

THE ORTHODOX POST

July 2009

Volume V, Issue 7



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

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Pastor's Message

By Father Andrew Jarmus

Christianity is a choice

One of God's gifts that we treasure most is freedom of choice. God has made us in His image and, like Him, we have free will. We can choose the course of our life--our actions, attitudes, beliefs. We rejoice in our freedom and are grateful to live in a society where our freedom is valued and defended. But as we consider our freedom, there are two things we need to remember.

The first thing that we need to remember about freedom is that it comes as part of a package. With freedom comes responsibility. Yes, we have freedom to make choices. But one day we will have to answer for the choices that we made to the One who gave us our freedom: God.

When Jesus teaches about the Last Judgment in the Gospel of Matthew, He says that He will say to the saved, "I was hungry and you fed me. I was naked and you clothed me. I was sick or in prison and you visited me." To the condemned He says, "I was hungry and you did not feed

INSIDE THIS ISSUE

Pastor's Message & President's Message	1
Daughters of St. Nicholas & Kendi Shqip	2
Parish & Community News	3 - 4
The Month's Major Feast Days	5
Major Events & Ushers' Sunday Schedule	6

me. I was naked and you did not cloth me. I was sick or in prison and you did not visit me."

Both the saved and the condemned will ask Jesus when it was that they saw Him. To the saved Christ answers that whenever they offered a helping hand even to the lowest person, "you did it to Me." Likewise, He tells the condemned that whenever they neglected someone in need, they turned their backs on Him. Each group -- saved and condemned -- made choices in this life and these choices had an impact on them in the life to come.

God respects of our freedom so deeply, that He even

Pastor's Message is continued on Page 3

President's Message

By Bill Peters



The members of the St. Nicholas Church Parish Council took the oath of office during Liturgy on June 7th. Fr. Andrew conducted the swearing-in-ceremony. The Council faces many challenges in caring

for the Church Community's needs. Your ongoing support is necessary to assure success. Your help is especially needed to financially support the Building Expansion Project. Contributions from each of you and your friends are needed.

Your Parish Council consists of the following individuals:

Bill Peters	President
Ilia Luka	Vice President
Lou Foundos	Treasurer
John Jance	Secretary
Fr. Andrew Jarmus	Parish Priest

Other Members:

Tomi Beno	Peter Panajoti
Ken Gjika	Nasi Pavllo
Pauline Logore	Isidoros Tsamblakos
Jim Liolin	

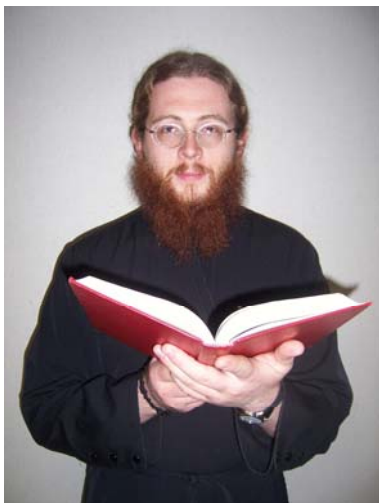
Daughters' Corner

by Linda Foundos

We hope you are having a safe and enjoyable summer. Here is some great wisdom I'd like to share with you:

The Most

The most destructive habit	... worry
The greatest joy	... giving
The greatest loss	... loss of self-respect
The most satisfying work	... helping others
The ugliest personality trait	... selfishness
The most endangered species	... dedicated leaders
Our greatest natural resource	... our youth
The greatest "shot in the arm"	... encouragement
The greatest problem to overcome	... fear
The most effective sleeping pill	... peace of mind
The most crippling failure disease	... excuses
The most powerful force in life	... love
The most dangerous pariah	... a gossip
The world's most incredible computer	... the brain
The worst thing to be without	... hope
The deadliest weapon	... the tongue
The two most power-filled words	... "I can"
The greatest asset	... faith
The most worthless emotion	... self-pity
The most beautiful attire	... a smile!
The most prized possession	... integrity
The most contagious spirit	... enthusiasm
The most powerful channel of communication	... prayer



Reader Nathan to be Ordained a Deacon

On Sunday, August 30th, at St. Nicholas Church, Bishop Nikon will Ordain Reader Nathan Preston to the Diaconate.

Plan on attending this Special Event and the Reception in the Church.

KENDI SHQIP

(The Albanian Corner)



By A. Llupa

Korrik 2009

Biografia e Fr. Andrew

Kam lindur dhe jam rritur ne Uinipeg, Manitoba , Kanada. Ka vetëm fushë dhe thonë se aty mund t'a shikosh qenin që të ka humbur para tre ditëve, kaq vend i hapur është...Vazhdova kolegjin në Manitoba dhe u diplomova në degën e Psikologjisë dhe të Sociologjisë. Në disa klasa psikologjie, u bëra kurioz për të studiuar teorinë se qenjet njerëzore janë kryesisht një përmlledhje komplekse e reaksioneve të stimujve të jashtëm. Sa më shumë studjoja për këto gjëra, më shumë bëhesha i interesuar dhe pasi mora disa kurse në degën e thelogjisë (fesë) vitin e fundit të kolegjit, vendosa të shkoj në Seminar për t'u bërë prift. Mbarova studimet pasuniversitare në Theologji në fillim, në Kolegjin Orthodox Ukrainas në Uinipeg dhe më vonë në Kolegjin Grek të Kryqit të Shenjtë në Boston. Gjatë kësaj kohe, bëra praktikën në qendra të ndryshme fetare si në spital, kishë apo gjetkë.

Në vitet e fundit të 1990, pati një influks të madhe të njerzve nga Ukrahina në fushat e Kanadasë. Gjatë viteve të kolegjit isha i dhënë pas kulturës, valleve dhe ekskursioneve të ndryshme që organizoheshin me këto grupe. Në një nga këto udhëtime erdhëm dhe në New York dhe rashë në dashuri me qytetin që në vizitën e parë. Gjatë kësaj kohe u njofta dhe me Kristin, gruan time të ardhshme, e cila u pagëzua kur ishte 19 vjece. Kur isha në vitin e fundit në Seminarin Theologjik, Orthodoxia na bashkoi më shumë. Kemi 19 vjet martuar dhe Zoti na ka bekuar me tre djem të bukur dhe të zgjuar. U caktova ndihmës prift në Prill të 1991 dhe u emërova prft në Janar të 1992. Kisha e parë ishte në Alberta ku ndenjëm nga 1992 deri në 1998, kur u ktheva ne Uinipeg me pozitën e drejtorit të misioneve dhe arsimit për Kishën Orthodoxe Ukrahinase për Kanadanë dhe për dy vjet si kryeredaktor i shtëpisë botuese për kishën. Në këtë kohë jepja mësim dhe në Seminarin Theologjik. Gjithashtu ndihmova në krijimin e disa kishave të vogla orthodoxe dhe shërbeja si pastor.

Besoj se Zoti na ka sjellë ne, Kristianëve Orthodoxe në Amerikën e Veriut për të "mbjellë" ketu kishën e Tij. Nuk kemi detyrën vetëm të ruajmë atë që të parët na kanë lënë, por dhe

Kendi Shqip is continued on Page 3

KENDI SHQIP – Continued from Page 2

të ruajmë parimet tona dhe të rrisim praktikat me qëllim që ato të vazhdojnë të n'a japin jetë, por edhe që t'i transmetojmë ato tek të gjithë ata që do të vijnë pas nesh, pa marë parasysh kombësinë e tyre. Une jam shumë krenar për ethnicitetin tim, por kam bindjen se ky ethnicitet duhet të ndihmojë që t'a pasojmë besimin tek të tjerët dhe jo të bëhet pengesë për të.

Në OCA (Kishën Orthodokse të Amerikës) gjeta një vend i cili i inkurajonte këto bindje të mijat dhe në vitin 2006 aplikova për një pozicion në OCA të Kanadasë dhe në Gusht të 2007 u vendosëm në Long Island ku mora detyrën e drejtorit të ministrive dhe të komunikacioneve në Oyster Bay Cove dhe në Maj të këtij viti mora dhe detyrën e pastorin në Kishën Orthodokse Shqiptare të Shën Kollit. I lutem Zotit të më japë kthjelltësinë, guximin dhe zgjuarsinë për të qënë një "bari" i mirë në këtë komunitet dhe një zëdhënës i besuar i "dhuratave" që Ai më ka dhënë.

Këto vitet e fundit, kur vendosëm të lëmë kishën e Ukrainës dhe të vimë ku jemi tani, kanë qenë të mbushura me bekime dhe me vështirësi në të njëjtën kohë. Të gjithë e dimë se cdo të thotë të lësh mbrapa vendin tënd, kulturën, familjen dhe të bashkohesh me një jetë të re. Megjithëse ne nuk na u desh të kalonim oqeanin apo të mësonim një gjuhë të re, kaluam disa kohë jo të këndshme si fillim. Pak nga pak, jeta që filluam këtu po bëhet më e pranueshme; fqinjët po bëhen shokë, qyteti ku jetojmë po bëhet si shtëpia jonë, puna po mer një ritëm dhe po bëhemi më të njohur me punën dhe me ata që punojmë.

Një gjë është e sigurt, e cila është përforcuar më shumë gjatë këtyre viteve të fundit që Zoti na do dhe na mban në pëllëmbë të dorës. Edhe kur ndihemi të vetmuar, të dekurajuar- dhe në situatat më të pashpresa,- hirësia e Zotit është prezente. Edhe Hades, vëndi më i largët dhe më i izoluar dhe më i zyrtë i kozmosit është vizituar nga Krishti dhe është mbushur me jetë nga drita e tij.

Kjo nuk do të thotë se nuk do të kemi dhimbje, mërzitje apo shqetësime, por gjithmonë do të kemi shpresë. Shpresa jonë i ka rrenjët në një Zot i cili e mban fjalën, një Zot që megjithse jo gjithmonë do të na japë çfarë ne duam në jetë, kurrë nuk do të n'a zhgënjëjë për atë që ne më të vërtetë kemi nevojë- dhe bekimi i Tij do të na japë gezim më të madh se sa opinionet apo tendencat personale që ne kërkojmë.

PASTOR'S MESSAGE – Continued from Page 1

allows us to turn our backs on Him. So, Christianity, then, is a choice -- the choice to follow Jesus Christ and what He teaches us or not to follow. And, because one day we will have to give and account to Christ for what we decided, we need to be attentive to how we live. In the Christian life, there is no cruise control, no auto-pilot. We must pay attention to what we are doing.

This brings us to the second point about freedom. Freedom does not give us licence to do whatever we want. St. Paul says, "'All things are lawful,' but not all things are helpful. 'All things are lawful,' but not all things build up. (1 Corinthians 10:23)" In other words, "I can do whatever I want, but not everything that I want to do is positive." Just because we can do whatever we want doesn't mean that in all cases we should.

I was recently speaking with a parishioner who came from Albania after the fall of Communism. We were discussing the topic of freedom. He said, "Yes, in the west we have freedom. But we still have to manage our life." Exactly.

Freedom alone is not enough. Leaving our freedom unchecked will eventually end up hurting us. If we indulge our freedom in all circumstances, we will sooner or later become enslaved to obsessions, compulsions and addictions (what the Saints collectively call "the passions").

On the other hand, if we make the choice to curb our freedom, doing only that which God teaches us is healthy and positive, we truly become free. By learning from our Lord Jesus Christ what it is that we should do, and by setting ourselves to do this alone, things like anger, greed, jealousy, rage, etc. no longer have dominion over us. We are free of them.

So, every day, every hour, every moment, we face a choice – the choice to follow the life God calls us to, or to not follow it. Christianity is a choice. Let us choose our Lord, God and Savior Jesus Christ and His Way of living -- even when it takes great effort, even when we don't feel like it, even when we are afraid of what lies ahead. Because following Jesus always leads us to peace, joy and a freedom that can never be taken away.

Blessings, Fr. Andrew

Building Expansion Project Begins Excavation Phase



The Excavation Phase of our Building Expansion Project began after the May 17 Ground Breaking Ceremony. 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 photo to make it bigger.

Community News

By Linda Foundos

- Congratulations to Kris Kutali, daughter of Sylvana & Andrea Kutali, who recently graduated from Long Island City High School. She did very well and is now looking forward to another big step in life. She will study business communication this fall at St. Frances College in New York City. All the best to you and your family. We are all very proud of you.
- Lilliana & Thoma Rehova couldn't be more proud of their daughter, Ornela, who recently graduated from University of Vermont College of Medicine on May 17th. Ornela has begun her internship in Preliminary Medicine at Stony Brook University and is matched to attend New York University Physical Medicine and Rehabilitation as a resident next year. Bravo on this wonderful accomplishment and the beginning of a very honorable career!!
- There is now an inventory of diapers & baby bottles at the Tsamblakos house! What joyous news of a baby boy, John Isidoros, born to Beti & Izzy on Thursday, May 28th weighing nearly 10 pounds! Our sincere congratulations to the parents, big brother George and the delighted grandparents, Diana & Dhimiter Beno. The entire family is thrilled with the new addition.
- Kudos to Olsi Argjendari who graduated from New York University with a degree in Economics & Urban Studies. Olsi plans to attend graduate school in the future but is taking some time off to work with his father. His parents, Vitore and Ektor, family and friends are very proud of him. His future definitely looks promising.
- A lovely surprise bridal shower party was given for Jenny Suyat, the fiancée of Damian Peters, by her future mother-in-law, Tina Peters on Sunday, June 14th at the Davenport Press in Mineola. Jenny was certainly surprised and delighted with the perfect afternoon Tina had planned. Everyone enjoyed a delicious lunch, fun games that kept everyone thinking and laughing and a lot of great conversation. Jenny was most appreciative of all the beautiful and generous gifts to begin their new life together. And why is it that mother-in-laws have such a bad reputation, huh???
- On Saturday, June 20th, Nicholas Albert Foundos, the son of Jana & Phil Foundos was baptized. Nicholas' siblings, Matt, Christina and Matthew so love this new addition to their family. The sponsors were Donna & Jim Oswald. May God bless the entire family including the proud grandparents, Al Foundos and Marian & Nick Adams. We wish Nicholas a very long, healthy & happy life.
- A fun-filled party was given to honor Thomaq Mitre who celebrated his 55th birthday on June 20th in Garfield, New Jersey. A wonderful time was had by all. His wife, Ermira, family and friends wish him "per shume vjet gezuar."

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

This Month's Feast Days

Martyr Christina of Tyre
Commemorated on July 24th



The Martyr Christina lived during the third century. She was born into a rich family, and her father was governor of Tyre. By the age of 11 the girl was exceptionally beautiful, and many wanted to marry her. Christina's father, however, envisioned that his daughter should become a pagan priestess. So, he placed her in a special dwelling where he had set up many gold and silver idols, and he commanded his daughter to burn incense before them.

In her solitude, Christina began to wonder who had created this beautiful world. She was convinced, that the voiceless and inanimate idols in her room could not create anything, since they themselves were created by human hands. She began to pray to the One God with tears, entreating Him to reveal Himself. Her soul blazed with love for the Unknown God, and she intensified her prayer all the more, and combined it with fasting.

One time Christina was visited by an angel, who instructed her in the true faith in Christ, the Savior of the world. The angel called her a bride of Christ and told her about her future suffering. The holy virgin smashed all the idols standing in her room and threw them out the window.

Visiting his daughter's room, Christina's father became enraged when he saw that all the idols were gone and he began slapping her. She told her father about her faith in the One True God, and that she had destroyed the idols with her own hands. Her father's rage grew and he gave Christina a fierce beating and threw her in prison.

While in prison St. Christina was repeatedly subject to torture and her tormentors tried unsuccessfully to make her worship idols. Three times they tried in vain to kill her; God delivered her from death each time. While she was in prison people began to flock to her, and she converted about 300 to the true faith in Christ.

Finally, St. Christina was executed with a sword, after showing unwavering faith in our Lord Jesus Christ, enduring unspeakable suffering for His sake.



**Holy Wonderworking
Unmercenary Physicians
Cosmas and Damian at Rome**
July 01



**Synaxis of the
Archangel Gabriel**
July 13



**Myrrhbearer and Equal
of the Apostles Mary
Magdalene us**
July 22



**Greatmartyr and
Healer Panteleimon**
July 27

Major Church Activities and Events

- Sun, July 05: Divine Liturgy, 9:30 a.m.
- Mon, July 06: 40th Anniversary of the Priestly Ordination Of His Grace, Bishop Nikon.
Eis polla eti, Despota !
- Sun, July 12: Divine Liturgy, 9:30 a.m.
- Mon, July 13: Parish Council Meeting, 7 p.m.
- Sun, July 19: Divine Liturgy, 9:30
- Fri, July 24: Virgin Martyr Christina, Divine Liturgy,
9:30 a.m.
- Sun, July 26: Divine Liturgy, 9:30 a.m.
- Mon, July 27: Great Martyr and Healer Panteleimon,
Prayers and Anointing of the Sick,
7:00 p.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

- July 05: Ken Gjika / Izzy Tsamblakos
- July 12: Tomi Beno / Ardian Mile
- July 19: Petrika Troja / Nasi Pavllo
- July 26: Ilir Fundo / Stefan Baltadori
- Aug 02: Andrea Kutali / John Jance
- Aug 09: Lou Foundos / Robert Korra

We're on the Web!

Visit us at:

www.stnicholasalbanian.org

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