

# THE ORTHODOX POST

April 2013

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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 Fr. Nathan Preston

Turning my car north, the snow falls and melts from the windshield. I am headed to Westchester; I am headed to Church, to St. Vladimir's Seminary, there to participate in and celebrate an ordination. Our own Deacon Adam with whom I served yesterday will be next week in Church serving alongside me as Father Adam, so I am going up to see him through this. Apart from the snow and inevitable traffic, it is quiet in the car. The radio has been mostly off since last week, and I click it on only briefly trying to hear a bit of news for weather or roads. With the start of Great Lent a week ago, I have tried to live more quietly, so must stay my hand from its accustomed reach for the tuner each time I settle in the car. In this quiet, I venture northward. At the seminary, things are as they always are—beautiful with a touch of chaos. The altar is full, the bishop surrounded by priests and deacons and servers, and in the full three hours, only one line, one small prayer, is required of me. So ample is our number that all else is covered. The music swells; the service progresses; the deacon is no more but now a priest. And at the time when the choir sings preparatory hymns, when the Holy Gifts have been consecrated, and all are standing in anticipation awaiting to receive these, the bishop calls the new priest to his side. Into his hands, the Metropolitan places the holy loaf of

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Communion, admonishing the novice priest that, on the day of judgment, Christ Himself will ask for accounting of this, entrusting these holy things to his care. The service moves on with more prayers and hymns while the newly ordained stands still at the altar peering down and trying not to tremble as his hands cup the Body of the Lord. Summoned again by the bishop, the priest is relieved of his charge, and the service continues as clergy and people line up in their respective spots to partake of this same Communion. Its end now in sight, the remainder of the Liturgy passes quickly by, as do the brief congratulatory speeches and wishes for many years of faithful service. **Continued on Page 7**

## President's Message

by Bill Peters

In April, we will have several very important activities.

Most important in the spiritual life of the Church and our own lives as Orthodox Christians is the celebration of Great Lent leading to Pascha on May 5<sup>th</sup>.

In April, we continue our journey through Great Lent with Pre-Sanctified Services and Adult Study on Wednesday evenings. On Sunday, April 14<sup>th</sup> at 5pm, St. Nicholas will host other Churches for Pan-Orthodox Vespers. Please Attend!!! Then we progress through Lazarus Saturday and Palm Sunday towards Holy Week.

Of course, on Palm Sunday, April 28<sup>th</sup>, in addition to services, we have our traditional Pancake Breakfast sponsored by the Daughters' of St. Nicholas after Liturgy. All are invited to attend!!!

Later we move through Holy Week with services featuring Holy Unction, the 12 Gospel Readings and the Lamentations of Good Friday. A related activity includes the decoration of the Epitaphi by The Daughters' of St. Nicholas. And finally, we end the week with our celebration of the midnight Pascha Services on May 5<sup>th</sup>.

Another important activity deals with the participation of you, the Parishioners, in the operations of our Church. Our Annual Parish General Meeting will be held on Sunday, April 21<sup>st</sup> after Liturgy.

At the meeting, we will hear about the religious, administrative and social activities of our Church. Programs will be reviewed and the financial situation of St. Nicholas Church will be discussed. In addition, elections will be held for members to fill vacant positions on the Parish Council which will become vacant due to the 3 year terms of some members' ending. Take part in this very important meeting. Stay informed and vote for your Parish Council Representatives. Make a special effort to attend!!!

As part of being active and supporting St. Nicholas Church, please participate in the Annual Pledge Program. Make a financial pledge to support the Church during 2013. Though most have already done so, there are still several people who have not yet sent in their Pledge. PLEASE, Fill out and Submit your Pledge Card, as soon as possible.

Finally, great news!! On behalf of the St. Nicholas Parish, I wish to extend our Congratulations to Deacon Adam and his family on his recent Ordination to the Priesthood. Deacon Adam is now Fr. Adam.

Again, Congratulations & Best Wishes for the Future!!!

## KENDI SHQIP

(The Albanian Corner)



by A. Llupa

Prill, 2013

Këtë muaj po japim një pjesë mbi keshmën, megjithëse jemi në mes të periudhës

Keshma është e dyfishtë: shpirtërore dhe fizike. Kristianët kanë nevojë për të dyja.

Keshma fizike mund të kuptohet si largim nga mishi dhe produktet e bulmetit dhe nga alkoholi.

Keshma shpirtërore përfshin largimin nga e keqja dhe pastrimin e mendimeve, zgjedhjen e fjalëve dhe veprimeve.

Të dyja janë positive; është njësoj sikur pastrojmë kopshtin nga barishtet e këqija për t'u dhënë hapsirë luleve të rriten përsëri. Disa shëmbuj: nëse mundohemi të mos ankohehi, apo të bëhemi më mirënjohës për çfarë kemi. Nëse nuk hamë mish, le t'ja japim këtë të varfërve, apo të shtojmë lutjen. Dhënja të varfërve mund të na ulë dhe panikun për paratë.

Keshma shpirtërore, largimi nga inati, paniku, lakmia, paragjykimi për të tjerët, është më e gjerë dhe më e vështirë. Por, njëkohësisht, kontrolli i oreksit na ndihmon të kontrollojmë shpirtin. Ne nuk mbajmë keshmë sepse ushqimi apo gjërat e tjera nuk janë të mira (të gjitha gjërat që ka krijuar Zoti janë të mira), por mbajmë keshmë për të përdorur më mirë ç'është krijuar.

Keshma është luftë për trupin, jo kundër tij. Kur jemi të vegjël hamë atë që kemi nevojë. Kur rritemi, ushqimi, mendimet, emocionet fillojnë të na kontrollojnë ne, në vënd që ne të kontrollojmë ato. Keshma na ndihmon të rregullojmë gjëndjen tonë shpirtërore. Ajo është pjesë e pandarë e lutjes. Nëse nuk mësojmë të kontrollojmë veten, ndonjë ditë dikush tjetër do të na kontrollojë ne. Keshma është rruga drejt lirisë, gëzimit, dhe të ndjerët të ngopur me gjithshka. Njëkohësisht, kur mbajmë keshmë, shohim dobësitë tona. Kështu lidhemi më shumë me Zotin. Qëllimi kryesor i keshmës është të rrisim dashurinë. Keshma është një dhuratë nga Zoti. Një keshmë e vërtetë mund të quhet ky fakt që gjatë luftës së dytë botërore, një prift orthodox në Greqi dhe familja e tij strehuan dhe fshehën një familje çifute. Gjatë gjithë kësaj kohe, familja greke nuk hëngri gjë tjetër por ushqim që hanin çifutët.

Këshillë: filloni me ngadalë dhe kujtoni më të rëndësishmet: mos pini dhe mos hani para martesës së kungatës. Të vini në kishë sa më shpesh gjatë kohës së keshmës, sidomos gjatë javës së shenjtë. Mundohuni të luteni për një minutë në ditë. Hani çfarë t'u jepet. Mos e tregoni se po mbani keshme. Gjithmonë kujtoni se gjithshka bëhet jo për ushqimin, por për dashurinë. Gjithmonë kujtoni historinë e të çmendurit rus, i cili, i ulur në shkallët e kishës po hante mish pa kufi dhe kur shihte njerzit që dilnin nga kisha gjatë keshmës, u hidhte kockat e mishit njerzve duke u thënë: ju nuk hani mish, por hani vëllane tuaj".

## DAUGHTERS' CORNER

by Linda Foundos

On Sunday, April 14<sup>th</sup>, St. Nicholas is hosting several Orthodox churches for a Vesper service and Lenten meal. It is a beautiful, inspiring service. We would like our community to be well represented. Please plan to attend this wonderful evening. The Daughters are preparing a beautiful, delicious buffet. We have a great reputation from our past events. We should be proud to welcome our sister churches.

On Sunday, April 28<sup>th</sup>, Palm Sunday, the Daughters will host their annual Pancake Breakfast. Tina Peters is cooking again; so it will be delicious! Our volunteers are so kind to donate their time and effort to prepare such events for you. Please support their effort; and be an active part of your community. You'll find it very rewarding. It will probably mean more to your life than you will realize!

The Daughters will be going out for a spring luncheon on Sunday, May 19<sup>th</sup> following services. Don't miss out on the fellowship & fun. Come on along and bring a friend!

All women are welcome! Watch for details.

## Parish General Meeting Sunday, April 21<sup>st</sup>, after Liturgy



**Come to our Meeting!!!!**

Important business of the St. Nicholas Parish will be discussed including:

Religious Education

Church Finances

Social Activities

Daughters of St. Nicholas Activities

Archdiocese and OCA Activities

Parish Council Member Elections

## House Blessings Continue



**Avoid the rush!**

**Speak to Fr. Nathan now about coming  
to Bless Your Home.**

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Cell: 208-818-3372**

**PALM SUNDAY  
SPECIAL ARCHDIOCESE  
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FOR ALBANIA**



**PLEASE  
MAKE A DONATION!!!**

## Adult Study Continues

Our Lenten Adult Study began this year on Wednesday March 20. After the Presanctified Liturgy at 7 pm, we gather in the Fellowship Hall for a potluck meal and introduction to this year's Lenten discussion and meditation.

Our text this Lent is *Father Arseny, 1893-1973: Priest, Prisoner, and Spiritual Father*. Though the title may seem long, this is a very engaging work about a prisoner in the Soviet labor camps and is well known and much beloved by faithful people throughout the world. Because of its popularity, it is available both in customary book form and as an e-book or tape set.

Please speak to Fr. Nathan soon about getting your copy and plan to attend these weekly reflections every Wednesday night throughout the Great Fast.

## Pan-Orthodox Vespers

**St. Nicholas to Host Churches on April 14**

Lent provides us an annual opportunity to do a little bit more at Church and at home as we strive to reorient our lives, learning to prioritize things of eternal value. As with so much of our faith, we do not act alone in this but are always in the company of fellow strugglers, fellow followers of Christ

Each Sunday of Great Lent, we have a special chance to realize this joyful camaraderie as we gather with other Orthodox Christians from neighboring Churches. Pan-Orthodox Vespers takes place every Sunday during the fast, and priests and parishioners take this opportunity to visit each other, pray together, and enjoy a meal with each other.

**This year, St. Nicholas is honored to be among those communities asked to host this event. Please mark your calendar for 5pm on April 14 and plan to be here at our St. Nicholas Church as we welcome our brothers and sisters as guests.**

For information about where other such events will take place, please refer to the weekly bulletin and announcements.

## Pledge Program for 2013

*If You Have Not Done So,  
Submit Your Pledge Card!*

**PLEDGE CARD**  
My total pledge for the year **2013** is: \$ \_\_\_\_\_  
I will pay my pledge to St. Nicholas Church (please check one)  Weekly  Monthly  Quarterly  Yearly

**Signature:** \_\_\_\_\_

**Parish Census**  
We are continually updating our parish database. Please take a few minutes and fill in the information requested below.  
Please print clearly. Thank you.

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_  
Spouse: \_\_\_\_\_ Birthday: \_\_\_\_\_  
Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone Number: ( ) \_\_\_\_\_ Email Address(es) \_\_\_\_\_ Wedding Anniversary: \_\_\_\_\_

**Other family members in household:**

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Name: \_\_\_\_\_ Birthday: \_\_\_\_\_  
Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Name: \_\_\_\_\_ Birthday: \_\_\_\_\_  
Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

We are approaching the end of our Annual Pledge Campaign for 2013. The Campaign is when we in the St. Nicholas Parish Community indicate our expected level of financial support for the next year. We do this by praying and considering our own lives at St. Nicholas; determining the financial giving we expect to make in 2013; indicating it on a Pledge Card; and returning the Pledge Card to Church. Most pledges are in the \$500 to \$3000 range.

If you have not yet submitted your Pledge, do so as soon as possible. Please consider increasing your Pledge over last year's amount or making a generous first time Pledge for 2013.

St. Nicholas appreciates your continued generosity and it is your spiritual, physical, and monetary support that maintains the Church here for us to gather together as one Community. Thank You!!!

**Orthodox Natural  
Church Development**  
Be a part of the ONCD process  
Together we can make a difference



The Orthodox Natural Church Development program is progressing to the next phase. We have had several people volunteer their homes to host a Focus Group:

1. Donna and Jim Oswald (Nassau)
2. Phil and Jana Foundos (Nassau/Suffolk)
3. Nick and Barbara Filis (Nassau) 13 to 19 year-olds
4. Mark and Barbara Papalexis (Nassau) 20 to 35 year olds
5. Agathia and Ilia Luka (Brooklyn/Ridgewood)
6. Robert and Tina Korra (New Jersey/Staten Island)
7. Open (Bronx)
8. Open (Ridgewood)
9. Open (Ridgewood)
10. St. Nicholas Church (Queens)

No dates have been confirmed yet but as soon as they are, sign up lists will be posted in the Church hall.

This is a great opportunity for all of us to have our voices heard as we work collectively to bring St. Nicholas to the next level.

**Together we can make a difference!**

If you have any questions please feel free to speak with:

Fr. Nathan, Tomi Beno, Chris Liolin, Joanne Heiser, Mark Papalexis, Nick Filis

## Community News by Linda Foundos

- Congratulations to Jamie Beno who was quite the star on the court. Jamie's "Team Swish" won the 3<sup>rd</sup>- 4<sup>th</sup> grade division in the Annual Grenville Baker Boys & Girls Club Basketball Tournament. The team won over 10 games to make it into the finals. Their "3 on 3" rules use foul shots to break a tie. Jamie was picked by his team members to take the last two foul shots which he sunk to give his team the championship! How exciting was that! Christine, Tomi, sister Daniela, family & friends are very proud of him. Nice going, Jamie!
- Our long-time parishioner, Mary Pillary, fell asleep in the Lord on March 10<sup>th</sup>. The Pillary siblings, Dora, Mary, Helen, Larry & Billy, and their spouses, are a major part of our church's history. They were definitely pillars in our community dedicating themselves to all aspects of St. Nicholas life, serving in many capacities throughout their lives. May her memory be eternal.
- Our prayers and get well wishes to Rozetta Logore, sister of Pauline, who has been hospitalized for pneumonia & complications for some time.
- We wish Lenora Peter a quick recovery from her fractured wrist, the result of a fall.
- Get well wishes go out to Helen Phillips who has not been so well.
- We are delighted to learn that Larry Jance is recovering nicely from a mild heart attack. He got to the hospital quickly to receive treatment & a stent.
- Please plan to attend Vesper services on Sunday, April 14<sup>th</sup>. Our church is hosting many of our Orthodox sister churches for a service and a Lenten meal. It is a beautiful, inspiring service. We would like our community to be well represented.
- On Sunday, April 28<sup>th</sup>, Palm Sunday, the Daughters will host their annual Pancake Breakfast. Tina's cooking again. Yum. Yum.
- The Daughters of St. Nicholas will be going out for a spring luncheon on May 19<sup>th</sup> following services. Watch for details. Plan to come & bring a friend.
- Please remember to notify our church office if you have a change of address, phone number or email address. Our contact listing is only as good as we maintain; but we can't do that without your cooperation.
- Please contact Linda Foundos with any news you'd like to share at [ggsutter@aol.com](mailto:ggsutter@aol.com) or 516-671-8071.



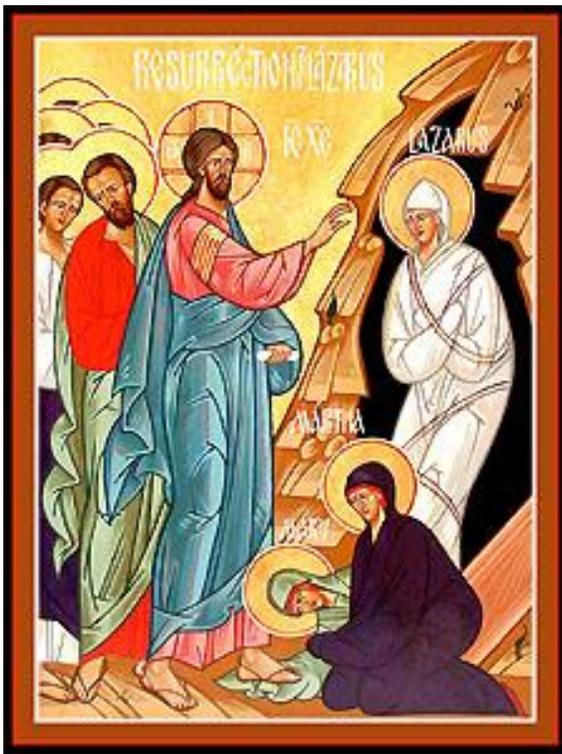
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TO CHURCH ON SUNDAYS

Come to Our  
Pancake Breakfast  
on  
Palm Sunday, April 28<sup>th</sup>





## THE RAISING OF LAZARUS – (LAZARUS SATURDAY) –

Commemorated on April 27<sup>th</sup>

Lazarus Saturday and Palm Sunday – Very Rev. Paul Lazor

Two brief days stand out as ... days of clearly observable triumph. These days are known in the Church today as Lazarus Saturday and Palm Sunday. Together they form a unified liturgical cycle which serves as the passage from the forty days of Great Lent to Holy Week. They are the unique and paradoxical days before the Lord's Passion. They are days of visible, earthly triumph, of resurrectional and messianic joy in which Christ Himself is a deliberate and active participant. At the same time they are days which point beyond themselves to an ultimate victory and final kingship which Christ will attain not by raising one dead man or entering a particular city, but by His own imminent suffering, death and resurrection.

Lazarus Saturday: 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", 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".

When Jesus arrived at Bethany, Lazarus was already dead four days. 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. With epic simplicity the Gospel records that, on coming to the scene of the horrible end of His friend, "Jesus wept". 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" 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". 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.

## MAJOR FEAST DAYS IN APRIL



Veneration of  
The Cross  
Apr 07



St. John of the  
Ladder  
Apr 14



St. Mary  
of Egypt  
Apr 21



St. George  
Apr 23



St. Mark the  
Evangelist  
Apr 25



Palm Sunday  
Apr 28

**PASTOR'S MESSAGE - Continued from Page 1**

Now, the prayers having come to a close, the faithful file by to receive the blessing of the hierarch, and for the only time in his career that it is permissible, the new priest also blesses those who come before him doing this even in the presence of the bishop, for at any other time this would be a faux pas or hubris. I am honored to get the blessing of both and go to fold my vestments before heading back out to the rain and the car.

My ride home is also quiet, and the traffic has subsided, making my progress more speedy. On my way, I try to recall some of the specifics of my own entry into the priesthood, a difficult task. All I remember is fragmentary or informed more by the photos of that day than my own memory. But I do remember holding on dearly for life as the Host was laid into my own hands. There are things in this world that are heavy, not a strain to our muscles but to our minds and spirits, such was that weight. And in the car I think of those many other things also weighty, those many other things that will be asked back from us when we all stand before our Creator.

Lent is the right time for this sort of meditation, the right time for us all to think ahead to that fearful day when we must personally meet God. It is not the priest alone who must look forward to such a reckoning, but all of us with all our varied gifts and all our charges. For, truly, we have all been entrusted with so very, very much. Principally, we have been entrusted with each other, to tend, to care for, to cherish in the palms of our own hands. I, at least, will have some explaining to do when that last day comes for this treasure I took too lightly. I expect I am not alone. Thankfully, we serve a God of mercy and generous pardon for those who ask. Lent is the right time for this sort of meditation. It is the right time for thanksgiving and appreciation for all that is given us, the right time for confessing our misuse, our neglect, and it is the time for trusting in the mercy of God to forgive. He will. We must just ask.

***Ads from Merchants Who Support the Church***

Please look at the Ads and support these Merchants by buying goods and services from them, whenever possible.

**Tell the Merchant that you are from St, Nicholas Church and saw their Ad in the Church's Monthly Newsletter!!!**

**For New Ads Please Contact – Tomi Beno at (917) 952-9252**

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Be a part of the ONCD process  
Together we can make a difference



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## Major Church Activities and Events

Vespers every Saturday at 5:00 p.m.  
April 13, 20, and 27 (not on the 6th)

Presanctified Liturgy and Adult Study  
Every Wednesday at 7:00 p.m.  
(April 3, 10, 17 and 24)

- Fri, Apr 05: Akathist, 10:00 a.m.  
Sat, Apr 06: Retreat at St. Andrews in Dix Hills
- Sun, Apr 07: Divine Liturgy, 10:00 a.m.  
Pan-Orthodox Vespers, 5:00 p.m. – Holy Trinity, Yonkers
- Mon, Apr 08: Parish Council Meeting, 7:00 p.m.  
Fri, Apr 12: Akathist, 7:00 p.m.  
Sun, Apr 14: Divine Liturgy, 10:00 a.m.  
Pan-Orthodox Vespers, 5:00 p.m. at St. Nicholas, Jamaica Estates
- Fri, Apr 19: Akathist, noon  
Sat, Apr 20: Teen Retreat, tbd
- Sun, Apr 21: Divine Liturgy, 10:00 a.m.  
General Meeting, following Liturgy  
Pan-Orthodox Vespers, 5:00 p.m. St. Nicholas, Whitestone
- Tues, Apr 23: Prayers, 7:00 p.m., St. George  
Sat, Apr 27: Divine Liturgy, 10:00 a.m., Lazarus Saturday
- Sun, Apr 28: Divine Liturgy, 10:00 a.m.; Palm Sunday  
Pancake Breakfast
- Mon, Apr 29: Bridegroom Matins, 7:00 p.m.  
Tues, Apr 30: Bridegroom Matins, 7:00 p.m.

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

- Apr 07: Petrika TROJA / Tomi BENO  
Apr 14: Andrea KUTALI / John JANCE  
Apr 21: Robert KORRA / Lou FOUNDOS  
Apr 28: Roland LLUPA / Edi SERA  
May 05: Ilia LUKA / Bill PETERS

*We're on the Web!*

*Visit us at:*

[www.stnicholasalbanian.org](http://www.stnicholasalbanian.org)

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