

THE ORTHODOX POST

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St. Nicholas Albanian Orthodox Church, 181-14 Midland Parkway, Jamaica Estates, New York, NY 11432

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Pastor's Message

By Father David Fox

Dear friends,

We have begun the Great Fast. Often, we think of "fasting" as a serious time of giving up things we like. Fr. Tom Hopko reminds us though that the true spirit of the Great Fast is "joy." He writes,

The Lenten spring is welcomed by Christians in the Church not as a time for self-inflicted agony or self-improving therapy. It is greeted as the sanctified season consecrated to the correction, purification and enlightenment of the total person through the fulfillment of the commandments of the crucified God. It is received as the time for battling with evil spirits and blossoming with the fruit of the Holy Spirit: love, joy, peace, patience, kindness 5:22)

President's Message

By Bill Peters

As we look ahead to Pascha, we should commit ourselves to getting deeply involved with the spirit and activities of Great Lent. As a companion to Fasting, we have many opportunities to participate in additional church services. On Wednesday evenings, there are Presanctified Liturgies, and on weekdays we have special feast day services such as Lazarus Saturday as well as the special services during holy week. The more we do, the more rewarding our Pascha experience will be.

During this March, we also should get more involved in the important business of the Parish. On Sunday, March 25th at 11:45 am, we will hold our Annual General Meeting. The status and needs

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[All quotes are from T. Hopko's, The Lenten Spring, pages 10 - 12)

Fr. Tom reminds us that the Lord commands all those who fast to be joyful, that He "condemns sadness and grief, especially the outward appearance of fasting" (Mt. 6: 16-18).

Finally, he reminds us that at Forgiveness Sunday vespers, the Church sings,

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of the Parish will be addressed through Reports and Discussions. We will consider matters dealing with the life of the Parish including Sunday School, Pastoral activities, fund raising, financial review, social activities, growth opportunities, as well as parishioner involvement and support.

Two very important topics being covered will be (1) a proposal for building additional classrooms for our children including the installation of a lift elevator between the first floor and the Fellowship Hall and (2) the Election of several members to the Parish Council.

COME to the Meeting and TAKE PART in this important business. If the building proposals are approved, a great deal of money will have to be raised from the Albanian Community.

Make sure your voice is heard in deciding these important matters!!!

KENDI SHQIP

(The Albanian Corner)



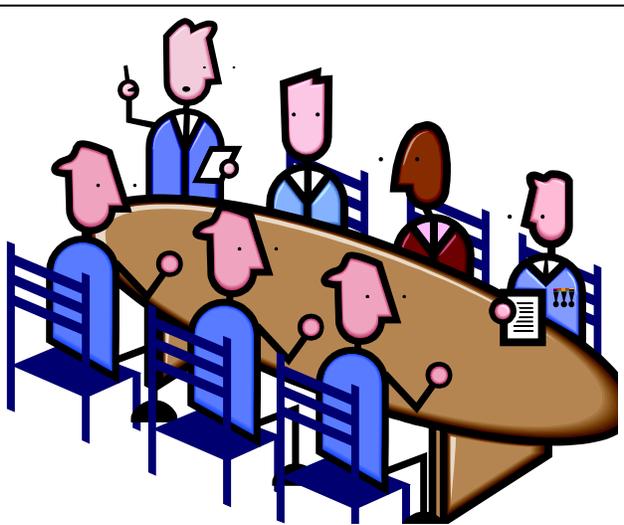
By Adelina Llupa

Per here te pare lexova poemën e Naim Frashërit "Besojme" dhe mendova se dhe ju do të pelqeni aktualitetin e saj per besimtare si ne.

Besojme

Besojme Zotne q'është i vertete,
 Se gjithë c'shohem është ay vete,
 Dhe faletore kemi njerine,
 Atje e gjejme dhe Perendine.
 Engjelle thuhete vetij' e mire,
 Dhe djalli është pun' e peshtire.
 Njeriu s'vdes' po vetem nderrohet,
 Dhe shpirt i ndyre kurre s'gezohet.
 Njerin' e beri Zoti te lire,
 Po duhet kurdo te benje mire,
 Dhe i dha mendjen qe te peshonje,
 Dhe te paudhat t'i largesojne.
 Te mos perflase, te mos qertonje,
 Te jet' i urte, me nder te rronje,
 Shpirti na thote te bejme mire,
 E te mos kemi kurre deshire,

Per te keqia kurre ne jete,
 Te jemi t'urte e te vertete,
 Fort lark te jemi nga marrezija,
 E te mos rrojme si bagetija.
 Falje ne kemi vellazerine,
 Dhe dashurine e njerezine,
 Se udh' e drejte e Perendise,
 Nuk' është tjater, vec njerezise.
 Po te nderoje njeriu njerine,
 E ka nderuar dhe Perendine.
 Ne zemren tene e gjejme Zone,
 Shtepi e tij është zemra jone.
 Te dil ne shesh desh Zot' i vertete,
 Beri njerine dhe atje është vete.
 Nje njeri qe njeh vethen e tija,
 E di se c'është dhe Perendija.



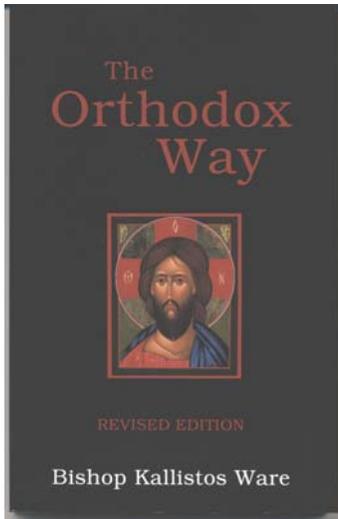
Come to the

ANNUAL PARISH GENERAL MEETING

Sunday, March 25th after Liturgy

Hear about the activities, finances,
building addition and life at
St. Nicholas Parish

Adult Study on Wednesdays during Great Lent



Immediately after the Presanctified Liturgy, there will be an adult study downstairs. We will also have a pot-luck supper. We will study together Bishop Kallistos' The Orthodox Way. This is a terrific introduction to the Orthodox understanding of God.

Fr. David will provide a lecture and discussion. Whether or not you have attended before, all are welcome.

Presanctified Liturgies during the Great Lent, Wednesdays, 7:00 p.m.

Every Wednesday from March 7 - April 4, there will be Presanctified Liturgy. This means that the part of the Meshe, the Lamb, will be consecrated on Sunday and received on Wednesday night. The Church provides us this extra Gift to help us keep the fast. This Liturgy is a mixture of Vespers and a Liturgy, and is beautiful and deep. Everyone should attempt to attend at least one Presanctified Liturgy during Lent.

Sundays during Great Lent:

Every Sunday during Lent 15 minutes after Liturgy, there will be a choir rehearsal upstairs for anyone who wishes to learn the music of the Church, especially for Holy Week. We have a great opportunity with Nathan our seminarian, who organizes the worship life at St. Vladimir's Seminary.

Vespers in the evenings every Sunday at different area Orthodox Churches. See flyers for details on Sunday mornings.

Pastor's Message

Continued from page 1

Let us enter the Fast with joy, O Faithful.

Let us not be sad.

Let us cleanse our faces with the waters of dispassion,

Blessing and exalting Christ forever.

Let us begin the Fast with joy.

Let us give ourselves to spiritual efforts.

Let us cleanse our souls.

Let us cleanse our flesh.

Let us fast from passions as we fast from foods

Taking pleasure in the good works of the Spirit

And accomplishing them in love

That we all may be made worthy to see the passion of Christ our God

And His Holy Pascha,

Rejoicing with spiritual joy.

It is a joy to enter into our third Lenten Fast together.

Pray for me.

Your friend,

+Fr. David

Priest's Office Hours During Great Lent

If you would like to speak with Fr. David, please call him at (201) 841-7590 Sun-Friday. He will also be available at the Church Office from 6-7 p.m. on Wednesdays.

In addition to the weekday hours of availability, if you would like to speak with Fr. David, he will be available Tuesday evenings 8-10 p.m., if you wish to speak with him.



Community News

By Linda Foundos

- Fr. David and Prifteresha Keri are very, very proud of their children, Hurley, Max, Paris and Niko for their participation in a recent swim tournament .
- What sweet joy for Dr. Paul and Anna Dalbec who recently adopted a little girl, Kaitlyn Rosemarie. Kaitlyn was 2 years old in September 2006. Kaitlyn, with those blonde curls, bright eyes and smiling face makes anyone's heart melt. We wish the Dalbeks much happiness.
- Jana & Phil Foundos are rocking the cradle for their new baby, Andrew Philip Foundos. Andrew was born on Friday, February 9th, weighing in at 7 lbs. 14 Oz. and 20 inches long. Andrew is absolutely adorable with his full head of thick black hair. Congratulations also to the proud big brother and sister, Mathew and Christina, grandparents Joan & Al Foundos, and Marion and Nick Adams of Florida. Andrew is blessed to be loved by so many.
- Damian Peters and Steven Foundos went to Worcester, Mass. for a National Officers meeting of the Albanian-American National Organization (AANO). Damian is the New York Board of Governor; and Steven is the National Treasurer. Along with the scheduled meetings, the Worcester Chapter of the AANO celebrated its 60th anniversary with a great party.
- Oh so proud we are of Christina Heiser, a Freshman at St. John's University. She writes for the school newspaper, the St. John's Torch. Christina's article on political professors made the cover page !!! She interviewed students, faculty, department chairpersons, and others for an unbiased opinion of the political positions of the professors. Of course, there were different opinions, but it seems that the students' dominating feeling is that the professors for the most part are more liberal. Christina's parents, Joanne & Doug, and her sister Melissa are very proud of her. Christina would like to someday serve as the editor of the school newspaper. You go girl ! Bravo !]
- Happy, Happy Birthday to Theresa Duggan, who just turned 90 years young ! Her daughter Barbara Duggan gave her a wonderful party to celebrate the milestone.
- The Baltadori family has a new place to call home in Glendale. Our best wishes to Stefan, Juliana and Vaska in their new home. May it be filled with much love, laughter and good times.
- Congratulations to the Guma family on their new home. We wish Marsela, Dhimitir, Ilios and Ted many, many years of good health and happiness. All the best !
- Steamboat, Colorado was the destination of the Oswald's. Jim, Donna, Kimberly, Daniel and Alex had a fabulous winter vacation on the slopes and visiting with Jim's relatives that make their home in Colorado. The skiing was great with such good conditions, and there was lots of family bonding and fun too !
- Get well wishes go out to Rachel Zachariya. We wish her a speedy recovery for her broken arm. She is in our thoughts and prayers. Regards to all her family.
- Get well wishes also to Betty Kelapire who is recovering from a fall. Our thoughts and prayers are with her for a speedy recovery.
- Long time parishioner, Wagdi Fouad fell asleep in the Lord on February 4th. Funeral Services were held at St. Nicholas and burial was at Cypress Hills Cemetery. Our Deepest Sympathy to Ani, his wife and his son, Fr. Anastasi. 40 day Memorial Services will be held on Sunday, March 11th.

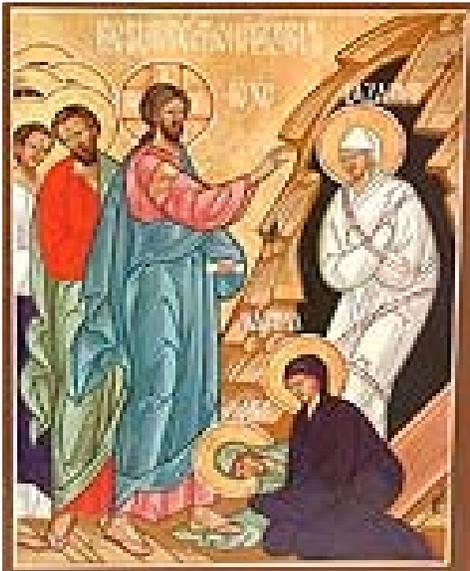
BASIC ENGLISH CLASSES

COME, JOIN US!!!!

Sundays: 12 noon to 1 pm – In the Church Office

March 11, 18 and 25

This Month's Major Feast Days



The Raising of Lazarus (Lazarus Saturday)

Commemorated on March 31

In a carefully detailed narrative the Gospel relates how Christ, six days before His own death, and with particular mindfulness of the people "standing by, that they may believe that thou didst send me" (John 11:42), went to His dead friend Lazarus at Bethany outside of Jerusalem. He was aware of the approaching death of Lazarus but deliberately delayed His coming, saying to His disciples at the news of His friend's death: "For your sake I am glad that I was not there, so that you may believe" (John 11:14).

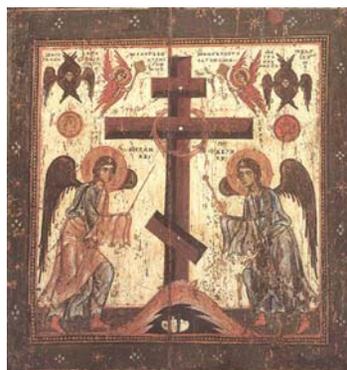
When Jesus arrived at Bethany, Lazarus was already dead four days. This fact is repeatedly emphasized by the Gospel narrative and the liturgical hymns of the feast. The four-day burial underscores the horrible reality of death. Man, created by God in His own image and likeness, is a spiritual-material being, a unity of soul and body. Death is destruction; it is the separation of soul and body. The soul without the body is a ghost, as one Orthodox theologian puts it, and the body without the soul is a decaying corpse. "I weep and I wail, when I think upon death, and behold our

beauty fashioned after the image of God, lying in the tomb dishonored, disfigured, bereft of form." This is a hymn of St John of Damascus sung at the Church's burial services. This "mystery" of death is the inevitable fate of man fallen from God and blinded by his own prideful pursuits. With epic simplicity the Gospel records that, on coming to the scene of the horrible end of His friend, "Jesus wept" (John 11:35). At this moment Lazarus, the friend of Christ, stands for all men, and Bethany is the mystical center of the world. Jesus wept as He saw the "very good" creation and its king, man, "made through Him" (John 1:3) to be filled with joy, life and light, now a burial ground in which man is sealed up in a tomb outside the city, removed from the fullness of life for which he was created, and decomposing in darkness, despair and death. Again as the Gospel says, the people were hesitant to open the tomb, for "by this time there will be an odor, for he has been dead four days" (John 11:39).

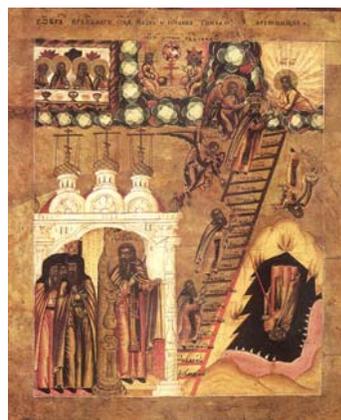
When the stone was removed from the tomb, Jesus prayed to His Father and then cried with a loud voice: "Lazarus, come out." The icon of the feast shows the particular moment when Lazarus appears at the entrance to the tomb. He is still wrapped in his grave clothes and his friends, who are holding their noses because of the stench of his decaying body, must unwrap him. In everything stress is laid on the audible, the visible and the tangible. Christ presents the world with this observable fact: on the eve of His own suffering and death He raises a man dead four days! The people were astonished. Many immediately believed on Jesus and a great crowd began to assemble around Him as the news of the raising of Lazarus spread. The regal entry into Jerusalem followed. Lazarus Saturday is a unique day: on a Saturday a Matins and Divine Liturgy bearing the basic marks of festal, resurrectional services, normally proper to Sundays, are celebrated. Even the baptismal hymn is sung at the Liturgy instead of Holy God: "As many as have been baptized into Christ, have put on Christ."



**2nd Sunday of Great Lent
St. Gregory Palamas**



**3rd Sunday of Great Lent
Sunday of the Cross**



**4th Sunday of Great Lent
St. John Climacus**



**5th Sunday of Great Lent
St. Mary of Egypt**

Major Church Activities and Events

Weekday Services

Wed Mar 7, 14, 21 Pre-sanctified Liturgy, 7 pm
followed by
& 28: Pot Luck Supper and Adult Study

Meetings

Tues Mar 5: Parish Council Meeting, 7 pm
Sun Mar 25: General Parish Meeting, 12 noon

Sundays of Great Lent & Feast Days

Sun Feb 25: 1st Sun: Triumph of Orthodoxy
Sun Mar 4: 2nd Sun: St. Gregory of Palamas
Sun Mar 11: 3rd Sun: The Cross
Sun Mar 18: 4th Sun: St. John Climacus
Sun Mar 25: 5th Sun: St. Mary of Egypt

Sat Mar 31: Lazarus Saturday, 10 am
Sun Apr 1: Entry of the Lord into Jerusalem
(Palm Sunday)
Mon Apr 2: Special trip to St. Vladimir's Seminary
for Bridegroom Matins
Wed Apr 4: Unction Service, 7 pm
Thurs Apr 5: Holy Thursday, 12 Gospel Readings,
Procession of Cross, 7 pm
Fri Apr 6: Good Friday, 2 pm and 7 pm
Sat Apr 7-8: Pascha Services, 11 pm

Ushers' Schedule for Sunday Services

Mar 04: Ilir Fundo / Stefan Baltadori
Mar 11: Damian Peters / Jim Oswald
Mar 18: Xhoxhi Coka / Nasi Pavllo
Mar 25: Ardian Mile / Thoma Beno
Apr 01: Louis Foundos / Robert Kora
Apr 08: Roland Llupa / Edi Sera

We're on the Web!

Visit us at:

www.stnicholasalbanian.org

Memorials:

Sun Mar 11: 40 Day for Wagdi Fouad

St. Nicholas Albanian Orthodox Church
181-14 Midland Parkway
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City, ST ZIP Code