



LENT IS A TIME FOR
FORGIVENESS

Saint Paul the Apostle Orthodox Church

24 BURKE ROAD

FREEHOLD, NJ 07728

Fifth Sunday of the Great Fast

April 10, 2011

**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

+++ The Scripture Study Class meets on Tuesdays at 11:00 AM to 1:00 PM. Please come and join us by investing time in learning our precious faith so we can better enjoy and live it! The public is invited to participate with us, so invite a friend or neighbor. In preparation for this week, please read the nineteenth to twenty-first chapters of the Book of Genesis.

+++ On Saturday at 9: 00AM we celebrate the Resurrection of Lazarus. Please come and join us in prayer and praise.

+++ Today at 9: 15 AM we celebrate a Forty Day Memorial Service for the repose of the soul of +Paul Pallas. We pray the merciful Lord continues to comfort his beloved wife, Eleni and children in their loss and that He creates for the soul of +Paul a blessed repose and Eternal Memory!

+++ We acknowledge with deep gratitude the generous and kind offering this past week of gifts to the parish in the amount of \$65.00 in blessed memory of our beloved departed parishioner, +Paul Pallas. We pray the merciful Lord provide a blessed repose for the soul of +Paul and grant him Eternal Memory as we thank the generosity of these gracious souls. Any others who would like to join this exclusive list, please see Father as soon as possible.

+++ Next Sunday is the feast of our Lord's Entrance into Jerusalem. Psalms and Pussy Willows will be blessed and distributed. A special offering is taken on this great holyday. Please be generous.

+++ We have received recently \$40.00 as gifts to the church from our parishioners in blessed memory of our beloved +Metropolitan Nicholas. We thank the gracious souls who made the offering and continue to pray the merciful Lord provide blessed repose to the soul of +Metropolitan Nicholas and create for him Eternal Memory!

+++ A Donor/sponsor is needed for the candles for the coming feast of the Resurrection. The offering is \$125.00 and may be given in thanksgiving for blessings received or in blessed memory of a departed soul. Please see Father.

+++ We invite all to participate in the blessed grace of this sacred season as we celebrate the Presanctified Gifts Liturgy Friday evening at 7: 30 PM. Father is preaching on persons surrounding the Cross of the Lord.

+++ 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: Tithe Offering, \$[REDACTED]; Candles, \$[REDACTED]; Food Coupons, \$[REDACTED]; Kitchen, \$[REDACTED]; Self-Denial, \$100.00; Holyday, \$[REDACTED]; Flowers, \$[REDACTED]; Bulletin, \$[REDACTED]; Website, \$[REDACTED]; Pennies From Heaven, \$[REDACTED]; Building Fund, \$[REDACTED], for a total of \$[REDACTED]. We express our profound gratitude to the parishioner communicants who offered their God-given treasure and labored 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.

+++ The Special offering for the beautification with flowers of our parish church for the forthcoming feasts of the Entrance of our Lord into Jerusalem, Passion Week and the glorious Resurrection was this past Sunday. If you were not with us, you may still make an offering for this purpose..

+++ 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, Louis Pasquino, +Paul Szmaida, Debra Szmaida, George Idromenos, Kent Pasquino, Kyle Pasquino, Bob Gorbich, Anna Zacharyczuk 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 **\$1614.00** 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 **\$107,843.00**. 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 be certain to see **Helen Karpiak** or a member of the Parish Council if you would like to help our parish by using **Shop Rite Food Coupons** available in \$20.00 denominations. We invite **ALL** to be caring and supportive and use Grocery Coupons for food shopping as we have gratefully realized **\$5250.00** on this project to date!

+++ **The Clothing Drive** is a permanent on-going project in our parish. Please bring any type of clothing and fabrics along with stuffed animals and shoes for the benefit of our parish. The bags can be left in the vestibule or on the front porch of the rectory. Please invite your friends and neighbors to assist us in disposing of unwanted clothing, shoes and fabrics.

+++ We remind our faithful only those who are present for the entire Divine Liturgy should come forward to receive Communion. The entire Liturgy means "Amen" to "Amen."

+++ Those who have from time to time taken food home from the church in either plastic kitchen containers or on the aluminum trays, please return them as we note a number of the containers are missing and four trays are no longer around.

+++ **The Bake Sale** for the coming holydays will take place on Friday and Saturday, April 15 and 16. Please secure orders for the Nut, Poppy Seed, Lekvar and Apricot rolls which now sell for \$15.00. The cookie packages are 17.00. Helping hands are needed to make it a success.

+++ May all glory, adoration and worship be accorded our God in the Holy Trinity by all the faithful of our parish with one mind, one soul and one heart each day of the week!

LORD



TEACH
US

God Our Saviour

O Lord, the God who saves me... Psalms 88: 1.

Who told this long ago? Who declared it of old? Was it not I, the Lord? There is no other God besides me, a righteous God and a Saviour, there is no one besides me. Turn to me and be saved, all the ends of the earth! For I am God and there is no other Isaiah 45: 21, 22.

And now, all glory to God, who is able to keep you from stumbling, and who will bring you into his glorious presence innocent of sin and with great joy. All glory to him, who alone is God our Saviour, through Jesus Christ our Lord. Yes, glory, majesty, power, and authority belong to him in the beginning, now and forever Jude 24: 25.

The Father sent his Son to be the Saviour of the world. All who proclaim that Jesus is the Son of God have God living in them, and they live in God. We know how much God loves us, and we have put our trust in him. God is love and all who live in love live in God and God lives in them 1 John 4: 14 - 16.

Do not give me up, O Lord, my God, be near to me. Come quickly to give me help, O Lord, my Salvation Psalms 38: 21, 22.

And it shall come to pass in the last days, says God...I will show wonders in heaven above and signs on the earth below; blood and fire, and vapor of smoke. The sun shall be turned into darkness and the moon into blood, before that great and notable day of the Lord come: and it shall come to pass, that whoever shall call on the name of the Lord shall be saved Acts of the Apostles 2: 17, 19 - 21.

*Wisdom Of
The*



*Byzantine
Fathers*

We see the water of a river flowing uninterruptedly and passing us by, and all that floats on its surface, rubbish or trunks of trees, all pass by. Christian! So does our life...I was an infant, and that time has gone. I was an adolescent, and that too has passed. I was a young man, and that too is far behind me. The strong and mature man that I was is no more. My hair turns white, I succumb to age, but that too passes; I approach the end and will go the way of all flesh. I was born in order to die. I die that I might live. Remember me, O Lord in your kingdom! St. Tikhon of Voronezh.

Remember O Lord, those who do charitable work, who serve in your holy Church and who care for the poor. And send your mercy on us all St. John Chrysostom.

Find out how much God has given you and from it take what you need; the remainder which you do not require is needed by others. The excesses of the rich are the necessities of the poor St. Augustine.

The Crucified Lord Embraces All

“When they crucified him, they divided up his clothes by casting lots. And sitting down, they kept watch over him there. Above his head they placed the written charge against him: ‘This is Jesus, King of the Jews’” Matthew 27: 35. The icon depicting the crucifixion of our Lord often portrays the Mother of God and St. John the Theologian on either side of the cross beneath him.

So, looking upon the icon, we can identify with them. We reflect what they had been considering on that day which changed the world, a day they would contemplate the rest of their lives. We benefit from their meditations and from immersing ourselves in the deep well of our souls as we consider the meaning of Christ's Cross.

Today we celebrate what is popularly known as Passion Sunday because our Lord plainly alludes to the forthcoming purpose of his earthly life in general and his upcoming visit to Jerusalem in particular. Consider the phrase, ‘They kept watch over him there.’ The guards watched as He died in agony very slowly, witnessing his anguish and pain. How profitable it is to imagine what went on in their minds, those soldiers whose task it was to carry out the crucifixion of the one condemned!

Like so many we have heard in our contemporary world, it was simply a job, someone had to do it and carry out the law. Do they have any guilt? Are they possessed of remorse or repentance? Such men are indignant at being asked such profound questions, making the situation, they feel, far more serious than it actually was! Not only do they deny guilt, they are offended by the accusation of any wrongdoing. They are, after all, simply carrying out orders from superiors, who they have sworn to obey. Theirs is not to question, but to fulfill. You and I, along with all believers through the generations since Christ's crucifixion have another opinion and insight regarding values. And the gift of life heads that list.

What had been according to those who demanded Jesus' death the proper means of his execution, fit for one who dared call himself the Son of God and for the Roman military nothing more than a way to keep law and order among the restless natives, is for Christian believers our most precious symbol. The cross serves notice that we, too, are dead to that world which killed our blessed Lord, God and Saviour: “All who have been baptized in Christ

have put on Christ," we sing at each baptism. We repeat this hymn from St. Paul's epistle to the Galatians at the sacramental Mystery of initiation in baptism.

To put on Christ means for us who believe to be crucified with him. At present we must hasten to add this does not at all mean we have some sort of death wish, such as those misguided unfortunates who a few years ago committed suicide after identifying themselves as 'gates of heaven.'

On the contrary, life is the most precious gift offered us by a loving God. This is why faithful believers will always oppose every attempt to demean and cheapen life, to kill what our Creator intended should live, from abortion and euthanasia to wars and wasteful destruction of all living things, large and small.

As we stand in prayerful devotion to the Cross of our Lord, or seriously consider the crosses we wear on chains about our necks, or stand before the crucified Lord on Great and Holy Friday, we might consider the reflections of an elder monastic years ago in a far away monastery.

"How must we pray before a crucifix of our Lord Jesus Christ? As soon as you approach him He at once opens his arms in order to meet and genuinely embrace you. He inclines his head to listen to you. He shuts his divine eyes to avoid seeing your repulsive sins. He chains his feet in order not go away or separate himself from the obviously unworthy. He has not merely opened, but we can say He has made wide with the lance the door of his heart of enduring love, allowing his mercy and compassion to pour forth without obstacles on all who prostrate themselves before him, along with our sweet and merciful Creator and Father."

"Mediate on a love so boundless that it nailed him to the cross. Pray like the publican and say humbly though quietly, but seriously and sincerely, 'Lord, have mercy on me a sinner' Luke 18: 3, or cry out like the woman of Canaan (Matthew 15: 22), or remain silent and in tears like the sinful woman at the feet of the Saviour (Luke 7: 28), or like the Prodigal Son hastening to meet him without fear (Luke 15:20), with sincere words, "I am not worthy..."

Regardless of your approach, you will quickly find He embraces every soul with devotion coming to him. And this is precisely why our blessed Church announces the imminent future of the Saviour in his own words to the faithful prior to the glory and triumph of his entrance into the capital city of the Jews!

Accept the gift of his enduring love in the very self-same spirit He so generously offers it!

ALL IN YOUR HEAD?

1. Not at all
2. A little bit
3. Moderately
4. Quite a bit
5. A great deal

You may be a
hypochondriac,
but that doesn't
mean you're
not sick.

It's the dead of winter, and there are more bugs going around than at a backyard cookout in July.

Kids are missing school, grown-ups are missing work, and every stuffy, achy, nauseated soul is cursing the inadequacy of the human immune system.

But are you really sick? Or just sick in the head? It might be both.

"If somebody thinks he's sick, he can actually think himself into being sick," says Dr. Adewale Troutman, director of the mental health department for Louisville, KY. "An illness can be just as real to you as if it were documented on a CAT scan."

SELF-TEST FOR HYPOCHONDRIA

The Whiteley Index is a widely used to find hypochondria. As with all tests the result must be interpreted cautiously. **A high score is an indication that you could profit from talking this over with your physician.** For each question, circle the number of the answer that is most true for you.

1. Do you worry a lot about your health? 1 2 3 4 5
2. Do you think there is something seriously wrong with your body? 1 2 3 4 5
3. Is it hard to forget about yourself and think about all sorts of other things? 1 2 3 4 5
4. If you feel ill and someone tells you that you are looking better, do you become annoyed?
1 2 3 4 5
5. Do you find that you are often aware of various things happening in your body?
1 2 3 4 5
6. Are you bothered by many aches and pains? 1 2 3 4 5
7. Are you afraid of illness? 1 2 3 4 5
8. Do you worry about your health more than most people? 1 2 3 4 5
9. Do you get the feeling that people are not taking your illness seriously enough?
1 2 3 4 5
10. Is it hard for you to believe the doctor when he/she says there is nothing for you to worry about? 1 2 3 4 5
11. Do you often worry about the possibility that you have a serious illness? 1 2 3 4 5
12. If a disease is brought to your attention, through radio, TV, newspapers, or someone you know, do you worry about getting it yourself? 1 2 3 4 5
13. Do you find that you are bothered by many different symptoms? 1 2 3 4 5
14. Do you often have symptoms of a very serious disease? 1 2 3 4 5

HOW DID YOU DO?

The Whiteley Index score is found by adding up the responses. The higher the score the more hypochondriacal you are likely to be. Healthy people without health anxiety generally have a score of **14 to 28**. Patients with hypochondria are found to have a score of some **32 to 55**.

If you are depressed you might also get a high score, and your hypochondria might be secondary to your depression. The same is true if you have a specific or general anxiety disorder.

We are created for eternal life by our Creator, we are called to it by the
Word of God, and we are renewed by holy Baptism.
And Christ the Son of God came into the world for this,
that He should call us and take us there,
and He is all we need.

For this reason, our very first endeavor and care should be to receive it.
Without it every thing is nothing,
though you have the whole world under you

Abba Epiphanius

Previously I wanted everything to go my way,
but seeing that nothing was done as I wanted,
I began to wish that everything be done as it is done;
so it was that everything started to be done as I wanted

Elder Joseph of Optina

Likewise, now, everyone listens to the words of the gospel, or more
precisely, they hear them.

But they do not listen.

They do not listen to the teaching of the Church,
the Ark of salvation in these last times,
but they seek after the teaching fables of man,
they reject the truth, but they revel in myths,
as the apostle warned.

Truth will be unpleasant for them; it will disturb their way of life,
founded as it is on the gratification of the passions

Elder Anthony

WISDOM! BE ATTENTIVE

In you, O Mother Mary, the faithful divine likeness shone forth, for by taking up the cross, you followed Christ. You gave us an example to be not concerned with the flesh, but to be diligent over the eternal things of the spirit. Therefore, O Venerable Mary, you now rejoice with the angels Troparion, St. Mary of Egypt.

Once filled with all kinds of vices, today, through repentance, she appears as the bride of Christ. Leading an angelic life, she crushes the devil with the help of the cross. Therefore, O venerable Mary, you now rejoice with the angels Kontakion, St. Mary of Egypt.

O Christ God, You confirmed the resurrection of all before the time of Your passion by raising Lazarus from the dead; therefore we, as the children of Israel, carry the symbols of victory and cry out to You, the Conqueror of death: "Hosanna in the highest! Blessed is He Who comes in the name of the Lord" Troparion, Lazarus Saturday.

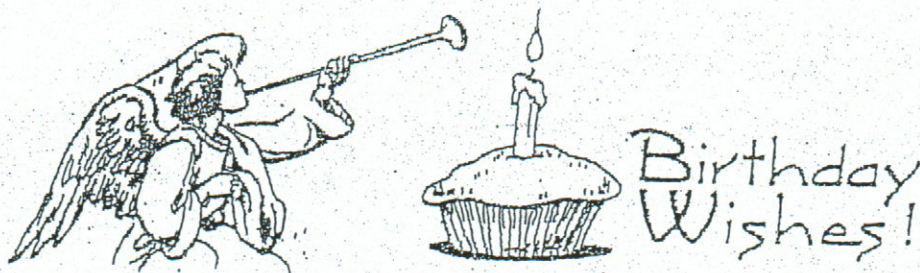
Christ, the Joy of all, the Truth, the Light, the Life, and the Resurrection of the world appeared to those on earth. Because of His goodness, He became also the image of Resurrection, granting divine forgiveness to all Kontakion, Lazarus Saturday.

The Lord is my Light and my Salvation; Whom shall I fear? Prokimenon, Lazarus Saturday.

Let us gloriously honor the pure Mother of God. She bore the divine Fire and was not consumed. With ceaseless praise, let us extol her Hymn instead of "It is truly proper...", Lazarus Saturday.

Out of the mouths of babes and infants, You have fashioned praise. Alleluia, alleluia, alleluia! Communion hymn, Lazarus Saturday.

All you who have been baptized into Christ, have put on Christ. Alleluia! Hymn Instead of "Holy God", Lazarus Saturday.

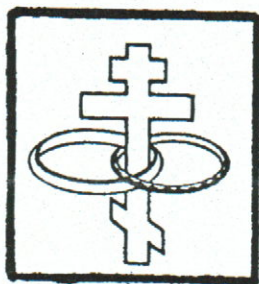


We are pleased to greet those of our faithful communicants who celebrate their birthday this month. Our Lord has offered these souls yet another year of blessed life. The most obvious way He blesses us and participates in our life is by sharing his divine life with us in the Eucharist at the celebration 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:

April 9 Maria Garcia
April 16 Sophia Idromenos
April 19 Kyra A. Choti

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 April. 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:

April 26 Stephen & Mary Demyan

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



FORGIVENESS IS ...



LENT may rightfully be called the season of repentance. Our constant motivation during this time prior to Pascha is to make changes in our lives that will make us more pleasing to God. To make these changes, it is imperative that we understand that this can only be done when we seek God's forgiveness, as well as that of those with whom we interact on a daily basis.

So how can we best define forgiveness? We may want to call it "... the process of accepting an apology for wrongs committed" and, indeed, this would be an acceptable "dictionary" definition. Theologically, we may refer to it as being the "by-product of confessing our sins." But it is much more than this. Forgiveness is God giving us another opportunity to show that we are worthy of the great gift of salvation that His Only - Begotten Son obtained for us through His death on the Cross. Forgiveness is God allowing us to pick ourselves off the ground and come back to Him again, just as the Prodigal Son in Christ's famous parable was afforded that privilege by his father.

Forgiveness is also a willingness on our own part to overlook the pain that others may have caused us and repair broken relationships without any desire for retribution. Truly this is what Christ expects of all of us; if He did not, He would not have instructed us to "... forgive those who have trespassed against us" whenever we pray.

It should be noted also that forgiveness is not merely something passive in nature. Both the "forgiven" and the "forgiver" must be involved in an active spiritual dialogue if the process is to be totally successful.

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