Dan, Ada, Don, Rea, Daniel, Aaron, Mark, Jennifer, Nina, Priest Sergius, Nadine, Thomas, Helen, Anna, Archpriest Vincent, Mother Raphaela, John, Catherine, Ron, Albert, Michael, Gregory, Emma, Cathy, John, Mykola, Wayne, Nina, Isaiah, Robert, Robert, Kevin, Andrew, David, Warren, Michael, Archimandrite Athanasy, Archimandrites Athanasy, Isidore, Pachomy and Nectarios.

God Grant Many Years! Prayers for the health of Erik Newman and family, and Heather and family were offered March 13, at Liturgy and Moleben at the request of Dr David and Mrs Erin Albrecht.

God Grant Many Years! Prayers for the health of Anthony, Chie and Frederick Bundt were offered March 13, at Liturgy and Moleben at the request of Father John Udics.

God Grant Many Years! Prayers for the health of cousin Michael Kurap, Archpriest Andrew Nelko and Archpriest Vincent Saverino were offered today at Liturgy and Moleben at the request of Father John Udics.

Memory Eternal. Prayers for the repose of the soul of Metropolitan NICHOLAS of Amissos, of the Carpatho-Russian Diocese were offered today at Liturgy and Parastas at the request of Father John Udics.

Memory Eternal. Fortieth Day Prayers for the repose of the soul of Michael Makara were offered today at Liturgy and Parastas at the request of sister Helen Makara Riley.

Memory Eternal. Prayers for the repose of the soul of Paul Schlegel were offered March 13. at Liturgy and Parastas at the request of Dr David Albrecht and family.

Memory Eternal. Prayers for the repose of the souls of John Garbera, Martha Karpowich, Ann Sokerka and Stefan Sokol were offered today at Liturgy and Parastas at the request of family.

Memory Eternal. Anniversary Prayers for the repose of the souls of Archpriest Mykola Dovgan, Archpriest Eugene Vansuch, aunt Anna Udics Mayhrich and mother Mary Konet Udics were offered today at Liturgy and Parastas at the request of Father John Udics.

The Venerable Martyrs, John and others from the Monastic Brotherhood of Saint Sabas the Sanctified, Near Jerusalem. This glorious monastery, which still exists today, was visited by [the] Serbian Saint Sava and endowed by several Serbian rulers. Many times it was attacked by brutal Arabs, pillaged and laid waste. But, by the Divine Providence of God, it was always restored and is preserved until today. During the reign of Constantine and Irene, it was attacked and pillaged by the Arabs. The monks did not want to flee but, counseling with their abbot Thomas, they said, "We have fled from the world into this wilderness for the sake of our love for Christ and it would be shameful if we fled from the wilderness out of fear of men. If we are slain here, we will be slain because of our love for Christ for Whose cause we came to live here." Having decided, they awaited the armed Arabs, unarmed as lambs before wolves. Some of the monks the Arabs killed with arrows and some they sealed off in the cave of Saint Sabas. They lighted a fire at the entrance of the cave and all were suffocated by the smoke. Thus many of them died as martyrs for the sake of Christ and were translated into the Kingdom of Him Whom they loved and for Whose love they perished. They suffered honorably prior to the Feast of the Resurrection in 796 A.D., during the reign of Constantine and Irene and Elijah, the Patriarch of Jerusalem. A just punishment quickly befell these savage attackers. Returning to their tents, they began to quarrel among themselves and in mutual combat all were slain. This occurred in the year 796 A.D.

A word from Saint John of Kronstadt. At the approach of a great feast you must watch yourself with particular care. The enemy endeavors beforehand to chill your heart towards the event being celebrated, so that you will not honor it by whole-heartedly considering its reality. He acts upon us through the weather, or through the food and drink we have taken, or through his own arrows thrown plentifully at the heart and inflaming the entire person, at which time evil, impure and blasphemous thoughts occur to us, and we feel thoroughly averse to the solemnity (of the feast). We must overcome the enemy by forcing ourselves to meditate and pray devoutly.

One parishioner has been asking about Metropolitan Jonah's 60-day leave of absence. The Metropolitan's own words to his Diocese were these: "It is with sadness today that I address you, not because of the content of what I have to say, but because of the manner in which it needs to be said. As many of you know, in line with the longstanding tradition in the church of an intensified prayer life during Lent, I as a diocesan bishop, requested from my brothers on the Holy Synod to set aside a period of time for myself during the Great Fast to spend in personal reflection and renewal. Due to the complexity of my work and travel schedule since my becoming Metropolitan, this will be the first extended period of rest that I have taken in quite some time. I am extremely grateful to my brothers for granting me this request... I had intended, and still plan on doing so, to rest as much as possible during the Great Fast, spending time with loved ones and celebrating and attending the Divine Services at my Primatial Cathedral of Saint Nicholas in Washington.

"However, due to inaccurate reporting on the Internet stating that I had been deposed, that I had resigned, that I am on a leave of absence, rumors that have spread worldwide and have caused great concern among many. I owe you the faithful of this diocese clarification of the facts. I am still your Metropolitan. I am still your diocesan bishop. I am still the active primate of the Orthodox Church in America. The reports are not true. I am merely taking a retreat, a time for reflection. I have requested a time of rest. In line with the Holy Canons, the Statute of the Orthodox Church in America, and the good order of the church, no major decisions will be made without my knowledge and consent. His Eminence, Archbishop Nathaniel will be assisting the officers of the church in day-to-day operations. ..."

UPDATE from Holy Myrrhbearers' Abbess, Igumenia Raphaela

We note the wonderful arrival of Father Thomas Langdon, newly ordained Saint Tikhon's Seminarian (married to Sarah, with 3 teenage daughters) who serves both the Mission and the Monastery for feasts and weekends, Mother Katherine's attending a local retreat last week given by the Otego Methodist Church for area women, where she gave a presentation on the tradition of prayer for Orthodox Women, and my giving retreats in Las Vegas, Dix Hills, NY and one yet to come in Halifax, Nova Scotia.

Two essays (not by me!) have interested us all. Mother Anna and I as recent cancer survivors especially appreciated the recent NY Times article. The other is "Monasteries and parishes — a few observations."

I am working on a couple of essays and we're all working on getting Essays & Notes out again, please God before Pascha, but these are a matter of "progress, not perfection." It becomes difficult now that I have written so many things to know whether I have anything new to say... We haven't heard yet whether SVS Press will actually print my third collection of essays – in the "new economy," some promises can't be kept! We're experimenting with self-publishing our liturgical books – the Horologion for Readers we use in chapel is now in a finished form we can produce ourselves, given the small market for such texts, especially since Father Stephen Loposky and his family got us the wire-o binding equipment to add to our laminator.

We monastics are all surviving and most of the critters as well, with the notable exception of a steer and a cashmere goat, sadly victims (thankfully instant – they didn't know what hit them) a couple of weeks ago of heavy ice and snow on roofs meant to protect them. Since all of you live in the Northeast, I'll spare you further tales of this horrific winter.

Otherwise, not much of note has been happening externally, but we've done some good growing with those things that matter. Susanna, the young British woman who visited for a month last summer is still very much in touch, literally working towards returning and a number of other women are visiting as they discern their vocations. We trust in God's blessing for the future of the monastery.

Please know all of you are in our thoughts and daily prayers – and we trust very much in yours!

With love in Christ – Mother Raphaela and Sisterhood

Chickpea [garbanzo bean] soup, Italian style Serves 4-6

1 onion, diced	1 large can (1lb 13 oz) chickpeas (drained)
1 clove garlic, or to taste	1 ½ can of soup stock (chickpea can)
olive oil	cayenne pepper, black pepper, ground cumin

Sauté chopped onion and garlic in olive oil, add black and cayenne pepper, cumin if desired. After onion is translucent (7 minutes or so), add chickpeas and stock or bullion or water. Bring to a boil and reduce heat – simmer for an hour or until the chickpeas are really tender. Put the soup in a blender or food processor or use an immersion blender until the soup is fairly smooth. Or you can purée half the soup and leave the rest of the chickpeas whole. Serve with olive oil and cayenne on the side and when it's not lent, top with parmesan cheese.

Variant: Cook sliced Crimini mushrooms or other together with the chickpeas. Purée if you like.

Note: I find Goya brand (ethnic foods aisle) chickpeas are the most tender of canned chickpeas. Save money and make the soup from dried chickpeas – follow the info on the package. Hint: when soaking chickpeas, add a tablespoon of baking powder to the water. For Lent – water or vegetable stock – not lent – chicken or beef stock.

Greek Style: cook in water (no broth), add chopped leaves from a bunch of celery, carrot thinly sliced, When the soup is almost finished cooking, prepare a tablespoon flour and the juice of 2 or 3 lemons. When smooth, add a couple of tablespoons of the soup and stir – add to soup and cook 5 more minutes. Stir frequently. Serve with crusty bread and feta cheese.