



Now when He got into a boat,
His disciples followed Him.
And suddenly a great tempest arose
on the sea, so that
the boat was covered with the waves.

But He was asleep.
Then His disciples came to Him
and awoke Him, saying,
"Lord, save us! We are perishing!"
But He said to them,
"Why are you fearful, O you of little faith?"

Then He arose
and rebuked the winds and the sea,
and there was a great calm.
So the men marveled, saying,
"Who can this be,
that even the winds and the sea obey Him?"

Matthew 8:23-27

Saint Paul the Apostle Orthodox Church

24 BURKE ROAD

FREEHOLD, NJ 07728

Sunday Of Regional All Saints

June 6, 2010

**Father Robert E Lucas, Pastor; Subdeacon Daniel
J. Korba and Nikitas Tsokris, Cantors**

Rectory 215-862-9227; Parish Center 732-780-3158

We Are A Stewardship Parish Of Time, Talent and Treasure

The mission of our parish faith community is to teach the Gospel message in the rich tradition of the Orthodox Church; to enable people to reflect the image of Jesus Christ in every day activities of life; to offer spiritual formation through changing times; and to celebrate community among Orthodox believers in our Freehold area. We of St. Paul the Apostle Parish dedicate ourselves to maintaining the sanctity of worship and spiritual enlightenment in a family environment that reaches and involves all ages and unifies all people. We believe in the spirit of ecumenism in which we share our faith by word and example and extend our spiritual insights to all people.

We accept the responsibility of Christian Stewardship that through generous giving we may all experience a faith communion with Christ as the Center of our lives.

We dedicate ourselves to insuring the well-being of all people so that we may truly experience the message of Christ's salutary gospel.

We are a beacon on a hill with the eyes of many upon us; that beacon is the inspired Light of Christ which must shine brightly in our lives.

It is not ourselves we preach but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. For God, who said, 'Let light shine out of darkness,' has shone in our hearts, that we in turn might make known the glory of God shining on the face of Christ. This treasure we possess in earthen vessels to make it clear that its surpassing power comes from God and not from us. We are afflicted in every way possible, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in us 2 Corinthians 4: 5 – 8.

GLAD TIDINGS

+++ **We have festal anointing on the occasion of today's simple feast of Regional All Saints. The customary greeting is "Christ Is Among Us!" to which we respond, "He Is And Shall Be!"**

+++ **We find ourselves in the Apostles Fast which concludes on the feast of the Prime Apostles, SS. Peter & Paul, celebrated June 29. For the success of our parish spiritual growth, we ask our faithful to devotedly observe the prescription of the season by fasting from meat products until the feast day is celebrated.**

+++ We remind our faithful that at the last Diocesan Council this past summer, the Diocesan Dues were raised, due to inflation and need, from the past ~~\$50.00~~ per adult individual, eighteen years and older, to ~~\$60.00~~ per year. Our envelope offering system still has the old amount on it, so please disregard that figure and make your offering according to the new mandated amount. If this offering was made in the old amount, please correct it by submitting the additional amount with a notation on the envelope because the parish must send the entire amount to the diocesan chancery.

+++ The next and last Pirohi Sale for the season will be this Saturday, June 12. If we receive large orders, we will call and invite workers to come Friday as well. Please secure orders, come and assist in making them and delivering them as well.

+++ The sign-up sheet for both the Web Site and Bulletin sponsors is on the bulletin board in the kitchen. Please sign up as soon as possible. Do NOT make payment until your sign-up month has arrived. This will make it easier for Father to keep track of payments. Thanks in advance to all who support the parish in this way.

+++ We offer thanks to the Blessed Trinity for inspiring generosity in the souls of our faithful and the blessing of abundant grace in our midst with the offering received this past week-end: Tithe Offering, ~~\$455.00~~; Candles, ~~\$16.00~~; Food Coupons, ~~\$500.00~~; Pentecost Offering, ~~\$5.00~~; Diocesan Dues, ~~\$120.00~~; Bulletin, ~~\$25.00~~; Kitchen, ~~\$1947.00~~, for a total of ~~\$3068.00~~. We express our profound gratitude to the parishioner communicants who offered their God-given treasure for the sake of the Lord and the good of our parish. God bless and reward you good and faithful souls! The attendance was 41 adults and 13 children last Sunday.

+++ As faithful believers, we intercede and associate ourselves in prayer with the following who have prayed and offered seven day lights for their intentions: Father Lucas, Pani Lucas, +Paul Szmaida, Debra Szmaida, Maria Idromenos, Anna Zacharyczuk, Marilyn Korba, Maria Garcia, Kent Pasquino, Kyle Pasquino, and Pani Buletza.

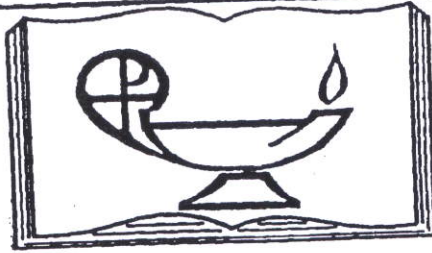
+++ We make a **PENNIES FROM HEAVEN** Canister available for our faithful to bring in pennies for our altar and its appointments. We are already in receipt of ~~\$1572.00~~ from this apostolate. Even your pennies can help and are a blessing to our parish.

+++ For the expansion of our much needed parochial facilities, our parish pledge support to date totals ~~\$104,715.00~~. As we thank the Lord for inspiring generosity in the hearts of our faithful, we also thank the donors for accepting the challenge of the Lord in building up His Body. We cordially invite and look forward to receiving additional and increased pledges from all our devoted parishioners.

+++ Please check the Sign-Up-Sheet for the weekly Christian Fellowship for the coming weeks. Simple foods without need for preparation are the best. Marilyn Korba coordinates this vital apostolate. Please assist her in making it a success by bringing your donation early so that all are present at the worship of our God.

+++ Be certain your child attends the spiritual formation classes held each Sunday following the Divine Liturgy. We make a serious attempt to share the love of our Lord with all.

LORD



TEACH
US

Do Not Be Anxious

Fear not, stand still, and see the salvation of the Lord Exodus 14: 13.

Yes, though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff they comfort me Psalms 23: 4.

I sought the Lord, and he heard me, and delivered me from all my fears Psalms 34: 4.

Do not be vexed over evildoers nor jealous of those who do wrong Psalms 37: 1.

Why are you cast down, o my soul? and why are you disquieted within me? Hope in God. Psalms 43: 5.

Behold, God is my salvation; I will trust and not be afraid Isaiah 12: 2.

The Lord shall give you rest from your sorrow and from your fears Isaiah 14: 3.

Fear not for I am with you Isaiah 41: 10.

Fear not for you shall not be ashamed; neither be confused; for you shall not be put to shame Isaiah 54: 4.

Take no thought for your life, what you shall eat, or what you shall drink, nor yet for your body, what you shall put on. Is not the life more than the meat, and the body more important than its clothing Matthew 6: 25?

WISDOM! BE ATTENTIVE

The stone was sealed by the Jews, soldiers guarded Your most pure body! And You, O Saviour, arose on the third day granting life to the world. The heavenly powers acclaimed You, O Giver of Life: Glory to Your Resurrection, O Christ! Glory to Your majesty. Glory to Your plan of salvation. You alone love mankind Troparion, Resurrection Tone One.

You, being God, arose in glory from the grave, raising the world with You. Mankind praises You as God; Death reigns no more. Adam sings with exultation, O Lord; Eve freed from bondage cries joyfully: O Christ, it is You Who gives Resurrection to all! Kontakion, Resurrection Tone One.

May Your kindness O Lord, be upon us who have put our hope in You! Prokimenon, Resurrection Tone One.

Let us sing a hymn of praise to the Lord; He freely was crucified. He suffered and was buried for us; He arose from the dead. Let us all say: O Christ, confirm Your Church in the Orthodox faith. Give us Your peace. You are gracious and You love mankind Vesper Hymn, Tone One.

The prophecy of Isaiah has been fulfilled in you, o Virgin! You have given birth, and after birth you remained the same. The Lord born of you is God; He has renewed all creation. Do not reject the supplications we offer to you, O Mother of God. You have carried the compassionate Lord; have pity on those who come to You. Intercede for the salvation of our souls Vesper Hymn, Tone One.

Let creation rejoice; let the heavens be glad. Let all people cheerfully clap their hands. Christ our Saviour has nailed our sins to His Cross. He has crushed death by His death. He has granted life to us by raising Adam; he alone loves mankind Vesper Hymn, Tone One.

Let us sing a hymn of praise to the Word. He is co-eternal with His Father. He was born of the Virgin in a wondrous way. He freely accepted crucifixion and death for us. He arose in glory. Let us all say: Glory to You, O Lord, Life-giver and Saviour of our souls! Vesper Hymn, Tone One.

IF
ANYONE
WANTS TO COME
WITH ME,
HE
MUST
FORGET HIMSELF

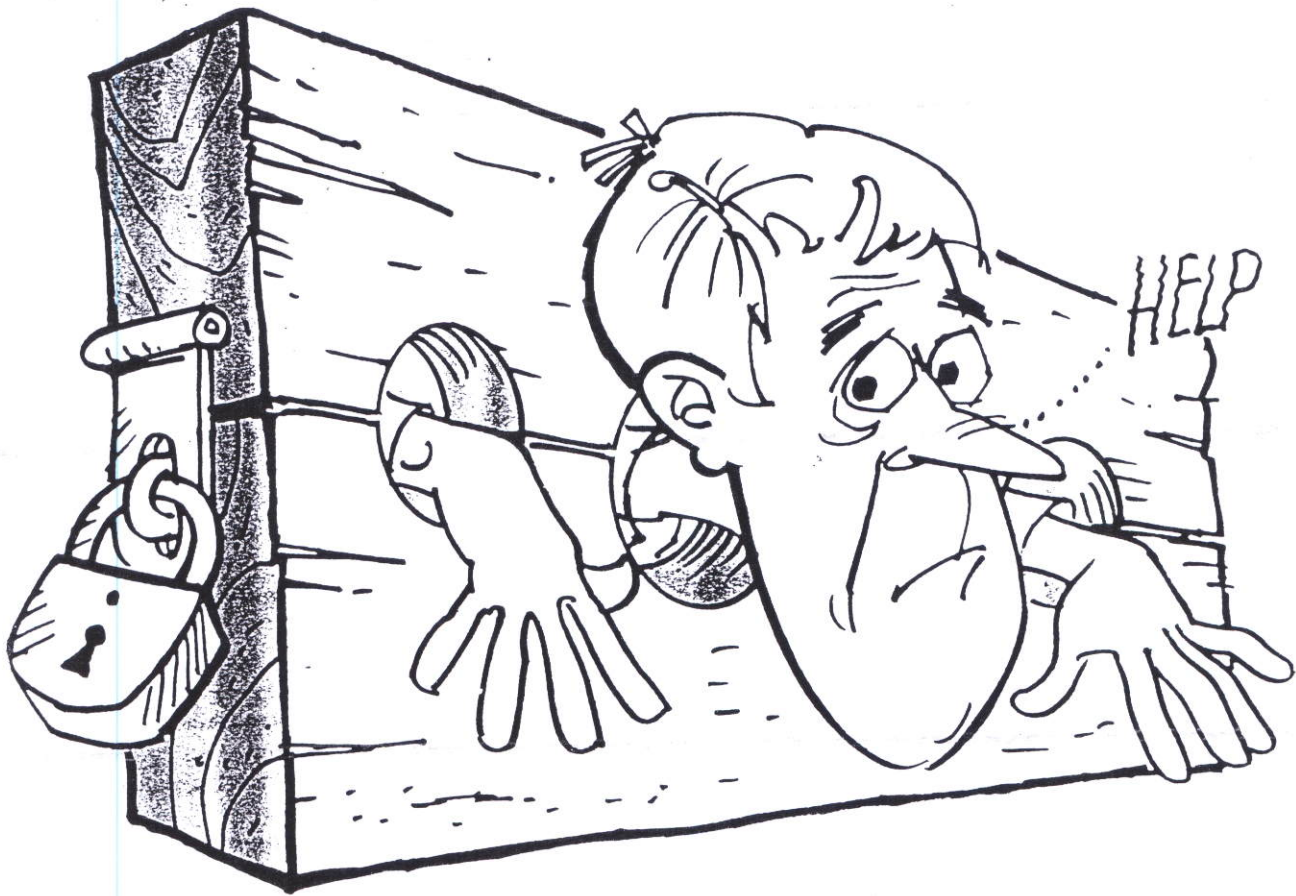


Simon Peter, the big fisherman, has a great appeal to all of us. We can get a lot of encouragement from Peter as we watch him trying so hard to be a disciple, stumbling, falling down, picking himself up again, experiencing forgiveness and moving forward. Go into your imagination and put yourself in the person of Peter. What would it be like to completely change your vocation and life's work? To leave everything that was familiar and secure and take up a whole new life. Think about it, from the moment Jesus called him, Peter dropped what he was doing and followed the sacred man from Galilee. He was with Jesus when He healed the blind and the epileptics. He was with Jesus when He was Transfigured. He was with Jesus when He celebrated the first Eucharist. And even though he walked away out of fear during the crucifixion, he allowed himself to be forgiven, and become the great leader that Christ needed to carry on the mission of spreading the Good News of God's unconditional love and acceptance of His people.

It was through spending time with Jesus that Peter was able to discover the true identity of Christ. It was through spending time with Jesus that Peter was able to experience the acceptance of God even though at one point in time his fear overwhelmed.

Now there is something about Peter and his relationship with Jesus that is very important to us. It goes without saying that we are not to imitate Peter for then we cease being ourselves. We can however, look at Peter's life and by seeing how God re-created him, come to a greater awareness of God's life-changing power at work within ourselves.

The question we need to ask ourselves is not whether God avails His power to us, but rather do we avail ourselves to His power?



It must have been a humiliating experience to be placed in the stocks for sinning and committing crime in colonial America. How many times is our Lord shown forgiving sin and curing faithful people and then seriously reminding them, "...sin no more lest worse things befall you" John 5: 14. Far worse than temporary embarrassment is eternal perdition. St. Paul reminds us in the event we conveniently forget, "When you were slaves of sin, you had freedom from justice. What benefit did you then

enjoy? Things you are now ashamed of, all of them tending toward death. But now you are freed from sin and have become slaves of God, your benefit is sanctification as you tend toward eternal life. The wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord" Romans 6: 20 - 23. How fortunate and blessed is the Orthodox Christian who avails himself of the sacramental Mystery of Reconciliation to hear "...neither do I condemn you, sin no more..." John 8: 11.

Things You Can Do To

Promote Vocations To The Priesthood, Diaconate and Religious Life...



"The harvest is truly plentiful but the laborers are few. Pray, therefore, the Lord of the harvest that he send laborers into his harvest."

Matthew 9:37-38



Prayer for Seminarians

Christ, our Saviour, we place our Seminarians in Your loving care. Help them grow in humility, meekness and prudence. Enkindle in them a burning zeal for souls. May their hearts be filled with gifts of the Holy Spirit and may they learn to know and love the Church so that they may always and everywhere think, speak and act with Her, the glorious Body of Christ. May they become exemplars of generosity of soul and detachment from the things of the world. But above all, help them to truly know, love and serve You, the Eternal High Priest, Lord and Saviour Jesus Christ, Whose priests they aspire to become. Amen.

Praying for vocations is a most important task in the life of our Church today. Your prayers will play a very important role in helping men and women hear God's call in their lives.

The gospel of St. Matthew tells us that Jesus, at the sight of the crowd following Him, was moved to pity, for they were like sheep without a shepherd. Turning to His disciples, Jesus said, "The harvest is truly great, but the laborers are few. Pray, therefore, the Lord of the harvest that he send laborers into his harvest" Matthew 9: 37, 38.

It might seem strange that we should be asked to pray to the Owner of the harvest field to send workers into His own fields. Jesus, though, is making two points here: God wants us to share in the responsibility of providing shepherds to His people and this collaboration is defined primarily in terms of intercessory prayer.

Each believer ought to feel the responsibility for fostering future leaders of the Church, dedicated to serve God's people. While it may not be possible for many to be directly involved in helping others pursue a true vocational ministry, all can and should pray for their intentions, because prayer is an invisible but essential element in the process.

This week you are asked to pray and meditate about vocations. May the merciful Lord bless you as you pray to send laborers to His vineyard!

Pray for an increase of vocations in our diocese.

Make a sacrifice or fast on certain days during the week for vocations.

Go to church during the week to pray for vocations, your parish priest and any other priests, deacons or seminarians you may know.

Read the Scriptures daily.

Pray that our God will ask your own children, grandchildren, relatives or friends to follow His Son and our God as a priest, brother, deacon or nun.

Pray for strength for all priests, brothers, deacons and nuns to persevere and grow in their vocation.

Pray for our seminarians that God will grant them the strengthening grace to continue in their preparation for the priesthood.

Invite your priest or a deacon or a seminarian you may know into your home for a visit with your family.

Write a note to a priest, a deacon, a seminarian, or a nun and thank them for the times they touched your life in a special spiritual way.

ORTHODOX LANGUAGE

Antidoron The original Greek means “instead of the gift” and represents the small pieces of blessed altar bread distributed to the faithful after the celebration of the Divine Liturgy as they venerate the hand cross prior to leaving the church. Originally it was given only to those who could not receive communion, but in time it became a practice for it to be offered to all in attendance.

Canonization The official declaration by competent Church authority that a departed Christian of attested virtue has been glorified by God as a saint, to be honored as such and worthy of imitation by faithful believers. A feast day is assigned, usually the day of entrance into eternity and a liturgical office is composed along with an icon written for veneration. Autocephalous Churches have a right to canonize saints in Orthodoxy.

Chrism Sanctified oil composed of myriad ingredients and fragrances which is prepared for consecration on Holy Thursday by heads of autonomous and autocephalous Churches for distribution to diocesan bishops who in turn make it available to parish priests for use in the sacramental Mystery of Chrismation. We receive our Holy Chrism from the Ecumenical Patriarchate.

Crozier The pastoral staff of a bishop which signifies his responsibilities as a shepherd of Christ and his authority to spiritually govern his entrusted flock.

Equal To The Apostles Spiritual honors bestowed upon particular saints such as SS. Cyril & Methodius in recognition of the extraordinary grace they received from God for their missionary work in the Church.

Excommunication A penalty or censure by which a baptized communicant is excluded from the communion and fellowship of the Church for committing and remaining obstinate and obdurate in certain serious sins. Church members excommunicate themselves personally by absence from the sacramental Mysteries contrary to Church Law.

Filioque A Latin word meaning “from the Son.” Its theological reference is to the procession of the Holy Spirit from the Father and Son which is contrary to God’s Revelation and beyond truth. It was added to the Creed in the West through the instigation of Charlemagne, even though, there is a cast silver plaque with the original Creed minus this addition in St. Peter’s Basilica in Rome, placed there at the height of the controversy, but thereafter ignored.. This addition inserted unilaterally without benefit of an Ecumenical Council became one of the main causes of the schism between Rome and Orthodoxy.

Did You Know That ...

...Orthodox Christians are not a people who wish to go to the Promised Land without making promises?

...Orthodox Christians have a right to do as they please, so long as they please to do right?

...an abject failure is the man who goes through life earning nothing but money?

...leaders are readers?

...we should gladly give advice; but if people do not listen, let adversity teach them?

...difficulties make a jewel out of you?

...when you come to a roadblock, take a detour?

...you will never find a better sparring partner than adversity?

...if you are willing to work with the grace of God, it is possible to do whatever you choose?

...sympathy sees and says, "I'm sorry," but compassion sees and says, "I'll help"?

...if all else fails, try following God's directions?

...there is a tremendous difference between good sound reasons and reasons that sound good?

...to rise to the top, you must first get to the bottom of things?

...some people cause happiness wherever they go; others cause happiness whenever they go?

...the length of life is far less important than its depth?

...the problem with some folks is that they would rather pray for forgiveness than fight temptation?

VESPER VERSES ACCORDING TO THE EIGHT TONES

TONE 1

1. Receive our evening prayers, O Holy Lord.
Grant us remission of our sins.
You alone have revealed the resurrection to
the world.
2. All you nations encircle Sion;
Dance merrily round about her.
Give glory to the Lord risen from the dead.
He is our God.
He has delivered us from our sins.
3. Come all you nations,
Let us sing a hymn of praise to Christ.
Let us worship Him.
Let us glorify his resurrection.
He is our God :
He has delivered the world from the deceit of
the enemy.
4. Rejoice you heavens;
Sound the trumpet you foundations of the
earth.
Mountains, shout your mirth aloud.
Emmanuel has nailed our sins to the cross.
The Giver of Life has destroyed Death by
death.
He has raised Adam
For he alone loves mankind.
5. Let us sing a hymn of praise to the Lord;
He freely was crucified.

He suffered and was buried for us;
He rose from the dead.
Let us all say :
O Christ, confirm your Church in the true faith.
Give us your peace.
You are gracious and You love mankind.

6. Let us, although we are unworthy,
stand at your life-giving tomb, O Christ, our
God.

Let us give glory to your loving kindness.
Although sinless, you were crucified and died.
You granted resurrection to the world.
You alone love mankind.

7. Let us sing a hymn of praise to the Word.
He is co-eternal with his Father.
He was born of the Virgin in a wondrous way.
He freely accepted crucifixion and death for us.
He rose in glory.
Let us all say : Glory be to You, O Lord,
Life-giver and Savior of our souls!

8. Glory be to the Father ✝, and to the Son, and
to the Holy Spirit, now and ever and
forever. Amen.

Let us sing a hymn of praise to the Virgin.
She is the glory of the whole world.
Formed by human seed, she became the mother
of the Lord.
She is the gate of heaven, beauty of the
faithful.

She was seen as heavenly; the tabernacle of
the Divinity.

She tore down the wall between God and men.
She brought peace and opened the Kingdom
of Heaven.

Let us hold fast to her, the anchor of faith.

Let us receive as our stronghold the Lord

Who was born of her.

Be of good cheer, have confidence, people of
God.

He will fight our enemies for us;

He is all-powerful.

At the Apostichon

1. By your suffering we have been saved from
suffering, O Christ!

By your resurrection we have escaped corrup-
tion.

O Lord, glory be to you!

2. Let creation rejoice; let the heavens be glad.

Let all people cheerfully clap their hands.

Christ our Savior has nailed our sins to his
cross.

He has crushed Death by his death.

He has granted life to us by raising Adam;

He alone loves mankind.

3. O Creator, King of heaven and earth,

You alone love mankind.

You freely accepted crucifixion.

When the Abyss received you, it moaned.

When the souls of the just met You, they
rejoiced.

Adam awoke and rose when he saw You.

What a wonder!

The Life of all freely tasted death.

He enlightened those who cry out :

O Lord, risen from the dead, glory be to You!

4. The faithful women who carried spices

Weeping hastened to your tomb.

They could not find your body.

They learned from the angel great and wondrous news.

They told the disciples :

“ The Lord is risen granting great mercy to
the world. ”

5. Glory be to the Father ✙, and to the Son, and
to the Holy

Spirit, now and ever and forever. Amen.

The prophecy of Isaiah has been fulfilled in
you, O Virgin!

You have given birth, and after birth you
remained the same.

The Lord born of you is God;

He has renewed all creation.

Do not reject the supplications we offer to
you, O Mother of God.

You have carried the Compassionate Lord;

Have pity on those who come to you.

Intercede for the salvation of our souls.



Birthday
Wishes!

We are pleased to greet those of our faithful communicants who celebrate their birthday this month. Our Lord has offered these souls yet another year of blessed life. The most obvious way He blesses us and participates in our life is by sharing his divine life with us in the Eucharist at the celebration of the Divine Liturgy. Thus we gather together and offer thanks for yet another year of life blessed by his most gracious hands. Today, we prayerfully remember in the Divine Liturgy the following souls who celebrate their birthday during this month:

June 4 Alexander Lucas Choti

June 5 Mary D. Demyan

June 14 Austin J. Sarte

June 15 Miguel A. Garcia

June 18 Sophia Rose Choti

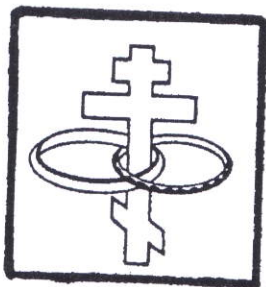
June 22 Kyle Pasquino

June 26 Nadya Alexandra Choti

June 29 Angeliki Tsokris

With a prayerful heart and grateful soul, our parish faith community asks the Lord to continue to bless these birthday celebrants with good spiritual and physical health for the coming year. We invite all to add their personal intercessory prayers so that with one voice and one heart we may also participate in the grace and joy of their celebration. As we wish them a happy and blessed celebration of their birthday, our ardent prayer resounds that the Lord our God will continue to bless them for

Many and Blessed Years!



WEDDING ANNIVERSARIES

The Byzantine Fathers of the Church were wont to emphasize how ancient and how venerable marriage is in the sight of our God because it was established yet in paradise before the fall of Adam and Eve and brought to blessed perfection by Christ in Cana of Galilee. Its grace survived the sin of our first parents and it remains a sign of the presence of the Holy Trinity in our midst. It is a living symbol of the deep and abiding love between Christ and His Bride, our blessed Church. It is characterized in the liturgical life of the Church as a happy martyrdom. And it is precisely for this reason the sacramental Mystery of Marriage is such a joyous event. On the third Sunday of this month, we honor those of our good parishioners who observe their marriage anniversaries this month of June. They are specially remembered in the celebration of the Divine Liturgy and subsequently receive an individual and personal blessing of the Lord at its conclusion. Celebrating this month are:

June 1 William & Helen Karpiak

June 9 George & Debra Szmaida

June 13 Father Robert E & Pani Marlene Lucas

We gratefully give thanks to the Blessed Trinity for having guided and strengthened the marriages of these believers, and their cooperation with sacramental grace to remain faithful to one another over the years. Like all who are faithful to Christ, they recognize the presence and necessity of the Holy Spirit not only in the marriage, but in subsequent family life as well. As we praise our God for their witness in our midst, let us also join them with our prayers and thanksgiving before the throne of the Lord. May they continue to praise His Holy Name by their love and devotion to one another for

Many and Blessed Years

THE ONE WHO STILLS THE STORMS OF LIFE

The Sea of Galilee is a beautiful body of water. It has long been a favorite spot for fishermen, who have been known to fill their nets with an abundant "catch." Today, it is a popular recreational area, with luxury resorts dotting its shores. But sailors beware! Fierce storms frequently form in the Sea of Galilee, and its calm, serene waters can turn deadly with little or no warning.

The Gospels tell of one such occurrence when our Lord and His Apostles were crossing over to the country of the Gergesenes. The evening sail was so peaceful that our Lord fell asleep! Suddenly, "a great tempest arose on the sea." The Apostles were in a state of panic, for their fishing boat was being tossed about and the waves were threatening to cause their vessel to capsize. It is no wonder that the Apostles cried out: "Lord, save us! We are perishing!" With a few mere words, however, Christ was able to still the waters. While Jesus chided His Apostles for their lack of faith, they marveled at the incredible power of their Master, Who controlled the winds and the sea.

Yes, this Gospel lesson points out the might of our Lord. Truly ours is an awesome God. But there is another message to this amazing tale. There are times when we find ourselves tossed about by the "sea of life." We find ourselves in situations where we appear to be terribly overmatched. Where do we go for help? Who will assist us? It is in such moments of spiritual and emotional peril that we must turn to the same Savior Who said "Be still" and caused the storm to subside. Christ can deliver us from any trial and tribulation that we face. All we need to do is cast aside our fears and show our faith in Him.

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