

THE PARISH NEWSLETTER

SEPTEMBER 2017

The Nativity of the Mother of God Russian Orthodox Church
617 Sand Creek Road, Albany NY (518) 869-3932

A parish of the Russian Orthodox Church Abroad www.albanyrocor.org

Rector: Protopriest Alexis Duncan ; Protopriest Michael Fritz

Protodeacon: Fr. Michael Soloviev

**PLEASE NOTE: HOURS AND LITURGY BEGIN AT 9:00 AM
Summer Hours**

SEPTEMBER NAMESDAYS

8	Natalie Schuler	24	Sergei Shevtchuk
8	Natasha Smelova	29	Lyudmilla Kapustina
8	Natasha Crisorio	29	Lyudmilla Sinkevich
8	Natalie (Miller) Mallory	29	Lyudmilla Greene
8	Natalie Federow-Adams	30	Vera Brisogol
8	Adrian Mallory	30	Vera Kristie
10	Susanna Fritz	30	Vera Zaichenko
10	Alana Andrushkevich	30	Nadia Pavlenko
12	Alexander Krykhtin	30	Nadia Kizenko
12	Alexander Stabinski	30	Nadia Kalavazoff
12	Alexander (Allie) Stabinski	30	Nadia Samilova
22	Anna (Nanette) Nikiforov	30	Sophia Barnes
22	Anya Hauf	30	Sofia Anrushkevich
22	Anne Geleta	30	Hope (Therese) Henry

Happy Namesday - Mnogaya Leta - to all of our Parishioners celebrating their namesday in the Month of September!

IMPORTANT DATES IN SEPTEMBER

SEPTEMBER 3 rd	SISTERHOOD MEETING (Due to school meeting on 10th)
SEPTEMBER 9 th	GENERAL CHURCH CLEANING and GROUNDS KEEPING
SEPTEMBER 10 th	CHURCH SCHOOL MEETING - BLESSING OF STUDENTS
SEPT. 16th-17th	CELEBRATION OF CHURCH FEASTDAY - BISHOP NICHOLAS
SEPTEMBER 20th-21st	ACTUAL CHURCH FEASTDAY - Nativity of the Mother of God
SEPTEMBER 24 th	TENTATIVE BEGINNING OF CHURCH SCHOOL
SEPTEMBER 27 th	FEAST OF THE ELEVATION OF THE CROSS

CHURCH SCHOOL MEETING SEPTEMBER 10th

Dear friends. I hope everyone is getting ready for school. We hope to have a good year for our parish Sunday School. It is so very important that teach our children the Law f God! Please join me in getting ready for this important series of events in the life of our wonderful parish.

We hope to begin Sunday School classes the weekend of September 24th, the weekend after our feast day. We need every student to participate! To that end we will plan a parent/teacher meeting for **Sunday, September 10th**. A that meeting we will determine the day and time for lessons. It is ALWAYS difficult to meet everyone's needs. Last year it was difficult for everyone's schedules. Early morning is impossible for some and after liturgy is difficult due to space and logistics. Some have suggested Saturdays before Vigil. We want to accommodate everyone but realize that we will all have to make some sacrifices. Not everything is convenient but remember we are talking about a part of the preparation for our child's eternal life! It really is that serious. Sometimes we move heaven and earth to get children to school, sports, social activities but we make very little effort to ensure their spiritual wellbeing. Too often we see families where children are raised without a deep connection to the Church and end up far, far from God in life. Let our children never be one of those sad statistics.

Please bring your ideas and suggestions to this very important meeting. I think we can conclude our meeting rather quickly if we all come prepared with good suggestions as to time and place.

Also, we will begin soon thinking about the parish yolka. We need a lot of preparation for that. Every child who participates will be required to attend rehearsals. There will not be many, but they will be important and we hope to incorporate them into Sunday School as well as a couple special rehearsals.

Finally, we will serve the Blessing for the School Students after liturgy on Sunday September 10th.

Thank you, Father Alexis Duncan

CHURCH PLAYGROUND

As many of you may have noticed, the new Church Playground has been delivered. ALL young men of our Parish (especially those with small children) are requested to contact Al Parella (518) 577-7147, to volunteer your assistance in preparing the grounds and constructing the playground. We are fortunate to have many young, strong men who can complete this task and we hope that you will make yourselves available for the installation of the playground before the Parish Feastday. Thank you.

CHURCH FEASTDAY CELEBRATION

Sunday - SEPTEMBER 16th & 17th

Bishop Nicholas will be joining us for our Parish Feastday this year. The actual Parish feast falls on Thursday, September 21st (Nativity of the Most Holy Mother of God). The Hierarchical Divine Liturgy with Bishop Nicholas will be celebrated on **Sunday, September 17th**. Bishop Nicholas will also be serving the Vigil service on Saturday, September 16th. We are requesting that ALL parishioners make every effort to be in Church on Saturday evening and Sunday morning. Following the Divine Liturgy, a luncheon will be held at the Church Hall. Anyone interested in helping with the Luncheon is requested to contact RaeLynn (Anastasia) Gonyea 695-6865. Help will especially be needed to set-up the hall and break-down and clean the hall after the dinner. If you are available on either Saturday or Sunday please contact either RaeLynn Gonyea or Tasia Fedorov. PLEASE VOLUNTEER.

SATURDAY, SEPTEMBER 9th- GENERAL CHURCH CLEANING AND LANDSCAPING OF THE CHURCH AND HALL GROUNDS.

Anyone who is able to help clean is asked to be at the Church ANYTIME after 9:00 am. It will take about 4 - 5 hours to completely clean the Church, so the more people to help, the quicker we will get done. We also need men to make sure that the Altar is clean. If you have any questions, please call Maria Hauf.

The grounds need to be weeded, flowers planted, general landscaping to make the grounds look presentable. We plan to meet at the Church at 9:00 AM, please bring gardening tools, weedwackers, rakes, etc. If you have a flower bed that you have been tending, please make sure that it is taken care of. If you have volunteered in the past to tend a flower garden, but have been unable to keep your obligation, please advise Margo Beighey,

SATURDAY, SEPTEMBER 16th, SETTING UP THE HALL FOR FEASTDAY DINNER

We will need help setting up the tables and chairs. Setting the tables with linens and centerpieces and getting everything ready for Sunday. If people could be at the hall by 10 am, we should be able to get everything done before Vigil service on Saturday night. Also need Desserts, lots and lots of desserts (preferably homemade) or you can bring a nice fresh fruit salad - if you have any questions, contact Anastasia (RaeLynn) Gonyea.

SUNDAY, SEPTEMBER 17th - CLEANING HALL AFTER THE DINNER

-We will need volunteers to wash dishes, clean off the tables, break down the tables and chairs, clean the bathrooms, clean the kitchen, wash all the floors and take out the trash. Please, please, the people who were in the kitchen all morning preparing the meal, should not be expected to clean afterward.

THERE IS MUCH TO DO. SO PLEASE, COME AND HELP AS MUCH AS YOU CAN, ON AS MANY DAYS AS YOU CAN. THANKS!!

TASTE OF RUSSIA SALE IN NOVEMBER

VARENIKI MAKING: A BIG THANK YOU to all the volunteers that helped with vareniki this summer. We have over 300 dozen cheese, 107 dozen onion and 130 dozen sauerkraut!!

GOLUBSTI MAKING

Golubtsi making will be happening the week of October 23 – October 27. There are many aspects to prepping, making and packaging the golubtsi. The following is a breakdown per day:

Monday, October 23: At 9:30 am, Margo will need 3-4 people to meet her at the hall to prep the onions, rice, cooking sauce and spices. Please plan to be there about 3 hours. Please call Margo at 518-371-7758 if you can help.

Tuesday, October 24: We will need about 12 to 16+ volunteers (around 9:00 am+) to help with our big baking day. Cooking the cabbage, deveining it, mixing the meat, making the balls and rolling the cabbage is just the start. We will also need as many local people as possible to bake the golubtsi. We may also need some drivers to take trays to and from houses. We will also need the local people to possibly refrigerate some of the trays. We do not have the Indian Ladder facilities to bake or refrigerate this year. Packaging will happen Friday evening.

Wednesday, October 25: Margo will need 1 person to help open the heavy sauce cans to make the sauce for packaging the golubtsi. Please call Margo directly for start time.

Friday, October 27: We will need 8-10 people in the evening around 7:00pm to package golubtsi. This takes about 3 hours. Again, call Margo to volunteer.

We will put this in the October newsletter as well, but with everyone's busy schedule, it is never too early to plan!!

Thank You! Rae Lynn (Anastasia) Gonyea 695-6865

COFFEE HOURS WILL RESUME IN SEPTEMBER

Do you enjoy the delicious Sunday lunches provided by our Coffee Hour Hostesses? If you don't feel you can take on the responsibility of hosting an entire Coffee Hour, but would like to help by providing a dessert, side dish, or the drinks on a particular Sunday, please speak to that Coffee Hour hostess directly. Any and all help would be greatly appreciated. We would also like to remind everyone that the lunches are NOT free – a donation plate is set on the table and all donations go to the Sisterhood, NOT to the hostesses. These donations help buy the paper products and other needed supplies. So, please be generous. Share in the fellowship – and support your Church at the same time. Thank you! Coffee hour schedule is attached at end of Newsletter.

TIRED, WEARY, ACHY - THERE IS A SOLUTION

Lisa Moore and Shelby (Nina) Hoops, Licensed Massage Therapists from Tender Touch Massage, Salon & Spa are offering massages to our parishioners at the Church Hall on . A sign-up sheet is available at the Church Hall or you may speak directly to either Shelby or Nina to schedule a time. What a great way to relax, ease those achy muscles and feel rejuvenated. Please call us or email us for appts...705-8830 or 705-1628; Lisa.moorelmt@gmail.com or Shelbyhoopslmt@gmail.com

HOLY LAND - BETHANY SCHOOL

Thank you to Everyone who generously donated to the Bethany School in the Holy Land. We were able to bring school supplies, art supplies, bathing suits, hair products, undergarments and other items to the school. We also gave Sister Martha \$1500 in cash to help her with supporting the 18 girls that live at the School. The Bethany School has approximately 300 students is a very acclaimed education to arabs and christians living in Bethany. The students enrolled in the school do pay tuition which helps in paying the teachers salaries and supporting the school. The 18 girls that call the Bethany School HOME, have no family that supports them. They receive all of their care from Sister Martha and the School. Sister Martha provides them with their clothes, education, medical and dental care - EVERYTHING. For those of you with children, you know how expensive it may be to provide for 2 or 3 children, imagine providing everything for 18 children. When we were in Bethany, we learned that Sister Martha's ONLY vehicle, a 12 passenger van, with over 200,000 miles on it, finally died and cannot be fixed. They are in dire need of a vehicle. A 20 passenger Minibus would be ideal, but the prospect of them purchasing such a vehicle is just not possible. We hope that the pilgrims who were with us on the pilgrimage will try their best within their parishes to help raise money for the girls of the Bethany School. We are expecting both JoJo Crowley and Katia Reilly to be present at our Church Feastday. Both of these young ladies spent the summer at the Bethany School as volunteers. They know of all the struggles of the school and will be available to anyone who may have questions about the school and their need for funding. Once again - thank you EVERYONE FOR YOUR DONATIONS. Please keep Sister Martha and the girls in Bethany in your prayers.

ST NICHOLAS CHURCH - SPRINGFIELD MASS (ENFIELD, CT)

St. Nicholas Church in Enfield CT, formerly of Springfield Massachusetts will be holding a Festival on Saturday, September 9th, 9 AM-3 PM. There will be nice gifts, cards, crafts, plants and baked goods being sold by the Parish as well as outside vendors selling their wares. If at all possible, please support our sister Parish, I am sure Fr. Brendan, Matushka Miriam and their parishioners would appreciate our support.

Address of the church is: St. Nicholas Orthodox Church, 343 N. Maple St., Enfield, CT 06082

FEAST OF THE NATIVITY OF OUR MOST HOLY LADY, THE THEOTOKOS AND EVER-VIRGIN MARY

The Feast of the Nativity of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is celebrated on September 8/21 each year. The Feast commemorates the birth of the Mother of Jesus Christ, our Lord.

The birth and early life of the Virgin Mary is not recorded in the Gospels or other books of the New Testament, however this information can be found in a work dating from the second century known as the Book of James or Protevangelion.

According to the story found in this book, Mary's parents, Joachim and Anna, were childless for many years. They remained faithful to God, but their prayers for a child were unanswered. One day, when Joachim came to the temple to make an offering, he was turned away by the High Priest who chastised him for his lack of children. To hide his shame, Joachim retreated to the hill country to live among the shepherds and their flocks.

As Joachim was praying, his wife Anna was praying at the same time at their house in Jerusalem. An angel appeared to both of them and announced that Anna would have a child whose name would be known throughout the world. Anna promised to offer her child as a gift to the Lord. Joachim returned home, and in due time Anna bore a daughter, Mary.



ICON OF THE FEAST

The icon of the Nativity of the Theotokos presents to us the central figures of Saints Joachim (2) and Anna (1), Mary's parents, and the Mother of our Lord as an infant. Saint Anna is in the middle of the icon with her right hand extended toward her daughter (3). Likewise, Saint Joachim, Mary's father, is gazing upon the young child with his right hand extended toward her (3). Anna is surrounded by attendants who have assisted with the birth.

The icon directs attention to Mary as the central figure in this feast (4). It also acknowledges the joy that was felt by Joachim and Anna as new parents with a child received through a promise from God. The liturgical texts of the feast acknowledge this joy and confirm the special role of Mary as the Mother of the Incarnate God, Jesus Christ. In this event, another step is made in sacred history in preparation for the entrance of Christ into the world.

The icon and the feast also acknowledge a transition from barrenness to life. This was but another foreshadowing of what would be offered through Christ, the transformation from death to eternal life.

HYMNS OF THE FEAST

Troparion (Fourth Tone)

Your birth, O Theotokos, brought joy to the whole world, for from you dawned the sun of righteousness, Christ our God. Freeing us from the curse, He gave us His blessings. Abolishing death, He granted us eternal life.

Kontakion (Fourth Tone)

In your holy birth, Immaculate One, Joachim and Anna were rid of the shame of childlessness; Adam and Eve of the corruption of death. And so your people, free of the guilt of their sins, celebrate crying: "The barren one gives birth to the Theotokos, who nourishes our life."

FEAST OF THE UNIVERSAL EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS - September 14th/27th

The Feast of the Universal Exaltation of the Precious and Life-Giving Cross is celebrated each year on September 14/27. The Feast commemorates the finding of the True Cross of our Lord and Savior Jesus Christ by Saint Helen, the mother of the Emperor Constantine.

In the twentieth year of his reign (326), the Emperor Constantine sent his mother Saint Helen to Jerusalem to venerate the holy places and to find the site of the Holy Sepulchre and of the Cross. Relying upon the oral tradition of the faithful, Saint Helen found the precious Cross together with the crosses of the two thieves crucified with our Lord. However, Helen had no way of determining which was the Cross of Christ.

With the healing of a dying woman who touched one of the crosses, Patriarch Macarius of Jerusalem identified the True Cross of Christ. Saint Helen and her court venerated the Precious and Life-Giving Cross along with many others who came to see this great instrument of Redemption.

The Patriarch mounted the ambo (pulpit) and lifted the Cross with both hands so that all of the people gathered could see it. The crowd responded with "Lord have mercy".

This became the occasion of the institution in all of the Churches of the Exaltation of the Precious Cross, not only in memory of the event of the finding of the Cross, but also to celebrate how an instrument of shame was used to overcome death and bring salvation and eternal life.

The Feast is an opportunity outside of the observances of Holy Week to celebrate the full significance of the victory of the Cross over the powers of the world, and the triumph of the wisdom of God through the Cross over the wisdom of this world. This Feast also gives the Church an opportunity to relish the full glory of the Cross as a source of light, hope and victory for Christ's people. It is also a time to celebrate the universality of the work of redemption accomplished through the Cross: the entire universe is seen through the light of the Cross, the new Tree of Life which provides nourishment for those who have been redeemed in Christ.



ICON OF THE FEAST

The icon of the Feast of the Precious Cross tells the story of the finding of the Cross and of its Exaltation. Patriarch Macarius is standing in the pulpit elevating the Cross for all to see and venerate (1 & 2). On each side of the Patriarch are deacons holding candles (3). The elevated Cross is surrounded and venerated by many clergy and lay people, including Saint Helen, the mother of Emperor Constantine (4).

This Feast of our Lord is celebrated with the Divine Liturgy of Saint John Chrysostom, which is conducted on the day of the feast and preceded by the Matins service. A Great Vespers is conducted on the evening before the day of the feast.

On the day of the Feast at the conclusion of the Matins or of the Divine Liturgy, a special service is held. The Cross is placed on a tray surrounded by

branches of basil and is taken in solemn procession through the church to the chanting of the Hymn of the Feast. The tray is placed on a table, and the priest takes the Cross and offers petitions from each side of the table, the four directions of the compass. This represents the universal nature of the offering of Christ upon the Cross. As the people respond by chanting "Lord have mercy", the priest raises and lowers the cross, a commemoration of its finding and exaltation. At the conclusion of the service, the people come and venerate the cross and receive the basil from the priest. The basil is used and offered, as it was the fragrant flower growing where the Cross was found.

HYMNS OF THE FEAST

Tropar (First Tone) Save, O Lord, Your people and bless Your inheritance; grant victory to the faithful over their adversaries. And protect Your commonwealth, by the power of Your Cross.

Kontakion (Fourth Tone) You who were lifted upon the Cross of Your own will, O Christ our God, bestow Your compassions upon the commonwealth that bears Your Name. By Your power, gladden our faithful rulers, giving them victory over their adversaries. May your alliance be for them a weapon for peace, an invincible standard.

2017-2018 Sisterhood Coffee Hour Schedule

DATE	GROUP	CONTACT NUMBER
17-Sep	FEAST DAY: Rae Lynn, Paula, Tasia, Chrissy	695-6865
24-Sep	Olga Kinnear, Alexandra McClure, Mat. Anna Duncan	765-3137
1-Oct	Nina Vepritsky, Melissa Fitzpatrick, and Julia Shamata	374-3972
8-Oct	Lydia Miller, Marina Miller, Larissa Miller, Erina Jess	669-8795
15-Oct	Wedding: No coffee hour	
22-Oct	Barbara Nikiforov and Shura Sinkevich	371-4976
29-Oct	Natasha Schuler and Tania Taylor	346-4350
5-Nov	Maria Hauf, N. Pasheda, M. Andrushkevich	459-1253
12-Nov	Wedding: No coffee hour	
19-Nov	Brotherhood	695-6865
26-Nov	RL. Gonyea, P. Markessinis, T. Scott	695-6865
**12/03	N. Smelova, O. Usov, V. Alieyva	374-9275
**12/10	Tasia Fedorov and Christina DiLello	459-1253
**12/17	C. Soloviev, , A. Popov, O. Parella	765-2871
**12/24	I. Krykhtin, L. Kapustina, J. Howard, N. Samalova	221-6084
**12/31	Junia Dragon, Olyesa Zaichenko	1 (413)652-1229
7-Jan	NATIVITY: NO COFFEE HOUR	
14-Jan	YOLKA	
21-Jan	Future Sisters with C. Fedorov and P. Markessinis	869-0435
28-Jan	RL. Gonyea, P. Markessinis, T. Scott	695-6865
4-Feb	Olga Kinnear, Alexandra McClure, Mat. Anna Duncan	765-3137
11-Feb	N. Smelova, O. Usov, V. Alieyva	374-9275
18-Feb	BLINI: Soloviev group, Fedorov group and Dragon group	765-2871
**02/25	Natasha Schuler and Tania Taylor	346-4350
**03/04	Maria Hauf, N. Pasheda, M. Andrushkevich	459-1253
**03/11	Lenten Lecture: Krykhtin group and Smelova group	221-6084
**03/18	Russian Foods Pot luck	
**03/25	Nina Vepritsky, Melissa Fitzpatrick, and Julia Shamata	374-3972
**04/01	Palm Sunday: Gonyea group, Hauf group and Schuler group	695-6865
8-Apr	PASCHA: CHRIST IS RISEN! TRULY HE IS RISEN!!	
15-Apr	Brotherhood	695-6865
22-Apr	Lydia Miller, Marina Miller, Larissa Miller, Erina Jess	669-8795
29-Apr	Tasia Fedorov and Christina DiLello	459-1253
6-May	C. Soloviev, , A. Popov, O. Parella	765-2871
13-May	Mother's Day: No Coffee Hour	
20-May	I. Krykhtin, L. Kapustina, J. Howard, N. Samalova	221-6084

** INDICATES LENTEN COFFEE HOURS. PLEASE BE SURE TO FOLLOW LENTEN GUIDELINES. IF YOU ARE UNABLE TO HOST ON YOUR ASSIGNED DATE(S), IT IS YOUR RESPONSIBILITY TO SWITCH WITH ANOTHER TEAM. THANK YOU FOR YOUR GENEROSITY!

Contact Rae Lynn Gonyea with questions at 695-6865.

UPCOMING SISTERHOOD MEETINGS FOR 2017:
September 3, October 1, November 5, and December 3.