

ICHC NTKRA SAINTS PETER AND PAUL ORTHODOX CHURCH

A Parish of the Orthodox Church in America
305 Main Road, Herkimer, New York, 13350 • 315-866-3272
Archpriest John Udics, Rector • e-mail: john.udics@gmail.com
Parish Web Page: www.cnyorthodoxchurch.org

GLORY TO JESUS CHRIST! GLORY TO GOD FOR ALL THINGS!

October 23, 2011 Holy Apostle James, Brother of the Lord

October 29 Saturday

October 30 20th Sunday after Pentecost

Divine Liturgy 9:30 am

Great Vespers 4:00 pm

Divine Liturgy 9:30 am

Saints of the Day: Holy Apostle James the Brother of the Lord (63). Translation of the relics of Blessed James of Borovichi, Wonderworker of Novgorod (1540). New Hieromartyrs Priests Nicholas, Vladimir, Alexander, Nicholas, Emilian and Sozont (1937). New Hieromartyr Archpriest Vladimir Ambartsumov of Moscow (1937). Venerable Euphrosyne (1942). Saint Ignatius, Patriarch of Constantinople (877). Venerable Elisha of Lavrishevo, Belarus (1250). Venerable Nicephorus of Charsianos (Constantinople). Venerable Petronius, Disciple of Saint Pachomius the Great (346). Saint Columba of Cornwall, Virgin and Martyr. Venerable Oda of Amay, Foundress of Churches (723). Saint Macarius the Roman of Mesopotamia. Saint Ethelfleda, Abbes of Romsey.

Please remember in your prayers: Mary, Maria, Jackie, JoAnne, Warren, Carol, Mother Raphaela, John, Ada, Priest Sergius, Louellen, Archpriest Jason, Susan, Rea, Daniel, Aaron, Mark, Jennifer, Nina, Nadine, Michael, Gregory, Mykola, Helen, Anna, Isaiah, Archpriest Vincent, Michael, Albert, Nina, Kevin, Robert, Robert, Andrew, David, Warren, Archimandrites Alexander, Athanasy, Isidore, Nectarios, Pachomy.

God Grant Many Years! Prayers for the health of His Beatitude Metropolitan THEODOSIUS for his birthday were offered today at Liturgy and Moleben at the request of Father John Udics.

Memory Eternal. Prayers for the repose of the souls of the Stryjek Family: Harry, Mary, Anna, Katherine and Theodore were offered today at Liturgy and Parastas at the request of Stephania Litwen.

Memory Eternal. Prayers for the repose of the souls of Michael Ciko and Deanna Rosenberg were offered today at Liturgy and Parastas at the request of Helen Ciko.

Memory Eternal. Ninth Day Prayers for the repose of the soul of Anne Bayzon were offered October 19th at Parastas at the request of Mary Jane Chlus.

Memory Eternal. Prayers for the repose of the souls of uncle Hieromonk Sergei (Udics) and Mikhail and Lisa Welle and Taissa Drobish were offered today at Liturgy and Litiya at the request of Father John Udics.

Memory Eternal. Prayers for the repose of the souls of Pulaski Koval, Rebecca Cercio, Mary Slopka, Michael Hawrylchuk, Michael Sokerka, Katherine Sterzin, Michael Sokol, Harry Steckler and Steven Nichols were offered today at Liturgy and Litiya.

"But they that serve the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isaiah 40:31

How's your prayer life? Surely you know that all Orthodox Christians have a prayer life, or 'rule of prayer,' given them by their pastor or spiritual father. When you were a child, you were taught in Sunday School to remember certain prayers. These prayers are with us all our lives. The first, and most important, is the Lord's Prayer, or 'Our Father.' We should know the prayers to the Holy Trinity which are called the "Thrice Holy" prayers ("Holy God, Holy Mighty..."). They begin with the prayer to the Holy Spirit, "O Heavenly King" go through the Thrice Holy and conclude with the Lord's Prayer. We should know by heart Psalm 50 ("Have mercy on me, O Lord, according to Your great mercy..."). We should know the Nicene Creed, and prayers to the Mother of God. We ought to know the prayers before and after meals, so we can properly thank the Lord for our food. All these prayers can easily be found in various prayer books, for example "Orthodox Daily Prayers."

But along with this daily prayer life, we should know and participate in Vespers and Matins (if our parish has it) and the Divine Liturgy. It's not necessary to memorize the service, but we should be familiar with the text and form of these services. This is the real minimum of prayers we should all know by heart.

Finally, we should have a personal or 'private' prayer life, when we can set ourselves before God and talk with Him from our hearts. We should do this a few minutes every day, and include reading from the Bible. Without this minimal prayer life, we cannot expect to be prepared for God to speak with us, lead us, and connect with us. Knowing and Loving God is not automatic, and neither is it something we can watch or observe, but something we must actively pursue and do ourselves, with love and joy and gratitude.

A word from the desert. Whomever the Lord visits with a grievous trial, with sorrow or with the deprivation of a beloved neighbor, such a person will involuntarily pray with his whole heart, with all his thoughts and with all his mind. Consequently, the wellspring of prayer is in everyone — it is tapped either by gradually delving deeper into oneself in accordance with the teachings of the Fathers, or instantaneously, thunderstruck by God's piercing to the core of the soul.

Elder Leonid of Optina (1768–1841)

A word from the desert. Piamoun was a virgin who lived with her mother spinning flax and eating only every other day at evening. She was deemed worthy of the gift of prophecy, a case in point being the time the river overflowed in Egypt and one village attacked another. They were fighting about the water distribution and this resulted in blows and even murder. A more powerful town attacked her village, and a crowd of men was coming with spears and cudgels to devastate her village.

An angel appeared to her and revealed their attack. So she sent for the elders of the village and said to them, “Go out and talk with those who are coming here from that village, lest you all die along with the populace, and tell them to put an end to their hatred.”

Now the elders were afraid, and they fell at her feet, begging her, and said, “We cannot come to an agreement with them, for we know their drunkenness and frenzy. But if you have mercy on the whole town and your own home, go out and make peace with them yourself.” She did not agree to this, but she did go to her own abode and she stood all night praying, never bending her knees. She besought the Lord, praying, “Lord, who judges the world, whom nothing unjust pleases, now when this prayer reaches You, may Your power fix them to the place wherever it may find them.”

And long about the first hour, when they were about three miles away, they were fixed to the spot and could not budge. It was made known to them that this hindrance was due to her intercession. So they sent to the village, suing for peace, making it clear that this was “because of God and the prayers of Piamoun, for they stopped us.”
Palladius, *Historia Lausiaca* 31

A word from the desert. Abba Ammonas was asked, “What is the ‘narrow and hard way?’” (Matthew 7:14) He replied, “The ‘narrow and hard way’ is this, to control your thoughts and to strip yourself of your own will, for the sake of God. This is also the meaning of the sentence, ‘Lo, we have left everything and followed you.’” (Matthew 19:27)

FOR YOUR CALENDARS!

Newsletters 2012. Sponsors for parish Newsletters for 2012, please sign the sheet at the candle desk.

October 23, **TODAY: Harvest Dinner:** pork roast, veggies, mashed potatoes, kielbasa/kraut, salad, dessert.

→ changed October 28: **Bazaar** (November 19): **Perogie making** starting at 9:00: kraut plugs

→ changed October 29: **Bazaar** (November 19): **Perogie making** starting at 9:00: pinch kraut perogi

October 30: Sunday Breakfast at Coffee Hour

→ October 31: Monday – activities rescheduled

November 12: **Bazaar** (November 19): **Perogie making** starting at 9:00: potatoes

November 12: “The Art and Techniques of Orthodox Choral Singing.” Saint Basil Church. 9am – 3pm

November 14: **Bazaar** (November 19): **Perogie making** starting at 9:00: pinching

November 17, Thursday: Please bring the cookies you baked to Church.

November 18, Friday: Trays will be put together

November 19, Saturday: **Bazaar** starting at 11

November 20: **Parish Council Meeting** (Third Sunday of the Month)

November 27: Sunday Breakfast at Coffee Hour

Gold Plating. In time, church goods made of gold or gold plate pit, blacken and need re-plating. There are two crosses, three communion cups and a small plate which need to be re-plated. Donors for part of the cost of this work, please contact Father John. Collected so far: \$50.00. That won’t go very far...

A message from Barbara Daley. “Thank you to all who made our 2011 Pierogi Fest possible. All who made pierogi and those who worked at Pierogi Fest, your help was greatly appreciated. Profit was nearly \$2500. Pierogi Fest would also like to thank our sponsors: Obreza Trucking, Weisser's Jewelers, Enea Funeral Home, Iacovozzi Funeral Home, Fenner Funeral Home, and Prescott Klossner, Attorney. If you have a chance to see or patronize these businesses, please thank them for their support for this wonderful event. We hope it continues for many years to come and becomes bigger and better. Thanks again for your help and support. “

Pumpkin-Carrot Soup with Ginger

Ingredients:

1 medium pumpkin or 3 large cans pumpkin,
(NOT pie filling) (or 2 or 3 butternut squash)

2 lb carrots

1 or 2 onions

vegetable or chicken stock

grated or powdered ginger

2 Tbsp vegetable or olive oil + knob of butter

2 tsp of paprika powder

heavy cream or crème fraîche (optional)

finely chopped parsley (optional)

canned whole-kernel corn (optional)

cooked rice – white or brown (optional)

Method: Cut, peel and clean the pumpkin (or squash). Cut into small pieces. Chop the onion. Heat vegetable oil in a large saucepan. Peel, clean and cut the carrots into small pieces or use prepared ‘baby’ carrots. Cook carrots in the hot oil at medium heat for about 5 minutes. Add onions, pumpkin and ginger, cover and cook everything for 15 minutes on medium-low heat or until the carrots and the pumpkin are softened – not mushy. Add vegetable stock and bring to a boil. Reduce heat and simmer for 30 minutes. In a food processor or with an immersion blender blend the soup until the texture is velvety smooth. Add salt, pepper and paprika (if desired). Add corn and cooked rice, as desired. Serve with a little heavy cream or crème fraîche and chopped parsley (optional). Soupy or thick, you might also add diced or shredded ham. Butternut squash (2 or 3) instead of pumpkin is just fine. It might be interesting to try this recipe with bacon fat rendered to replace the cooking oil. If you like spicy food, it might be interesting to make this with curry powder and a dash of cayenne pepper.