



Saint Paul the Apostle Orthodox Church

24 BURKE ROAD

FREEHOLD, NJ 07728

Fourteenth Sunday after Pentecost

September 29, 2013

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

+++ Tuesday is the simple feast of the Protection of the Birthgiver of God and in anticipation the vesperal Divine Liturgy will be celebrated Monday evening at 7: 30 PM. Please come and pray, worship and sing the praises of the Birthgiver of God! Confessions are heard prior to and after the celebration.

+++ Every Monday, we have prayerful devotions before the Myrrh bearing icon at 6:00 PM. Everyone is invited to be present in praise. The Birthgiver invites us to manifest our faith in response to her first shown love. Invite your friends and neighbors to join us.

+++ Pirohi Schedule for the next few months October 12, November 1 and December 7. The Bake Sales will take place on November 22 and December 20. Order sheets are available in the kitchen. Preparations will take place Thursday morning at 7:00 AM. We ask all to solicit orders to assure success.

+++ Please keep the intentions of these members of our parish intercession community in your daily prayers: Anna, Ryan, Betty, Mary, Beth, Ann Helene, Delores, Claire Elizabeth, Debra and Michael.

+++ 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 last Sunday: Tithe Offering, \$899.00; Kitchen, \$140.00; Candles, \$15.00; Pennies from Heaven, \$2.00; Food Coupons, \$320.00, for a total of \$1376.00. We express our profound gratitude to the parishioner communicants who offer 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 44 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, Anna Zacharyczuk, Eleanor Korba and Pani Buletza.

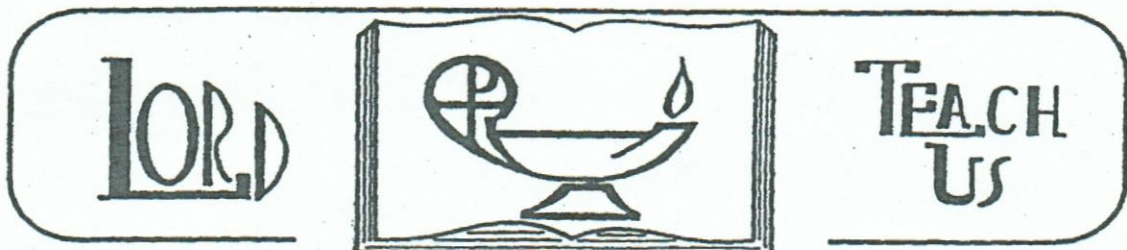
+++ We make a PENNIES FROM HEAVEN Canister available for our faithful to bring in pennies for our altar and its appointments. We are already in receipt of \$1708.00 from this apostolate. Even your pennies can help and are a blessing to our parish.

+++ Please be certain to see 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 \$5600 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.

+++ Please pray the Lord our God grants us an enrichment of our spiritual lives for his glory.

+++ 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!



Attributes Of God

But if we acknowledge our sins, he who is just can be trusted to forgive our sins and cleanse us from every wrong 1 John 1: 9.

God is spirit and those who worship him must worship him in spirit and truth John 4: 24.

The Lord is my rock, my fortress, my deliverer, my God my rock of refuge! My shield, the horn of my salvation, my stronghold, my refuge, my saviour, from violence you keep me safe. Praised be the Lord, I exclaim and I am safe from my enemies 2 Samuel 22: 1 - 4.

I begin to see how true it is that God shows no partiality. Rather, the man of any nation who fears God and acts uprightly is acceptable to him Acts of the Apostles 10: 34, 35.

Mighty and wonderful are your works, Lord God Almighty! Righteous and true are your ways, King of nations! Who would dare refuse you honor or the glory due your name, O Lord? Since you alone are holy, all nations shall come and worship in your presence. Your mighty deeds are clearly seen Revelation 15: 3, 4.

If you really listen to the voice of the Lord your God, he told them, and do what is right in his eyes, if you heed his commandments and keep all his precepts, I will not afflict you with any of the diseases with which I afflicted the Egyptians, for I, the Lord, am your healer Exodus 15: 26.

Give your kids a chance to vent

Survival Guide for Parents

If you are tired of all those arguments with your child that leave you feeling frustrated, angry or guilty, you are in for a real treat. In the myriad examples of literature and study books available now, there is some down-to-earth advice for turning battles into loving interactions and opportunities for growth.

Advice at its most basic is when an argument begins to heat up. It is best to remember that listening to children's feelings doesn't necessarily mean giving in. Listening to their anger and disappointment is a valid and legitimate pursuit in its own right, separate from ultimate parental decision. The idea is straightforward: check your immediate impulse to yell, then listen to how your child feels. Whatever your ultimate decision, children who feel listened to and respected are always easier to get along with. And children who are easier to get along with are children who argue less.

Parents must be certain their response after listening to the child's feeling, isn't, "I understand, but...." This statement is a common response, but it tends to close off the child's expression before he's really done. It also tends to squash real dialogue; it conveys that you already know how she feels, so there is no reason for him or her to try to tell you more. In fact, it is better to say, "I'm not sure I get what you are saying," which invites a child to continue talking and shows that you are willing to keep listening. Remember, as long as you listen to your child talk about feelings, there cannot be an argument.

What this responsive listening does, over time, is create a shift in the relationship, from one in which two people clash heads on to see who wins, to one in which two people begin to work cooperatively. This will absolutely result in less arguing in the home. A child who argues is a child under pressure. Getting children to express their feelings is the best way to release that pressure.

It may seem like a paradox, but the only way to reduce arguments with children is to allow them to express their anger and frustrations about various issues: homework, allowance, privileges.

“Isn’t allowing my child to say what he wants the same as allowing him to be disrespectful?” is the sentiment most often expressed by parents. This idea is understandable, but misguided. Children know the difference between being allowed to discuss their feelings and being allowed to do whatever they want. Parents who are secure in their authority are parents who can let children vent without feeling threatened. Only parents who are insecure about their authority insist on forcing obedience by silencing all complaints.

In fact, in terms of disrespect, arguing with children is a huge way parents disrespect themselves. Arguing involves a relationship of two equals. Benevolent listening, however is the province of the privileged, of those who know that, in the end, they have the final say. By listening, you increase the respect your children have for you. The more you listen to them, the more they will listen to you.

Parents always worry that listening to an angry or complaining child means they will lose control of the outcome of the conversation. Suspending control does not mean losing control. As long as the parent is making a deliberate effort to listen, you are in charge of the situation and of your own emotions.

It helps to understand that arguing is natural for children. Think back to when your child was an infant. Crying was his only way of alerting you to the fact that something might be wrong, and you did your best to figure out what he wanted. Somehow, now that the child is older, and able to complain with words, we have lost the desire to respond in the same way to the same sort of communication.

So what does all this mean? It means that when you child says, “That is stupid! Just because its a school night I cannot go to the movies?” Parents must check their impulse to say, “Don’t be ridiculous! We have rules in this house, and one of them is, not going out on school nights. And watch that tone, young man!”

A far better response, one that will keep the conversation from disintegrating into siege is, “This must be really important to you...what makes tonight special? The movie? The kids that are going?” You thus accomplish some very important things. You keep him

talking, which makes an argument impossible. You learn more about why the evening is so important and about what is important to your child.

Most significantly, you show your child that you can be counted on to listen which makes him feel heard and fairly treated and appreciated for his own insights. This does not mean that he won't be upset if he cannot go; but it does mean that he will grow to abide by your decisions with less fuss, frustration, even anger, because he feels respected.

This is not, however, an excuse to keep saying no all the time and assume that because you have heard his side before laying down the law, he will be happy about it. One of the biggest reasons for fights between kids and parents is the parental tendency to respond in the negative all the time. What we gain from responsive listening is insight into our child's desires that may make us inclined more often to say "yes." This, of course, leads to a steady and increased growth in children's cooperation and self-esteem.



Does your child know he/she is a child of God?

Posture

Posture is important. If you do not sit properly at your work station, you eventually pay with backaches, headaches, even drowsiness.

Posture is also important in prayer. The posture we assume assists us in our prayer life and describes and characterizes our sensitivity of soul. We are eager to use all means to assist in enriching our prayer life and worship. And there are several postures we can assume. One evening Ezra prayed on his knees with his hands spread out and his head bowed. *...I fell on my knees, stretching out my hands to the Lord, my God* Ezra 9: 5. When he began really wrestling with the Lord, he threw himself, weeping to the ground, *weeping and prostrate before the house of God...*Ezra 10: 1. Peter the Apostle was once alone in a room with a woman's corpse, praying on his knees for her return to life. *Peter first made everyone go outside; then he knelt down and prayed* Acts of the Apostles 9: 40. He was following the example of our Lord who often knelt down in prayer. *He advanced a little and fell to the ground and began to pray* Mark 14: 35; *...then went down on his knees and prayed...*Luke 22: 41.

When the people of God are deeply moved and have wrestled with our heavenly Father in prayer, it seems only natural for them to fall to their knees. The apostle Paul knelt with the Ephesians as he was about to leave them never to see them again in this world. *Paul knelt down with them and prayed* Acts of the Apostles 20: 36.

When in desperate need, we kneel before our God.

In prayer we recognize God's glory and confess our smallness, even insignificance. And it helps to express this with the humble gesture of the bended knee. When we slip to our knees, possibly by our bed at the end of day, or any other time, we join a multitude of countless millions who have knelt in adoration and prayer to our Creator God.

Our blessed Church encourages us during the week when at church to kneel and pray except for the time we celebrate the Resurrection which is every Sunday and the entire period of Resurrection from the feast day until after the end of the Divine Liturgy on Pentecost which is the only time liturgically that we kneel on Sunday, in humble anticipation of the descent of the Holy Spirit on the faith community.

During that time we assume a posture of victory, of triumph, of rising above the details of penitence and contrition, to stand in prayer.

The place of asylum from guilt in the Old Covenant was the place where one stood up to explain his position. (Joshua 20: 4). Samuel addresses his listeners to ...*stand and be ready to witness the great marvel of the Lord to be accomplished before your eyes* 1 Samuel 12: 16. What he speaks of is the all-encompassing grace which includes every faithful believer. We thus stand in prayer to remind ourselves the victory of Christ is also our victory as well.

All events of distinction and profound meaning were entered into standing as a sign of acceptance, compliance and victorious participation. *Standing at his post, the king made a covenant in God's presence to follow the Lord and to keep his commandments, decrees and statutes with his whole heart and soul* 2 Chronicles 34: 31. David had an insight into God's triumph and victory when he proclaimed, *They shall perish, but you shall stand* Psalms 102: 27, showing endurance and victory is manifested by the man standing in prayerful petition.

In the most sacred season of the liturgical year, we stand aligning ourselves physically with the Resurrection posture of Christ. Did not our God command Moses to appear before Pharaoh in serious request for the Passover liberation of the chosen people, ...*stand before Pharaoh* Exodus 9: 13? The Book of Wisdom assures us the faithful believer will ...*stand in the presence of kings, not in the presence of obscure men* Proverbs 22: 29.

Standing is the posture of prayer in heaven itself. Since the Resurrection opens the doors of possibility for man, even the angelic visitor, Gabriel witnesses for us, *I am Gabriel who stands in the presence of God* Luke 1: 19.

During the week, outside each Sunday and during the Resurrection season, we can gratefully kneel in pray and adoration in our parish church. We thus overcome our pride and overrule our intricate and devised obscure thinking. We submit ourselves as children of a benevolent Creator. On Sundays and during the victory period we stand as partners in the process of redemption, reminding ourselves of our baptismal dignity as participants in the triumphal victory of Christ. Prayer and worship, whether in the posture of kneeling or standing upright, is the glorious dignity of man created in God's image.

Only A Rivet

The wisdom that is from above is first pure, then peaceable, gentle...without partiality and without hypocrisy James 3: 17.

Scientists have determined that faulty rivets may have caused the rapid sinking of the reputedly “unsinkable” HMS *Titanic*. According to researchers who recently examined parts recovered from the wreck, impure rivets made of wrought iron rather than prescribed steel, caused the ship’s hull to open like a zipper. The *Titanic* proves the foolishness of spending resources on fancy equipment and public promotion while neglecting the “ordinary and absolutely necessary” parts.

In a sense parish churches are like ships in more ways than the figurative one and many of the people associated with them are like rivets. Although rivets seem insignificant, they are essential for holding the ship together and keeping it safely afloat and functioning as it ought.

Feelings of insignificance are rampant these days, even among Christians and some do harmful things to make themselves feel important. St. James shares with us, “Where envy and self-seeking exist, confusion and every evil thing are there” James 3: 16. People corrupted by worldly desires for beauty, wealth, and power can bring down parishes as our history in this country already attests. It is people who are pure and undefiled that hold churches together. “...keeping oneself unspotted by the world makes for pure worship without stain before our God and Father” James 1: 27.

As communicants of the Church of God, we need to be “rivets” without defect. When we are pure, “...wisdom that is from above is first pure...” James 3: 17, strong “...draw your strength from the Lord and his mighty power...” Ephesians 6: 10, and steadfast “Be steadfast and persevering...fully engaged in the work of the Lord” 1 Corinthians 15: 58, we will be used by the Lord to keep the ship of his Church afloat particularly in times of crisis and assault.

The task the wisdom of our God has assigned us is that we should eagerly fulfill in every instance; in every thing we do, finding God’s presence to prove his good and perfect will endures.

Did You Know That ...

...worry is the premature interest paid on trouble before it is due?

...Jesus' acts of healing were as much about breaking the boundaries of shame and exclusion as they were about curing disease?

...if we use money as a tool to accomplish family goals, shouldn't the same consideration be given to what it can do to advance the cause of our God in the world?

...some souls are so preoccupied with temporary living they have no time for eternity?

...standing in church on Sundays shows us how to kneel at home during the week?

...both our prayer books and the Bible in our home ought to have worn pages from frequent use?

...we ought regularly to compare the list of our blessings with the list of our offerings to determine the true scope of our generosity?

...living our worship and daily prayers should lead us to discernment in humility?

...getting beyond our own money issues, our resistance and selfishness, good things will happen for God's glory?

...everyone should be concerned seriously about sharing our precious faith with others who do not have this gift?

...any history student should be seriously interested in worshipping our God because it inserts us into the time honored story of salvation in Christ?

...the saints offer us a living challenge to imitate their virtue?

...we celebrate holydays to affirm our faith commitment?

...the strength of God enters our frail humanity when we live and worship as Christ commanded?

SPIRITUAL SURVIVAL IS IN OUR OWN HANDS

We have all seen movies with a “surviving against all odds” theme. People are tragically stuck in the wilderness, leaving them at the mercy of the elements. They are left to depend totally on their “survival skills” and refuse to give up their struggle. They repeatedly try to convince themselves that **“What one man has done, another can do as well.”** Others have done it before. Why couldn’t they?

This is such a profound thought. It carries a message that goes far beyond merely finding food or fighting off predators. It applies beautifully to our approach to our own SPIRITUAL LIVES.

Our Church has a rich tradition of saints. Sometimes, however, we look at the lives of the countless people who have distinguished themselves with their piety, purity and devotion to Christ that we find ourselves shaking our heads and saying: “I can never live such a life.” In fact, WE CAN! The saints were not superhuman. They were mere mortals, just like us, and the only reason we are not like them is because we have failed to make a complete commitment to the Lord. God has blessed us all in equal measure with the capacity to love, serve and follow Him, and He has given us the free will to decide how to use these gifts.

This concept also provide us with a wonderful explanation of why God came to earth and dwelt among us in the manner He did. He could have come to us in any way, shape or form that He desired. In His infinite wisdom, God chose to come to us as a Man. St. Paul tells us that “Christ was like us in every way, except for sin.” He was born into the world like all of us. He faced the same struggles and temptations. Indeed, Christ showed us that men and women COULD follow God’s laws and live according to His teachings. After all, He did it Himself for the 33 years of His earthly existence. “What one man has done, another can do as well.”

Are we willing to make the necessary sacrifices that doing this demands of us? The answer is ours to give, the choice is ours to make.