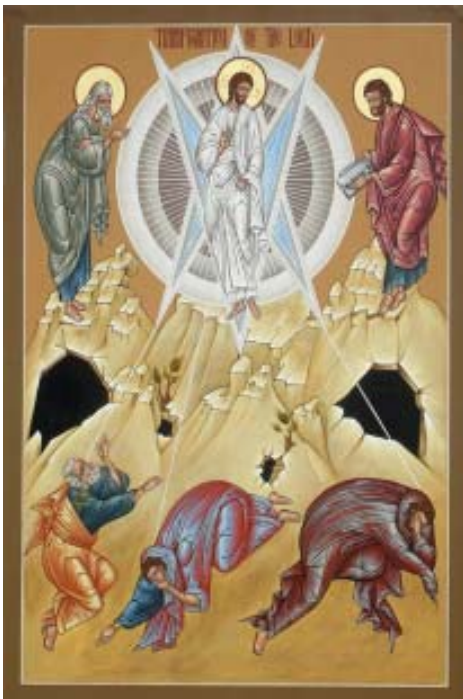


Sts. Cyril and Methody Orthodox Church Parish Bulletin August 2010

Orthodox Church in America
4770 Maryville Rd, POB 1303
Granite City, IL 62040



Bulletin Sponsor

This month's bulletin is sponsored by Mary Tarpoff in memory of A Tarpoff, who fell asleep in the Lord on August 17th, 2008. May God grant His faithful servant Alexander repose, remission of sins, and Memory Eternal. There will be a two year Panakhida and Memorial Meal for Al on August 22nd. Also with prayers for God's grace and blessings on the birthdays of sons Alex II (26th) and John A (24th).

If you would like to sponsor a monthly bulletin, sign up in the booklet at the candle stand. The

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Bulletins & Calendars
Available at our website:
www.stscm.net

cost of a monthly bulletin is currently running around 50 dollars.

We have no other refuge! But if we persistently call out: "God be merciful to us sinners," He will turn His fatherly heart towards us and be swift to show us His mercy! - St. Theophan the Recluse, from The Heart of Salvation, pg 45.

Important

Please inform Father Andrew immediately when you or any member of your family is sick or hospitalized, so that appropriate prayer and visitation may be scheduled. Hospitals do not notify clergy of patients, even if you list yourself as a member.

Everything comes from God, but we must have humility. - ibid, pg 54.

Welcome

To our newest parishioners, Charles and Rebecca Whisler, of Belleville who joined our parish family July 21st. Charles and Rebecca are friends of Ken and Carolyn Boeker. Their baptismal names are Constantine and Helen.

To our newest inquirers, Rich and Heather Budwell of Glen Carbon.

Sin is silent and unconcerned until it is about to be stamped out. - ibid, pg 64

Congratulations

To Venka and Tammy Ambuehl, Regan Keener, Carolyn Boeker, Carrie Carpunky, Catherine Delmore, and all our parish children who combined to have a great Vacation Church School on July 8th.

And to Andrew Delmore who beat his sister Erin in the foam rubber boat race.

In our prayers:

Fr Kiril Antonoff
Fr Thomas Succarotte
Fr Paul Gaussios
Nadia Bakan
Betty Blagoe
Regan Keener
Cis Mountz
George Palcheff
Joseph Saur
Diane Stoffan
Nora Todoroff



Passages this Month:

Birthdays: Mikail Andria (3rd), Gary Wangler (9th), Steve Lucas (10th), Mary Velloff (11th), Wally Peleshenko (15th), Diane Stoffan (15th), George Palcheff (17th), Dena Lovacheff (18th), John Mueller (18th), John Tarpoff (24th), Victoria Siers (26th), Alexander Tarpoff II (26th), Subdeacon George Bakan (29th), Micaela Wangler (30th).

Anniversaries: Jonathan & Meaghan Jacobs (17th), Larry & Donna Carli (18th), Gary & Maria Wangler (25th), Constantine & Patricia Michaeloff (31st).

Departed: John Malincheff (1st/63), John Peleshenko (2nd/78), Harry Fryntzko (9th/97), Violet Yovonoff (10th/99), Kathryn Todoroff (11th/98), Anton Eftimoff (14th/51), Alexander Tarpoff (17th,08), Theodora Buteff (26th/38), Fr. Innocent (26th/00), Lazar Palcheff (30th/60), Kosta Palcheff (31st/80).

Write about everything. Reticence in everyday life is not a bad thing, but in spiritual life it is very dangerous. It is absolutely necessary to have someone to consult about external affairs as well as about spiritual matters. - *ibid*, 66

Sisterhood Panakhida

Our annual sisterhood Panakhida and Memorial meal (as well as our August sisterhood meeting) will follow the Divine Liturgy on Sunday, August 1st. Sisterhood ladies are reminded to bring a special dish to pass for the Memorial Meal. Dishes should be strictly Lenten, as the Panakhida, as always, falls during the Dormition Fast.

Spiritual Reading

The Heart of Salvation - is a well organized discussion of the life and teachings of one of the most beloved and revered spiritual fathers of modern times, St. Theophan the Recluse. St.

Theophan, like many Orthodox spiritual writers, had a great deal to say about spiritual life, and a keen insight into the hearts and souls of the many men and women whom he advised. Like many others, his teachings are somewhat scattered, consisting mostly of letters (of which he wrote up to 40 a day!), sermons, and talks. In this book, Robin Amis does an excellent job of organizing and placing in context St. Theophan's writings. Read St. Theophan, then read this book - you will want to read St. Theophan again, and you will do it with spiritual eyes!

The Heart of Salvation is available in our parish library or through the bookstore. The spiritual quotations in this month's bulletin include several from this classic of our Church.

As soon as the soul musters its energies to begin (to overcome sin), a sad and appealing wail goes up" 'Just one more day! Tomorrow I will cross the border.' Most seductive! Evil is now at our elbow, trying to encourage us to take pity on ourselves.

Self-pity is the danger. Make just one concession to its suggestions, and in the twinkling of an eye the whole swarm of evil thoughts which had just been driven from your heart will crowd about you from every direction... reject this entreaty... drive it out at once in the full knowledge of the danger of procrastination. You can be quite sure that this weak appeal, if you listen to it, will ruin everything. - *ibid* pg 156

Church School

We are gearing up for our fall restart of Church School. New materials are being ordered and classes are being structured for the different age groups.

Parents: If you have been slack in bringing your children for Church School, now is the time to make this a regular practice.

Church School is at 9:15AM Sunday, before the Divine Liturgy. While your children are learning downstairs, you can join our adult study, which meets upstairs in the Nave. We are currently discussing "How to Live a Day as an Orthodox Christian".

FOCUS

We thank Eric Shanburn, director of the St. Louis Fellowship of Orthodox Christians United to Serve (FOCUS) for his visit and talk on the work FOCUS is undertaking in the St. Louis area. Vicki Siers has volunteered to be our parish FOCUS representative, with help from Mary Velloff.

There are already pamphlet describing the work of FOCUS available at the candle stand. More information will be coming soon.

Links to the FOCUS web site www.focusgatewaycity.org, are available on our parish web site.

FOCUS is endorsed by the Holy Synod of the OCA. It is an excellent opportunity for us to join in to hands on charity work, done in an Orthodox framework.

Try it -- really start living the Christian way, taste the true life, and you will not need proof or argument. - *ibid*, pg 164

Internet Orthodoxy

Don't forget: Our parish has its own web site, www.stscm.net. Our diocese has a web site also, www.bdoca.org. These sites are growing, and appreciate contributions and suggestions. At the present time, they are the way to get to copies of the proposed constitution, as well as information about our diocese's search for a new bishop.

Greeting Visitors

In the Orthodox Church we speak of our priests and bishops, pointing out that they are "the presence of Christ" in the Church.

However, in reality, we are all the presence of Christ in the Church in our own way.

When a visitor comes to our parish, would Christ greet them if He were physically here? Of course! And for that very reason, each of us - who are in the image and likeness of Christ - are called to welcome visitors to our parish; to let them know that they are wanted and appreciated - to show them that the Light of Christ is not just a trikiri at the Pascha service.

Whoever wants to be free of slavery to sin, and so cleanse his soul from all impurity, must first of all conceive a hatred for sin. Then he must kindle a desire to oppose the force of sin. He must exterminate all opposition to God's law and at the same time kindle the desire to live by it. - *ibid*, pg 172.

Semiannual Meeting

Our parish semiannual meeting was held after coffee hour on Sunday, July 25th. A number of reports on parish life were given to our parish family.

The auditing committee and our parish Treasurer reported on finances, which are in good order. We continue to retire the debt from our bell tower addition.

The parish elected Walt Peleshenko, our parish council president, and Mary Velloff, a council member, to join Father Andrew as our delegates to the Diocesan Sobor this fall. Our nominating committee was also selected; It will include Mary Tarpoff, Vicki Siers, and Carolyn Boeker as well as Father Andrew.

In the West, the difficulty with our idea of repentance is that we tend to think only that it means we must change our thoughts. In the Eastern Church, repentance refers to *change of heart*. - *ibid*, pg 69.

Dormition Fast

The Dormition Fast, which begins on August 1st and runs until the Divine Liturgy celebrating the falling asleep of the Theotokos on August 15th, is one of the four major fasting periods of the Orthodox Church year.

While the fast is short, covering only two weeks, it should be kept strictly, refraining from red meats, poultry, eggs and dairy products, olive oil and alcohol. The amount eaten should be limited to what is truly necessary; It is traditional to fast more strictly during the daytime.

Fasts are also, of course, times to limit our secular activities (TV, parties) while increasing the place of prayer, spiritual reading, worship and charitable works in our lives.

If you have not been to Confession since the feast of Sts. Peter and Paul (Jun 29th) you need to make a good and sincere Sacramental Confession before Dormition in order to be prepared to approach the Holy Gifts. As always, if you are aware of any serious sin, go to Confession before approaching the Holy Chalice.

"Devotion to God is never left in desolation". Therefore hope, and be patient - for your hope will not be disappointed. - *ibid*, pg 175.

You can help

Here are some ways that you can pitch in to help our parish:

Fish Fries: You can help just by coming to eat. Bring your friends - They'll love our Fish Fry, which is often described as the best in the area. You can also pitch in to help in the trailer, on the floor, in the kitchen, or with cleanup. All gratefully accepted.

Epitrops: Vicki Siers is always looking for a few good men and women to help as greeters, keeping the candle stand supplied, and handling the weekly deposit

slip.

Bakerettes: OK. Bakers too, but it seems like most qualify for the "ettes" suffix. Baking for our bake sale happens most Wednesdays, but see Venka Ambuehl for details.

Yard work: If you know a weed from a plant, please feel free to help us pull the weeds outside. Trimming and yard cleanup are needed; We can do work parties or you can come on your own when it fits your schedule. Talk to Leland to see what needs to be done.

Meal Teams: One of the great traditions of our parish is the luncheon - no meager "coffee hour" for us! - after Divine Liturgy. We have three good meal teams, which take monthly stints. We can always use new team members, and are looking to 're-group' into four teams. Talk to Mary Velloff.

Choir: Popadia could use a few more voices, especially male voices. You don't have to be operatic, but if you can sing, your efforts will glorify God and serve the spiritual needs of our parish family.

Although we must shed tears in our grief, let us do this in a Christian way, not as the heathen who have no hope. Let no word of complaint come from our lips, nor any feeling of despondency darken our hearts. To weep and grieve is a very human thing, but to give way to despondency and despair, complaint and criticism, is satanic. So let us dissolve grief in hope, so that a new warmth and tenderness will be born in our hearts; this will not be the kind of weeping that burns and torments, but one that melts the heart and pours out comfort. - *ibid*, pg 42.

We appreciate any digital photos you may have taken which our parish family might like to see in the bulletin. E-mail them to Father Andrew