

THE ORTHODOX POST

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

Web site: www.stnicholasalbanian.org E-mail: snickny@aol.com Tel: (718) 380-5684

Pastor's Message

By Father Andrew Jarmus

In Praise of the "New Eve" — The Mother of God and the Dignity of Women

Throughout history men have used many excuses to neglect, exploit and abuse women. One of the most heinous of such excuses says that, since it was Eve who caused the Fall, the "daughters of Eve" [i.e. all women] "have it coming to them." Such a line of reasoning is not only abominable but also runs contrary to some of the fundamental tenets of our Holy Orthodox Faith.

First of all, Orthodoxy maintains that no one is guilty of a sin except the person who committed it. For example, in the Orthodox Church we do not accept the western Christian teaching that people are born with the guilt of the Original Sin. Yes, we face the tragic consequences of the Original Sin, but only

President's Message

By Bill Peters

Hope everyone is enjoying this Summer!!! It is a busy time of year with activities such as vacations, picnics, beach/swim parties and many other fun things.

At St. Nicholas, this Summer is especially busy. Construction for our Building Expansion Project is underway. Excavation and shoring is nearly completed. The next phase, Foundation Work, will be done in August. Overall project completion is expected in the Fall.

Fundraising to pay for the Building Expansion is necessary and is continuing. More financial support is needed. If you haven't done so already, please make a generous donation to this Church Building Project and encourage your friends to do the same. For more information, contact Al Foundos or any Parish Council member.

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those who committed that sin, Adam and Eve, can be guilty of it.

Secondly, we must keep in mind that Adam and Eve *together* represent the fullness of humanity. The Fall was not caused by Eve sinning, but by both Adam and Eve sinning. In fact, the fathers point out that it was not even Adam and Eve sinning that caused the Fall. It was, rather, their common unwillingness to take responsibility for their actions – which is to say, their unwillingness to repent of their sin – that closed the gates of paradise on them.

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On Sunday, August 30th, a special event will occur at St. Nicholas. Reader Nathan Preston who has been serving our Church for a few years will be ordained a Deacon. Bishop Nikon will be performing the services. In addition, we will be celebrating Bishop Nikon's 40th Anniversary in the Priesthood. A Reception will be held in the Fellowship Hall following the ceremonies. It is being provided by The Daughters' of St. Nicholas.

All are invited to attend!!!

In September, a new Church Year will begin. Teen Activities and Sunday School are very important. A Teen Get-to-Gether for Teens and their parents will be hosted by Fr. Andrew and Kristi at their home on Sunday, September 6th at 2pm. Talk to Fr. Andrew or Kristi for more info (516 558-7758). For Sunday School, all parents and their children should make a commitment to enroll and attend classes every Sunday. Sunday School registration is on Sunday, September 13th and Classes will begin the following Sunday, September 20th.

Daughters' Corner

by Linda Foundos

Parenting Magazine called attention to many sayings that are passed on from generation to generation. As it turns out, not everything Mom told you is true. Here are some "Mom-isms".....'

Mama always said: It's important to clean your plate. That is FALSE. Perhaps the root was to not be wasteful, but it's more important to give the kids the chance to stop eating based on appetite, instead of external clues like an empty bowl. It helps them stay attuned to feelings of satiety. When they lose that connection, the risk of becoming overweight goes up. It's best to give children healthy options and allow them to eat when they're hungry and stop when they're full. Watching portion control is key and prevents waste and overeating too.

Mama always said: Sitting too close to the TV will ruin your eyes. That is FALSE. Watching close-up may cause eyestrain which can lead to headaches, but it doesn't worsen vision. For healthier viewing, remind your children not to watch in total darkness and stay about 10 feet away from the screen. If your child is always sitting really close, consider getting his or her eyes examined.

Mama always said: Don't frown, you will get wrinkles. That is TRUE.

Furrowing your brow millions of times over your life can leave a line or two eventually; so can laughing. There's no way to avoid lines. Facial muscles move to express emotion: without them, we couldn't eat, drink, smile or kiss. The sun actually does the most damage. It is so important to use sun block and have a healthy life style.

Mama always said: Sit up straight or you will ruin your posture. This is TRUE.

Slumping over puts major pressure on the neck, shoulders and back, not to mention that it keeps the lungs from completely filling. Try to keep your kids active and it will give their muscles the strength needed to maintain alignment.

Mama always said: Put on a coat or you will catch cold. This is FALSE. The only thing your child is likely to get from being outside in the cold is...cold. Only cold and flu viruses can cause illness.

Mama always aid: Eat your breakfast. This is TRUE.

There is no doubt breakfast is the most important meal of the day. Studies have proven that children who eat a good morning meal perform better in school. If your kids are picky breakfast eaters, have them grab a handful of raisings, some dry cereal or even some leftover pizza.

Keep in mind Sunday, August 30th for the ordination by Bishop Nikon of Reader Nathan Preston to the Diaconate and a reception in his honor.

Also keep in mind, Flea Market/Bake Sale coming up this Fall

KENDI SHQIP

(The Albanian Corner)



By A. Llupa

Gusht 2009

Këtë muaj po japim një pjesë nga volumni i dytë "Adhurimi" i Thomas Hopko mbi Pagëzimin

Praktikimi i Pagëzimit si simbol fetar nuk filloi me Jezusin. Pagëzimi, që literalisht do të thotë "zhytje në ujë" (baptizim), praktikohet nga populli i Dhjatës së Vjetër, si dhe nga popujt që i përkisnin besimeve pagane. Kuptimi universal i Pagëzimit është ai i "fillimit të ri", i vdekjes së një mënyrë të vjetër jetese dhe i lindjes përsëri, në një mënyrë të re jete. Prandaj Pagëzimi është gjithmonë i lidhur me Pendimin, që do të thotë një kthim moral, "një ndryshim i mendjes", një ndryshim në jetimin prej dickaje të vjetër dhe të keqe, në një dicka të re dhe të mirë.

Prandaj, në Ungjill Joan Pagëzori i pagëzoi njerzit si një shenjë pendimi, për përgatitjen për Mbretërinë e Perëndisë, që po vinte tek njerzit me Krishtin Mesian. Vetë Krishti u pagëzua nga Joani, jo sepse ishte mëkatar dhe kishte nevojë për pagëzim, por sepse, duke e lejuar veten të pagëzohej ai tregoi se me të vërtetë ishte "biri i dashur" i Perëndisë, Shpëtimtari dhe Mesia, "Qengji i Perëndisë që heq mëkatin e botës".

Në Kishën e krishterë praktika e pagëzimit merr një kuptim të ri dhe të vecantë. Ai nuk mbetet thjesht një shenjë e ndryshimit moral dhe e rilindjes shpirtërore. Por, ai bëhet një akt i vërtetë i vdekjes dhe ngjalljes së personit në dhe me Krishtin. Pagëzimi i krishterë është pjesëmarrja e njeriut në ngjarjen e Pashkës. Ai është një "lindje e re nga uji dhe nga Fryma e Shenjtë" në Mbretërinë e Perëndisë.

Pagëzimi në Kishë fillon me mohimin e Satanit dhe me pranimin e Krishtit. Para se të pagëzohet një person, ose nuni për atë, pohon zyrtarisht simbolin e besës së krishterë, Besoren. Megjithëse nuni flet në emër të foshnjës, ai e shoqëron hyrjen e tij në kishë dhe e "pret" foshnjën kur del nga uji i pagëzimit dhe kujdeset për jetën e tij shpirtërore. Nuni duhet të jetë anëtar i Kishës.

...Nëpërmjet aktit të zhytjes, personi i pagëzuar vdes për këtë botë dhe lind përsëri në ngjalljen e Krishtit, në jetën e amëshuar. Ai vishet me "rrobën e shpëtimit", simbolizuar nga rroba e bardhë e Pagëzimit, që është "njerishmëria e re" e vetë Jezusit, i cili është Adami i ri dhe qiellor. Prandaj, fjalët e Apostullit Pavlit këndohen tri herë, kur i porsapagëzuarit udhëhiqet në procesionin rreth kolumvithrës, si simbol i hyrjes së tij në jetën e amëshuar "Sa u pagëzuat me Krishtin, me Krishtin u veshët. Aliluia".

SCHOOL SUPPLY COLLECTION FOR LESS PRIVILEGED CHILDREN IN ORTHODOX COUNTRIES



Over the month of August, we will again

be collecting the following school supplies to be sent to less privileged children living in Orthodox countries. George Beno will be collecting school supplies during Coffee Hour after Divine Liturgy. Supplies may also be left in the parish office.

As stores promote "Back-to-School" sales this month, we ask our members and supporters to pick up something from this list. Education is an important tool to help beat poverty. Your support of this project will give a less fortunate child resources needed not only to do well in school but also in life.

School Supplies Being Collected:

- blunt scissors [rounded tip]
- 70 count spiral or tape-bound ruled paper
- 12" (30 cm) rulers
- hand-held pencil sharpeners
- #2 lead pencils with eraser tips
- erasers [2.5"]
- box of 24 crayons

PASTOR'S MESSAGE – Continued from Page 1

Adam and Eve eat the fruit of the Tree of the Knowledge of Good and Evil, and God asked them, "What happened?" Here, He gave them an opportunity to repent and ask for forgiveness for their transgression. Instead, Adam blames Eve, and Eve blames the serpent. It is by Adam and Eve both being unwilling to take responsibility for their transgression of God's one and only commandment in Paradise that we end up in the chaos of this world.

The third point to be made against the "Eve-was-bad-therefore-all-women-are-bad" ideology is that Eve is not the end of the spiritual legacy of women. In Orthodox Christianity we teach that, just as Christ is called the "New Adam", Mary, the Mother of God is the "New Eve". In the same way that sin and death come into the world by the rebellion of both man and woman; sin and death are overcome in the world by the faithfulness of both man and woman. It is by Mary willingly accepting her Divine calling to be the mother of the Messiah that the People of God see the gates of Paradise opening for them again.

If women are daughters of the first Eve [the first person to rebel against God], then they are also daughters of the Second Eve [the person who is for us the greatest example of dedication to God]. That which was lost by Eve was regained by Mary. In the spirit of the second Eve, we honor many women Saints as role models of devoted service and praise of our Lord Jesus Christ – role models for all people, women and men alike.

See you in church.
Blessings, Fr. Andrew



Reader Nathan to be Ordained a Deacon by Bishop Nikon on Sunday, August 30th

Reader Nathan Preston will be ordained to the Diaconate with services celebrated by Bishop Nikon at our St. Nicholas Church.

Reader Nathan has been serving our Parish for a few years. As a Deacon, he will continue at St. Nicholas and work with Fr. Andrew in caring for the needs of our Parish Community.

Following the Ordination Service, a Reception will be provided by the Daughters' in the Fellowship Hall to honor him and to greet Bishop Nikon. Also, we will celebrate Bishop Nikon's 40th Anniversary in the Priesthood.

Everyone is invited to attend!!!

Building Expansion Project Excavation Continues



The Excavation Phase of our Building Expansion Project continues. Foundation work will be done in August. A special Photo Gallery has been set-up on the Church's website, www.stnicholasalbanian.org. On the homepage, click the "Construction Progress" box at the lower right corner. This will bring you to the Photo Gallery showing all phases of the Project, to date. Click the phase you want to see, then click the selected photo to make it bigger.

Community News

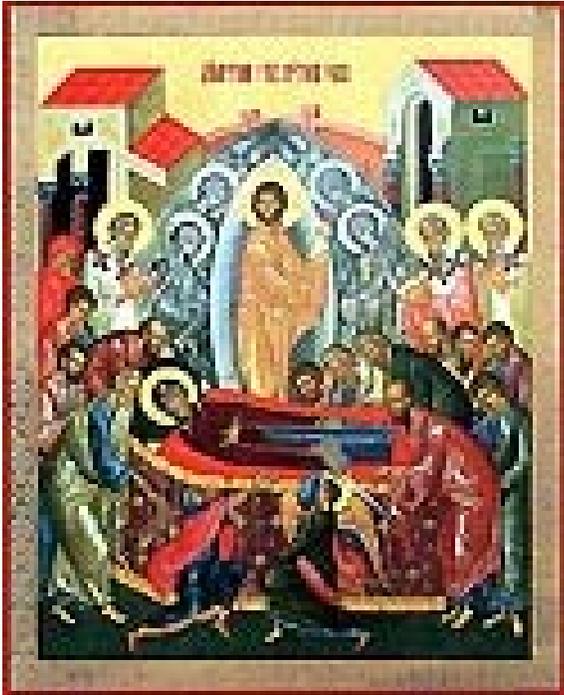
By Linda Foundos

- May God bless the newly baptized Joana Elizabeth, the daughter of Angela & Ilir Sovjani. The proud grandparents Elizabeth & Alfred Fundo are delighted with the new bundle of joy. Joana's sponsors were Alma & Lluka Llukani from Tirana, Albania. Lluka is Elizabeth's brother. Our best wishes for good health and happiness to the entire family.
- He's bionic.....our get well wishes go out to George Kelapire as he recently had a hip replacement. Let's see.....that makes 2 new knees and 2 new hips for George! He has resumed his activities and is getting along very well.
- The Albanian Riviera, including Sarande, Vlore & Himara, was the scene for Fiona & Ilir Fundo for a few weeks. They enjoyed such a beautiful time with family and friends. What a great vacation get-a-away!
- Doctors at Boston Children's Hospital are delighted at the progress Elizabeth Jones has made the past few months, but they have decided to wait until January when she is a little stronger for further surgery. Her twin sister Sofia and older sister Renee are still visiting New York with their parents Diane & Steve. They are also keeping their Baba (Larry Jance) and Xhaxhi (John Jance) hands full, but they are loving it!! May God bless Elizabeth and all her family.
- Our warmest congratulations to Mary & Peter Durniak who recently celebrated their 60th wedding anniversary!! What a beautiful relationship; a partnership for life. Love so deep, so strong is very special.
- Wedding bells were sweetly ringing for Jenny Suyat & Damian Peters in California on July 18th weekend. (Jenny is from the Los Angeles area.) Many family & friends traveled to share in the special occasion along with Tina & Bill Peters, Damian's proud parents. It was a beautiful and joyous celebration filled with love and a great time for in Huntington Beach, all. Te Tashegothen!!
- The Mile family, Irma, Ardian, Iris & Angela had a fabulous time in Miami Beach, Florida. The sunshine, the beaches, the relaxation, the restaurants, the hot spots of entertainment.....it was all a great time!!
- Congratulations to Christian A. Fundo! A second year law student at Cornell Law School, Christian was among the few selected for the Cornell Law Review. Among his duties as an associate editor, Christian will edit and help select the legal articles that will be published at the Cornell Law Review. We wish Christian continued success at school. His family and friends are very proud of him.
- The Dominican Republic was the vacation retreat for Tina & Robert Korra and their family. At La Romana Resort & Spa they did it all.....scuba diving, snorkeling, music & entertainment nightly, day trip to Catalina Island, enjoyed great weather, beautiful beaches and delicious food, visited the capital, Santo Domingo.....it was all so good! They look forward to next time.
- A very special event will take place on Sunday, August 30th at St. Nicholas. We have been so blessed to have Reader Nathan Preston with us for over 2 years. On this day, he will be ordained by Bishop Nikon to the Diaconate. This dedication and devotion to work towards this elevation is a testament to the faith of Reader Nathan. Another milestone to celebrate on this day is the 40th anniversary in the priesthood for Bishop Nikon! Please join us to honor them at a reception in our Fellowship Hall.
- Looking Ahead: On Sunday, September 6th, a 3-year memorial service will take place to honor the memory of Aneta Bima, mother of Alma Bima, aunt of Eli Troja.

Please contact Linda Foundos at (516) 671-8071 or email her at ggsutter@aol.com

This Month's Feast Days

The Dormition ("Falling Asleep") of our Most Holy Lady The Mother of God and Ever-Virgin Mary Commemorated on August 15th



At the time of Her blessed Falling Asleep, the Most Holy Virgin Mary was again at Jerusalem. Day and night She spent her time in prayer. The Most Holy Theotokos went often to the Holy Sepulchre of the Lord to offered up fervent prayer.

One day, while visiting Golgotha, the Archangel Gabriel appeared to Her and announced Her approaching departure from this life to eternal life. She told the disciples of Her impending Repose and prayed also that the Lord would have the Apostle John come to Her. The Holy Spirit transported him from Ephesus, setting him in that very place where the Mother of God lay.

The faithful, whose number by then was impossible to count, gathered together, says St John of Damascus, like clouds and eagles, to listen to the Mother of God. Seeing one another, the Disciples rejoiced, but in their confusion they asked each other why the Lord had gathered them together in one place. St John the Theologian, greeting them with tears of joy, said that the time of the Virgin's repose was at hand.

At the the third hour of that day (9 A.M.) the inexpressible Light of Divine Glory suddenly shone forth, before which the blazing candles paled in

comparison. Descending from Heaven was Christ, the King of Glory, surrounded by hosts of Angels and Archangels and other Heavenly Powers, together with the souls of the Forefathers and the Prophets, who had prophesied in ages past concerning the Most Holy Virgin Mary.

Seeing Her Son, the Mother of God exclaimed: "My soul doth magnify the Lord, and my spirit hath rejoiced in God My Savior, for He hath regarded the low estate of His Handmaiden" (Luke 1:46-48) and, rising from Her bed to meet the Lord, She bowed down to Him, and the Lord bid Her enter into Life Eternal. Without any bodily suffering, as though in a happy sleep, the Most Holy Virgin Mary gave Her soul into the hands of Her Son and God.

The most-pure body of the Mother of God was buried in the family tomb in the Garden of Gethsemane where the Savior often prayed with His disciples. Christians honored the sepulchre of the Mother of God, and they built a church on this spot.

Today, on the feast of the Dormition flowers are blessed in churches, in memory of the fragrance coming from the Mother of God's all-pure body. People keep these blessed flowers in their homes. During times of family strife or illness, the flower petals are placed in the censer with the incense, and the whole house is censured.

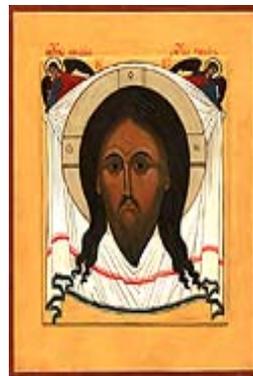
MAJOR FEAST DAYS IN AUGUST



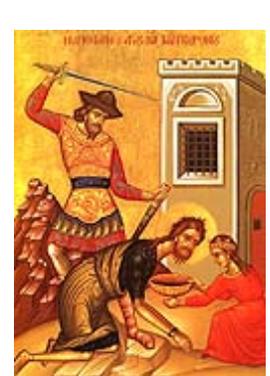
Procession of the Honorable Wood of the Life-Giving Cross of The Lord
August 01



The Holy Transfiguration of our Lord God and Savior Jesus Christ
August 06



Icon of Our Lord "Not Made by Hands"
August 16



Beheading of St. John the Baptist
August 29

Major Church Activities and Events

- Sat, Aug 01: Beginning of Dormition Fast (ends 8/15)
- Sun, Aug 02: Divine Liturgy, 9:30 a.m.
- Wed, Aug 05: Transfiguration of Our Lord, Vesperal
Divine Liturgy, 7:00 p.m. – blessing of fruit
- Sun, Aug 09: Divine Liturgy, 9:30
- Sat, Aug 15: Dormition of the Theotokos, Divine Liturgy,
10 a.m., with the blessing of flowers at the
end of the Liturgy
- Sun, Aug 16: Divine Liturgy, 9:30 a.m.
- Sun, Aug 23: Divine Liturgy, 9:30 a.m. – “PowerPoint”
Sermon
- Mon, Aug 24: Parish Council Meeting, 7 p.m.
- Sat, Aug 29: Beheading of St. John the Baptist – this is a
strict fast day
- Sun, Aug 30: Hierarchical Divine Liturgy celebrated by His
Grace, Bishop Nikon, with the Ordination of
Reader Nathan Preston to the Diaconate, 9:30 a.m.

Sun, June 21–Sept 6: Liturgy Starts at 9:30 a.m.

Ushers' Schedule for Sunday Services Lista e sherbimit te dielave ne kisha

- Aug 02: Andrea Kutali / John Jance
- Aug 09: Lou Foundos / Robert Korra
- Aug 16: Roland Llupa / Edi Sera
- Aug 23: Ken Gjika / Izzy Tsamblakos
- Aug 30: Tomi Beno / Ardian Mile
- Sep 06: Ilir Fundo / Stefan Baltadori

We're on the Web!

Visit us at:

www.stnicholasalbanian.org

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



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