

# *St. Peter and St. Paul Orthodox Church*

*A parish of the Diocese of the Midwest  
Orthodox Church in America*

**Fr. Herman Kincaid, Acting Rector**

*Office hours by request*

**frherman.kincaid@gmail.com**

**Rex Denkmann, Council President**

**630-789-9331**

**John Sutko, Choir Director**

**708-424-3592**

**Great Vespers followed by confessions: Saturdays 5:00 pm**

*Panikhidas served by request at 4:30 pm*

**Divine Liturgy: Sundays 9:30 am**

*Hours begin at 9:15*

## **Additional Upcoming Services**

- Tonight:** Chicago Deanery Mission Vespers, 6:00 pm at Archangel Michael Church.  
8301 S. LeClaire Avenue, Burbank, Illinois - less than 1 mile west of Cicero Avenue on 83rd Street.  
**Sermon Theme:** "*The Good Shepherd: Looking at the lives and work of good shepherds in the history of the Church.*" Refreshments and fellowship to follow.
- Wednesday:** Presanctified Liturgy will be served every Wednesday evening during Great Lent beginning at 7:00 pm. If you plan to receive Holy Communion, please fast after a light lunch. Confessions will be heard on those days from 6:00 pm until the service time.
- March 28<sup>th</sup> :** Soul Saturday Divine Liturgy will be celebrated on March 28<sup>th</sup> at 9:30 am. Please bring the names of your departed loved ones on those days. All names received for Panikhida requests up to March 1<sup>st</sup> will be commemorated during this Memorial/Soul Saturday Liturgy. *Memory Eternal!*

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*The Orthodox Church humbly, yet confidently professes to be the Church of Christ, founded on the apostolic witness to our Lord, born on the Day of Pentecost, and for 2,000 years making known to men, women, and children the path to salvation through repentance and faith in Jesus Christ.*

## PRIEST CONTACT CARD



**Name(s):** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

- I am a visitor**  
 **I would like Fr. Herman to contact me**  
 **Other:**

*Please tear here and place in the offering plate or return to a greeter*

### Announcements

*Want something announced? Please submit requests to Fr. Herman no later than Wednesday.*

- A Lenten dinner will be served today after Liturgy. Tickets are still available and cost \$10. See Duke or Carol Jovanovich to purchase tickets. The proceeds from this event will be applied to pay down the church mortgage.
- We will be hosting Mission Vespers on Sunday March 29. If you would like to sign up to bring food for the Lenten meal afterwards, please see Linda Ciolino. **Please make sure your dish conforms to the fasting guidelines of the Church and is prepared with NO meat, dairy, eggs, or fish (shrimp is allowed).**
- On April 11<sup>th</sup> (Lazarus Saturday), the Reader John (Ken) Kornafel will be ordained to the Holy Deaconate by His Eminence, Archbishop JOB. *Congratulations to Ken and his family!* On that day the Archbishop will also install Father Herman as Rector of St. Peter and St. Paul Church. This is a special day in our parish family life! Please make every attempt to attend as we welcome our Archpastor! More details will be posted in the coming weeks.
- It is that time of year to start thinking about Pascha flowers. As we are in the process of reviewing two possible florists, prices are not available at this time. However, if you would like to place a reservation as a possible donor, please contact Fr. Herman. More information will be available in upcoming bulletins.

**March 15<sup>th</sup>, 2009**  
**Liturgy of St. Basil**

You may have noticed the prayers read by Fr. Herman during Liturgy are longer than usual. This is because we celebrate St. Basil the Great's liturgy during Great Lent, noticeably longer than that of St. John Chrysostom, celebrated on non-Lenten Sundays.

**Saint or Feast of the day:**

**SECOND SUNDAY OF LENT:**

**Tone 6.**

**St. Gregory Palamas Sunday.**  
Martyrs Agapius, Publius (Pausis),  
Timolaus, Romulus, two named  
Dionysius, and two named Alexander,  
at Cæsarea in Palestine (303).  
Hieromartyr Alexander of Side, in  
Pamphylia (270-275).  
Martyr Nicander of Egypt (ca. 302).

**Scripture Readings**  
**of the day:**

**Hebrews**

**1:10 – 2:3**

*(Resurrection Epistle)*

**Hebrews**

**7:26 – 8:2**

*(Saint Epistle)*

**Mark 2:1 – 12**

*(Resurrection Gospel)*

**John 10:9 – 16**

*(Saint Gospel)*



**Troparion & Kontakion**

**Tone 6**

*(Resurrection)*

The angelic powers were at Thy tomb;  
the guards became as dead men.  
Mary stood by Thy grave,  
seeking Thy most pure Body,  
Thou didst capture Hell,  
not being tempted by it.  
Thou didst come to the Virgin granting life,///  
O Lord, Who didst rise from the dead: glory to Thee!

*Glory to the Father, and to the Son, and to the Holy Spirit...*

**Tone 6**

*(Resurrection)*

When Christ God the giver of life,  
raised all of the dead from the valleys of misery with  
His mighty Hand,  
He bestowed resurrection on the human race.///  
He is the Savior of all, the Resurrection, the Life, and  
the God of all!

*Now and ever, and unto ages of ages. Amen...*

**Tone 8**

*(Sunday of St. Gregory Palamas)*

O light of Orthodoxy! Teacher of the Church, its  
confirmation!  
O ideal of monks and invincible champion of  
theologians!  
O wonderworking Gregory, glory of Thessalonica  
and preacher of grace!///  
Always intercede before the Lord that our souls may  
be saved!

## Please remember in your prayers...

*If you would like a prayer request submitted to the bulletin, please see Fr. Herman*

- The Taylors (our seminarian family)
- Catechumens: Anya, Donna
- **Shut-ins:** Betty Cramp, Mary Conrad, Mary Garstka, Mary Biernat, June Radini, Ed Lazo, Michael Mikula
- **Employment:** Katina
- **Health:** Julia Loveland, Kenneth



## Altar candles and supplies donated...

*For the health and salvation of:*

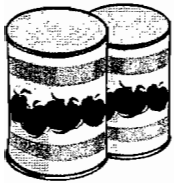
*Bill Bridenstine  
Julia Loveland  
Marie Fidyk  
Karen Ellement  
Nick Mulqueeny  
Fr. Herman and family  
Rex Denkmann*

*In memory of:*

*Fr. Stephen  
Andrew Potsic  
Margaret Nesladek  
(March 27<sup>th</sup>, 14 years)  
Genard Vinogradow  
Willy Taulien*

*If you would like to donate, please see the sign up sheet in the entrance of the church.*

## Community Outreach



Starting next week we will begin partnering with Hinsdale Community Service by collecting food for their food pantry in Westmont. Every week there will be a receptacle in the entryway where you can place donated items. This is a great and easy way for us to reach out to our community and help those in need. Items needed include: non-perishable food items, cleaning products, diapers and personal hygiene products. For more information visit [www.hinsdalecommunityservice.org](http://www.hinsdalecommunityservice.org)

*"To the feed the poor is a greater miracle than raising the dead."*

*-- Saint John Chrysostom*

## Stewardship

### Last Week

Pledges .....\$2,261  
Charity.....\$42  
Candles/Donations.....\$231  
Fellowship Hour &  
Mortgage Fund.....\$425

TOTAL:                 \$2,959

### February's Totals

Receipts.....\$14,520.86  
Disbursements.....\$11,380.16

Surplus.....\$3,140.70

**May our Lord bless your  
generous stewardship as  
we return to God His  
blessings to us!**

## Fr. Herman's Wish List

- ✓ Icon series for the  
Sundays of Great  
Lent
- ✓ Icon series for the  
Sundays of Pascha
- ✓ Winding Sheet  
(Plashchanitzza,  
Epitaphios)

*If you would like to consider  
donating these (or other)  
items, please see Fr. Herman  
for more information.  
Thank you and God Bless!*



## YOUTH CORNER

- **THANK YOU** to the Youth Choir for singing responses during Liturgy today.
- A new **High Adventure** program for Orthodox Christian teens is starting up at St. Luke Church in Palos Hills. Their first meeting is TODAY from 2-3 pm at St. Luke. This is a co-ed program. For more info see the flyer posted in the entryway and [www.scouting.org/venturing](http://www.scouting.org/venturing).
- Susie Burke is collecting dry, empty milk cartons to make bunny baskets for the children on Pascha. Please see her for more information.

### COMING THIS FALL

Get ready! This fall, we will be starting a YOUTH GROUP for kids in 7<sup>th</sup> grade and up. We will have planned activities as well as WEEKLY meetings that focus on:

- **Spiritual Development:** *applying our faith to our everyday lives at home and at school*
- **Fellowship:** *hanging out and having fun in a safe, Christ-centered environment*
- **Outreach:** *being a light for Christ in our communities*

**Got questions? See Jessica Kincaid or Fr. Herman.  
Keep an eye out for more information in the weeks and  
months ahead!**

## A Message from Fr. Herman...On Fasting

As Orthodox Christians, we are called at all times to strive toward the perfection of Christ, guided by our love and strength found only in Him. Being His mystical Body, we are also called to do all things in good order. Fasting is an integral part of our high priestly calling, given to us as an aid in our battle to reorient the physical to the will of the spiritual. Our Lord Himself assumed we would fast when He says, "When you fast..." Fr. Thomas Hopko offers some reflections:

"Generally speaking, fasting is an essential element of the Christian Life. Christ fasted and taught men to fast. Blessed fasting is done in secret, without ostentation or accusation of others (*Mt 6:16; Rom 14*). It has as its goal the purification of our lives, the liberation of our souls and bodies from sin, the strengthening of our human powers of love for God and man, the enlightening of our entire being for communion with the Blessed Trinity.

The Orthodox rules for Lenten fasting are the monastic rules. **No meat** is allowed after Meatfare Sunday, and **no eggs or dairy products** after Cheesefare Sunday. These rules exist not as a Pharisaic "burden too hard to bear" (*Lk 11:46*), but as an ideal to be striven for; not as an end in themselves, but as a means to spiritual perfection crowned in love. The Lenten services themselves continually remind us of this:

*Let us fast with a fast pleasing to the Lord. This is the true fast: the casting off of evil, the bridling of the tongue, the cutting off of anger, the cessation of lusts, evil talking, lies and cursing. The stopping of these is the fast true and acceptable.  
(Monday Vespers of the First Week)*

The Lenten services also make the undeniable point that we should not pride ourselves with external fasting since the devil also never eats!"

-V. Rev. Thomas Hopko, Worship: An Elementary Handbook on the Orthodox Faith

In addition to refraining from all meat products (red, pork, poultry, etc.), dairy products and eggs, the Church also includes refraining from fish (with a backbone), olive oil and alcohol. We are allowed seafood without a backbone, such as shellfish (shrimp, lobster, etc.)

These guidelines are offered as a help to you in your Lenten journey. As with all fasting, the Church blesses individuals with medical and dietary needs to disregard such elements of the fast which may be harmful to them. Let us prayerfully strive to "keep the course of the fast" throughout the remainder of Great Lent. If you have any questions or concerns, please contact me anytime.

*With Love in Christ, Fr. Herman*