



## Saints Peter & Paul Orthodox Church

305 Main Road, E. Herkimer, NY 13350 . (315) 866 3272  
Rev. Fr. James Worthington, Rector

In proportion as the body grows fat, so does the soul wither away.

- Abba Daniel of Sketis

June 17, 2010

Martyrs Manuel, Sabel and Ismael

Re: Coffee Hour guidelines during a fasting period.

In keeping with our traditions as Orthodox Christians, we fast several times throughout the year. Accordingly, there are some things which ought not be served during Coffee Hour during these seasons. These include:

- ❖ Any meat products
- ❖ All dairy products – including cream, cheese, cream for coffee, milk, cheeses and butter

Fasting periods are


- ❖ Great Lent, starting from Meatfare
- ❖ Apostle's Fast, starting after Pentecost until our Parish Feast Day
- ❖ Dormition Fast, August 1 to 15
- ❖ Nativity Fast, November 15 to December 25
- ❖ Holy Days: Theophany Eve, Exaltation of the Cross, Beheading of John the Baptist

Margarine and Non-Dairy Creamer are acceptable substitutes. It would be good during these times, if you are so inclined, to provide something extra, to offer fruits and vegetables and other healthy foods. If you have any questions, please contact Fr James at any time, or see him when you are able.

*Fr James*

Fasting is one of our greatest weapons against the Evil One. I will repeat what Father Lazarus told me once. He used to say: "Go anywhere you like, do whatever you like, as long as you observe Fasting"... Because not a single arrow of the Evil One can reach you when you fast. Never.  
— Ascetic of Love, the biography of Mother Gavriila

Once there came to him a mother who was concerned about how she might arrange the best possible marriage for her young daughter. When she came to Saint Seraphim for advice, he said to her: "Before all else, ensure that he, whom you daughter chooses as her companion for life, keeps the fasts. If he does not, then he is not a Christian, whatever he may consider himself to be  
— The Ladder of Divine Ascent, Metropolitan Philaret


**Mark Your Calendars!**  
**Greek Food Fest 2010**  
**At Sts. Peter and Paul Orthodox Church**  
*Delicious Authentic Greek Food prepared by a Greek Chef!*

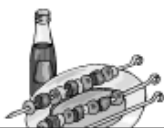
Date: Saturday, August 21<sup>st</sup>  
Time: Beginning at 11 AM

**Eat-in or Take Out Dinners or A la Carte**

**Menu:** Gyros  
 Shish Kabobs  
 Greek Salad  
 Spinach Pies  
 Stuffed Grape Leaves  
 Pastitsio  
 Moussaka  
 And Homemade Greek desserts

**Raffles! Church Tours! Greek Music!**

For more information or to help out, call 823-7694  
 Ask about sponsoring an ad for your business or family in our  
**Event Booklet!**



## Iconography Workshop

This year at Holy Trinity Monastery and Seminary from the 19<sup>th</sup> to the 24<sup>th</sup> of July, renowned iconographer Philip Davydov will teach an intensive iconography workshop. This has been held before and has received a positive opinion from the Seminary. If someone from the parish is interested to participate this workshop, please see the information on the Seminary website –

<http://www.hts.edu/seminary/announce/en/20100719.html>

### Ephesians 5.22 - 33: Taking the Family Seriously

Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Therefore, just as the church is subject to Christ, so *let the wives be* to their own husbands in everything.

Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself... For we are members of His body, of His flesh and of His bones. *"For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh."* This is a great mystery, but I speak concerning Christ and the church. Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects *her* husband.

**Ss Peter & Paul Orthodox Church Presents:**

**"We Praise God"**

A Vacation Church School Program (July 12- July 16, 9-12 Noon)  
Grades Pre-K to 8

Registration Form

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Allergies?: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Emergency Phone Number: \_\_\_\_\_

Will your child need transportation?: \_\_\_\_\_

\_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent volunteers and teen junior counselors are welcome to participate.

Snacks will be provided.

The children will be participating in the Liturgy on Sunday July 18<sup>th</sup>, so please encourage friends and family to attend.