

2017
№. 3
Май



2017
№. 3
May

ОМОФОР



OMOPHOR

Покровский Аустон - Жра.и Пресвятой Богородицы - Наян, И.И

Holy Virgin Protection Church - Parish Newsletter - Nyack, N.Y.

Христос Воскресе!

**Воскресение Господа Бога и Спаса нашего
Иисуса Христа**

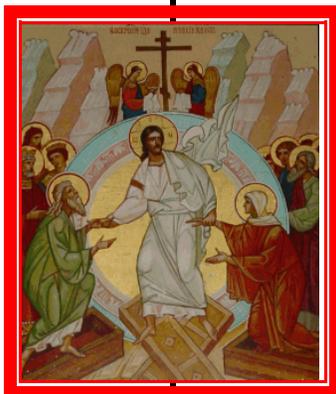
3/16 апреля

ПАСХА

*Христос Воскресе из мертвых смертию
смерть поправ и сущим во гробех живот
даровав.*

Кондак - глас 8

*Аще и во гроб снизшел еси, Безсмертне,/ но
адову разрушил еси силу/ и воскресл еси, яко
победитель, Христе Боже,/ женам
мироносицам вещавый: радуйтеся!/ и Твоим
апостолом мир даруйай, // падшим подай
воскресение.*



Christ is Risen!

**The Resurrection of Our Lord and Saviour
Jesus Christ**

April 3/16

PASCHA

*Christ is risen from the dead, trampling down
death by death and upon those in the tombs
bestowing life.*

Kontakion — Tone 8

*Though Thou didst descend into the grave, O
Immortal One, yet didst Thou destroy the power
of hades. And didst arise as victor, O Christ
God, calling to the myrrh-bearing women:
Rejoice! And giving peace unto Thine apostles:
Thou Who dost grant resurrection to the fallen.*

Письмо Святому

М. Решетникова - 3 апрель, 2017

... дорогой долгой, безутешной
Пришлось мне горестно идти,
Я много падала в пути ...
Ко мне такой больной и грешной,
Никто не шел меня спасти ...
Одна стояла у обрыва,
Не зная как мне дальше быть,
Шепча в отчаянном порыве:
Не жить, не верить, не любить ...
И в это страшное мгновенье,
Мне было послано виденье,
И яркий свет и пробужденье:
Что надо верить, надо жить!

Как тяжка исповедь о днях
Где столько было потрясений,
Вы стали для меня Спасеньем,
Луч света на земных путях.
Вы показали Мир иной,
Вы утешали и прощали,
Учили, часто поправляли,
Ведя по миру за собой,
Вы защищали от врагов,
К смирению душу призывали,
И никогда не забывали
Прислать ответ из Облаков.
С молитвой к Господу за нас,
Вы непрестанно обращались. ..

И всем и все всегда прощали,
С улыбкой Ваших добрых глаз.



[Св. Иоанну Шанхайскому]

Сестричество

- Собрание сестричества состоится 18 июня в конце обеда в воскресенье. Просим всех членов сестричества присутствовать. Также, любые женщины которые интересуются записаться в сестричество, Милости Просим!
- Каждое воскресенье после литургии наше сестричество устраивает обеды чтобы дать возможность богомольцам отдохнуть и пообщаться. Милости просим! В этом году летом будет подаваться завтрак.
- Поддержите мероприятия сестричества. Всех зовём на помощь.

Sisterhood

- The next sisterhood meeting is scheduled for June 18 at the end of lunch, Sunday after Liturgy. All members of the Sisterhood are asked to attend. Likewise, all women interested in joining the sisterhood are welcome to attend.
- Please come and join us every Sunday after Liturgy for delicious lunches. Mingle and make new friends. [This year we will have brunch during the summer months.](#)
- Support our Sisterhood fund-raisers for charity and parish needs. Everyone is welcome to help or support these efforts.

Lives of Saints

Наставления св. Матроны Московской (+1952, 19 апреля/2 мая)

Матушка учила не осуждать ближних. Она говорила: «Зачем осуждать других людей? Думай о себе почаще. Каждая овечка будет подвешена за свой хвостик. Что тебе до других хвостиков?»

Матрона учила предавать себя в волю Божию. Жить с молитвой. Часто налагать на себя и окружающие предметы крестное знамение, ограждаясь тем самым от злой силы. Советовала чаще причащаться Святых Христовых Таин. «Защищайтесь крестом, молитвою, святой водой, Причащением частым... Перед иконами пусть горят лампы».

Учила также любить и прощать старых и немощных. «Если вам что-нибудь будут неприятное или обидное говорить старые, больные или кто из ума выжил, то не слушайте, а просто им помогите. Помогать больным нужно со всем усердием и прощать им надо, что бы они ни сказали и ни сделали».

Матронушка не позволяла придавать значения снам: «Не обращай на них внимания, сны бывают от лукавого — расстроить человека, опутать мыслями».

Матрона предостерегала не бегать по духовникам в поисках «старцев» или «прозорливцев». Бегая по разным отцам, говорила она, можно потерять духовную силу и правильное направление жизни.

Вот ее слова: «Мир лежит во зле и прелести, и прелесть — прельщение душ — будет явная, остерегайся».

«Если идете ко старцу или священнику за советом, молитесь, чтобы Господь умудрил его дать правильный совет».

Учила не интересоваться священниками и их жизнью.

Желающим христианского совершенства советовала не выделяться внешне среди людей (черной одеждой и т. д.). Она учила терпению скорбей.

Teachings of St. Matrona of Moscow (+1952 April19/May2)

Matushka taught not to judge our neighbour. “Why judge other people? Think more of yourself. Every sheep will be hung by its tail. What business do you have with others’ tails? Think of yours.”

Matushka taught people to leave their lives to God’s will, to live with prayer, to cross oneself and everything around to protect oneself from evil. She advised to have Holy Communion often. “Protect yourselves with the sign of the cross, prayer, holy water, frequent Communion ... Light lamps before the icons.”

She also taught to love and forgive the old and infirm. “If the old or infirm or someone not in his right mind tells you something that hurts you, take no notice but help them. You should help the infirm eagerly, doing your best, and should forgive them whatever they say.”

Matrona forbade believing dreams: “Take no notice of them, they can be from the evil one, to upset a person, to make him think of empty things.”

Matrona warned people not to spend time looking for elders. By asking many different priests for advice in search of an elder one can lose spiritual strength and the right direction in life.

Here are her own words: “The world lies in evil, and delusion and temptation will be open, not disguised. Take care not to fall.”

“If you go to an elder or priest for advice, pray that the Lord gives him wisdom to tell you the right thing.”

She taught not to be curious of priests and their lives.

She told those who wanted to reach Christian perfection not to stand out from the rest in appearance or manner, for example, by wearing black or something like that.

She taught to be patient in sorrows.



В. Ждановой она говорила: «Ходи в храм и ни на кого не смотри, молись с закрытыми глазами или смотри на какой-нибудь образ, икону». Подобное наставление есть также у преподобного Серафима Саровского и других святых отцов. Вообще в наставлениях Матроны не было ничего, что шло бы вразрез со святоотеческим учением.

Матушка говорила, что краситься, то есть употреблять декоративную косметику — большой грех: человек портит и искажает образ естества человеческого, дополняет то, чего не дал Господь, создает поддельную красоту, это ведет к развращению.

Полное житие: <https://days.pravoslavie.ru/Life/life4629.htm>.

Once she said to Zinaida Zhdanova: “Go to church and don’t watch anyone there. Pray with your eyes closed or look at some icon.” St. Seraphim of Sarov gave the same advice, as well as some other holy fathers. All in all, there was nothing in Matrona’s advice that contradicted the Holy Fathers.

Matushka said that to paint oneself, meaning using cosmetics, is a serious sin. By doing so, women distort their natural image by adding features that the Lord did not make. This creates a counterfeit beauty that leads to corruption.

Life of St. Matrona: <http://www.pravoslavie.ru/english/79033.htm>.

St. Nicodemus of the Holy Mountain -

On the Frequency of Communion

from: <http://catalogueofstelisabethconvent.blogspot.com.by>



We shall prove from scriptural and patristic witnesses that it is necessary for the faithful and Orthodox Christians to receive the Body and Blood of our Lord frequently throughout our lives, so long as there is no objection from our spiritual father, and that frequent Communion produces great benefits for the soul and body; while delaying this, on the contrary, produces many harmful and destructive results.

The commentary on the eighth and ninth Apostolic Canons emphasizes: “The commands of these canons are very strict and severe, for they excommunicate those who come to the Liturgy but do not remain until the end and take Communion. And other canons of the Councils command the same: namely, that it is wholly proper and appropriate to receive Communion.”

When the Christian communes, what mind could understand the gifts and graces he enjoys after the Divine Communion? How can our feeble tongue express it?

Anyone who does not commune frequently is following the opposite way, for he is not sealed with the precious Blood of the Lord, as St. Gregory the Theologian states.

And so, my brethren, if we do as our Holy Fathers direct and receive frequently, we have not only the cooperation and help of divine grace during this temporal life, we also have the assistance of the angels of God and of Him who is the Lord of the angels.

This Blood of the Lord is salvation for our souls; with it the soul rejoices, with it, it is beautified, it is warmed; this Blood makes the mind shine more brightly than the light; it makes the soul more beautiful than gold. Those who partake of this Body stand with the angels and archangels and the powers above; with it they are adorned with royal robes and the weapons of the Spirit. Those who receive Communion receive the very King Himself.

Do you see what graces you receive if you commune frequently? Do you see how the mind becomes radiant, thoughts shine, and all the powers of the soul are purified with frequent Communion? If you love mortifying the fleshly passions, commune frequently and you will delight.

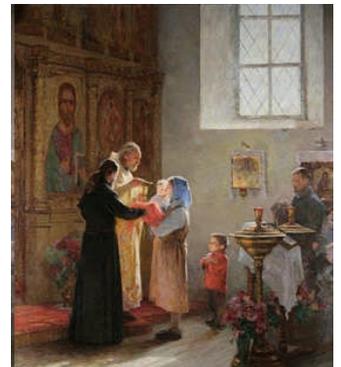


Without frequent Communion we will not be able to free ourselves from the passions nor raise ourselves to the heights of sobriety.

And if we do not partake frequently—if possible, even daily—of the precious Body and Blood of our Lord, then we will not be able to escape the devil.

Many invent all kinds of virtues and think that just by doing these without frequent Communion, they will be saved—which is utterly impossible, since they do not wish to obey God’s will and commune frequently and to follow the Church’s standard for every festal Liturgy.

To be loved by Christ through frequent Communion of the holy Body and Blood, makes it impossible [for us] not to love everyone.



How can you love other good things, O Christian, and not frequently receive Communion? Would you like to enjoy each day? Would you like to have Pascha and rejoice with ineffable joy at the end of life? Then run frequently to the Mystery and receive it with proper preparation, so that you may rejoice.

It is the will of God that all of us who are Christians should receive His Body and Blood frequently, so that by means of frequent Communion in this present life, we shall be safeguarded from the snares and schemes of the devil and when our souls depart in the hour of death, they may fly like freed doves and without any hindrance from the aerial spirits.

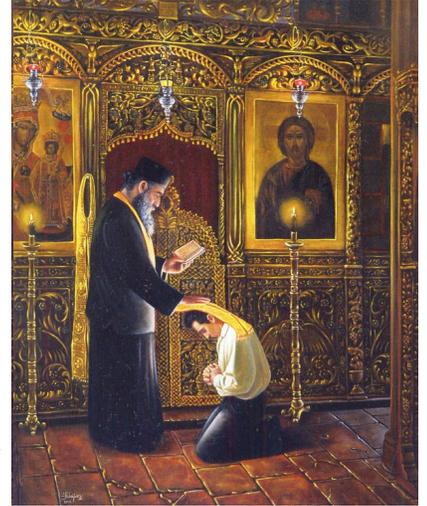
O the grandeur of the glory those Christians receive from frequent Communion, both in the present life and in that to come!

If it is necessary to confess and do penance in order to receive forgiveness of sins, Holy Communion is just as necessary for the remission of sins; as with a festering wound: first one removes worms, then cuts away putrid tissue, and last of all, applies ointment that it may heal; if you do this, you are restored to your former condition. Thus if you sin: with confession you remove the worms, and with penance you cut away what is putrid, and follow this with Holy Communion which becomes the ointment, and you are healed. For if he is not given Holy Communion, the wretched sinner will return to his former state and, in the end, will become someone who is worse than before (Matthew 12:45).

I am astonished and amazed how contemporary Christians can celebrate Sundays and other feasts of the year with true spiritual joy, and yet not partake frequently of the Holy Communion, which is the rationale and purpose of each of the feasts and festivals. It is most certain that those who do not commune frequently, fall short, alas, of all the celestial and divine good things; and beside this, they violate the commandments of the Lord and the authoritative decisions of the apostles and the Councils and of all the saints. They are under the penalty of excommunication according to the holy apostles and the Council of Antioch. Such people give

aid and opportunity to the devil through avoiding Communion, casting themselves into various sins and many other temptations.

O my brethren, let us see just once with the soul's noetic eyes of what heights and of what great, good things we fall short when we do not commune frequently; then indeed we will want to make ready all our faculties and commune in this manner, even daily. And if we have shown great negligence towards the Holy Communion until now, then let us from now on, I beg you with brotherly-love, let us awake from the deep sleep of indolence, and let us put forth eagerness and diligence.



Parish Life

Construction and Consecration of Our New Reliquary

Over the years, our parish had received as gifts many relics from various sources. One particular relic was a large relic of St. Herman of Alaska, donated by parishioner Nicholas and Maria Trigniano, who visited Alaska on a pilgrimage. The relics were stored in the altar and on the altar table for many years. In 2015, the parish received a gift from retired Archpriest Elias Tsvikis from Thessaloniki, Greece (father of our parishioner, Irina Serdsev), of a large relic of St Theodosius the Great of Jerusalem encased in a beautiful ornate silver reliquary. The need to provide a permanent home for the new relic so it would be available to our parishioners for veneration served as an impetus to design

and construct a permanent reliquary to house all of our parish relics. The complete list of the saints' relics are:

St. Herman of Alaska, St. Theodosius of Jerusalem, St. George the Victor, St. Newmartyr George, St. John the Russian, St. Martyr Nectarius, St. Cosmas the Unmercenary Wonderworker, St. Damian the Unmercenary Wonderworker, St. Martyr Konstantsia, St. Great Martyr Katherine, Venerable St. Athanasius of Athos, St. Martyr Mamas, St. Apostle Timothy, Sts. Martyrs Theodula, Christina, Lucia, Venerable St. Micheal of Sinad, St. Martyr Pompei.

We wanted to build the reliquary with our own parishioners' hands and so proceeded to use the talents of our parishioners. A pearl reliquary box from Jerusalem, purchased and donated for this purpose, was already available. Maxim Kudinow, a wood working artist, who adorned our temple with many of his ornate creations,



St. Theodosius Reliquary



volunteered to carve the wooden plate to actually house the relics. He then purchased and donated individual relic holders to contain the individual relics and carved places for them in the ornately carved wooden plate. The pearl reliquary box and the wooden plate were modified so that the wooden plate with the relics and the St. Theodosius



silver reliquary could coexist in the pearl reliquary with the covers

either closed or open for veneration. Ekaterina Piskareva, our parishioner icon painter, who restored our temple's frescoes volunteered to inscribe the saints' names in the reliquary.

To allow more parishioners to participate in the consecration, the population and blessing of the reliquary was accomplished in 2 days - (1) the lengthy process of the transfer of the relics into the individual relic holders was performed on Saturday, Jan 21, 2017, before vigil, while (2) the insertion of the relic holders into the reliquary and the blessing of the reliquary according to the rite in the Great Book of Needs was accomplished at the end of the Divine Liturgy on Sunday, Jan 22, 2017, with all our parishioners participating.



reliquary and the blessing of the reliquary according to the rite in the Great Book of Needs



To hold fast each relic in the individual relic container a special wax-based glue for sacred objects, called "voskomastich" (particularly used for altar table construction) is used. Archpriest Alexander Antouchine graciously allowed us to use the "voskomastich" left over from the building and consecration of the altar table for the Flushing, NY, Church of the Annunciation. A hotplate, syringes, and holders were prepared and arranged on a clothed table in the nave of the church. For the consecration, our assistant choir director, subdeacon Victor Gonchar compiled the needed troparia, kontakia and, where possible, the stykhyra



for each of the saints' relics. After an informative word on the preparation of the relics, Father Elias began a molieben service. As each relic was rehouse into the individual relic holders by the participating parish clergy, the clergy intoned "Saint <name> pray unto God for us" after which the choir sang or read the available hymns to the saint. The process to rehouse the relics took over an hour and the molieben ended with a dismissal commemoration of all of the relics'



saints.

The following day, at the end of liturgy, the rite of reliquary consecration was served and the individual relic holders were transferred into their permanent home by the clergy in a similar fashion as the day before, with the clergy intoning the "Saint <name> pray unto God for us" and the





choir singing the saints' troparia. The reliquary and each individual relic holder was blessed according to the rite. The clergy and parishioners then venerated the relics as they came up to kiss the cross.



Our Arabian Nights BLINI

Submitted by the Head Sister, Gloria (Anna) Clark March 10 ,2017

The Arabian Nights theme was featured at this year's Annual Blini Banquet fund-raiser for the parish school, at the Holy Virgin Protection Church in Nyack on February 24, 2017.



Our evening added a new twist to a traditional event of Maslenitsa, taking us on a different and exciting journey to the Middle East. Upon entering our parish hall, you were greeted with the color and splendor of a Bedouin market place. Splashes of purple, pink and orange of the desert sun made our hall glow from within. You were gazed upon by the enormous eyes of a veiled girl from the mysterious East from the back of the stage.

Our hostesses were accessorized with sheer sashes adorned with dazzling coins that shimmered in the orange light. Our Russian School youth were gracious and hospitable to each of our invited guests. They provided, not only a warm welcome, but proudly served our homemade blini and delectable fish.

While dining we were entertained by colorfully dressed dance ensemble, Troika, performing a variety of spirited Russian folk dances. The finale of their performance was a gypsy dance that fit perfectly with our Arabian Nights theme



This talented troupe, along with young parish performers were an awesome cultural addition to this extraordinary evening.

This evening could not have taken place without the unique vision of Mrs Cassie Vursta. She made this Arabian fantasy come to life. Whether you came by car or caravan to our celebration, it was an oasis filled with surprises from the unique photo booth to realizing that we were dining with camels and elephants perched on our tables. Our guests danced to a hearty Hopak provided by our DJ Danya Fedorowsky keeping some old and introducing new traditions. This most assuredly sets you in the mood to make new friends as well as reconnect with old ones.



Camel Centerpiece



Elephant Centerpiece

Whether it was the exquisite invitation, ceiling decor, or even the pastel French macaroons, Cassie's vision was made into reality by planning, dedication, and hard work. We cannot thank her enough. Her efforts were rewarded by all of us being transported to an Arabian Night that we shall never forget!

Visit of Bishop Jerome on the Sunday of the Myrrh-Bearing Women



Bishop Jerome celebrated liturgy on the Sunday of the Myrrh Bearing Women, the feast day of our sisterhood, April 30th. The bishop was greeted by the parish clergy, parish rector emeritus mitered archpriest George Larin, parish rector archpriest Elias Gorsky, assistant priest Ignatius Green, protodeacon Dimitri Temidis, deacon Andrei Podymow at 9:30 in the morning. Father Elias thanked His Grace for coming on the name's day of our Sisterhood, expressed our joy in His Grace's continuing pastoral visits and asked for the Bishop's archpastoral prayers. Reader Vassily Sheveltinsky and Ivan Lopuchin served as subdeacons. The liturgy was concelebrated with Bishop Jerome by all the parish clergy. Subdeacon Victor



Conchar prayerfully and melodically conducted the choir. Many guests joined the parish in prayer. Bishop Jerome noted in his sermon to be vigilant against the wiles of the evil one who continuously tries to sow discord among the faithful, particularly those of different ethnic backgrounds. We are all brothers and sisters in Christ and will be known to be so only by the love between us. At the end of liturgy, protodeacon Dimitri intoned that "Many Years" to be granted to the Bishop and parish sisterhood, mentioning head sister Anna Clark and many sisters by name. The sisterhood welcomed the bishop and all present with an elaborate trapeza in the hall. At the end of trapeza, Father Elias congratulated the head sister, Anna Gloria Clark, and all the sisters with their names day, thanked them for the trapeza and all the great work they have done continually throughout the year for the church.



Following trapeza, the head sister held a baby shower for matushka Aimilia and Father Ignatius Green, who are awaiting their 3rd child and combined a birthday celebration for their now two year-old Feofania. Many parishioners and guests joined in this very gay and amicable parish celebration.



Что такое ОМОФОР ?

Наш праздник Покров - в видении Дева распростерла над людьми широкий плат-покрывало, который сняла со своей головы. В Богослужбной традиции сохранилось греческое слово «омофор» (дословно «наплечник»). Омофор (или, как его называли и называют в нашей стране, покров) - это не только покрывало, но и символ защиты, **защита Богородицы, которой она покрывает нас!**

Visit our **Parish Bookstore & Gift Shop**

In the Church Hall Lobby

Icons, lampadas, religious books, children's literature, Gold and Silver Crosses.

Open on Sundays after Liturgy,

Saturday 10:30 – 1:00PM.

and by appointment

Store: 845 353 1155 Marie: 201-891-0594 Irina: 845-363-6036

Don't forget our elderly and sick - in need of prayers and always glad to receive visitors!

- **Lisa Semyonova**: 36 South Broadway, Nyack, NY 10960. Info: 845-358-2835.
- **Peter Sergeevich Vasiliev**
- **Tatiana Alexandrovna Budzilovich**
 - Tolstoy Foundation Nursing Home, 100 Lake Road, Valley Cottage, NY 10989. Info: 845-268-6813.
 - **Lydia Alekseevna Gnoutcheff**
 - **Tatiana Nikolaevna Lukovskaya**
 - **Catherine Georgievna Vasiliev**
- Novo-Diveevo Old Age Home, 100 Smith Road, Nanuet, NY 10954. Info: 845-356-8250.
 - **Michael Aleksandrovich Gnoutcheff**
 - **Anna Alekseevna Ossorguine**
 - **Vera Pavlovna Young**
 - **Simeon Richard**

The meaning of OMOPHOR

Our parish feast day is **Pokrov** - the Mother of God spread over the people a wide shawl, which she took from over her head. In Church tradition, the shawl was preserved with the Greek name "omophor," literally a "shoulder shawl." The omophor (in Russian, also "pokrov") - is not just a shawl, but a symbol of protection, **the protection by which the Mother of God covers us all!**

OMOPHOR is the parish newsletter of the Holy Virgin Protection Russian Orthodox Church, Nyack, NY

Rector and Editor: Father Elias Gorsky

Assistant Editors: Father George Larin, Father Ignatius Green, Irene Gorsky

To receive our parish newsletter via email or US mail, please notify frilya@egcon.com

Donations to defray expenses are always welcome. Please make checks payable to: Holy Virgin Protection Church - Omophor fund.

Donation Amount: \$25 \$50 \$100 \$250 \$500 other _____

Check enclosed, to: Holy Virgin Protection Church
38 So. Mill St, Nyack, NY 10960

Credit card _____ Exp date ___ / ___

Make an immediate secure donation at www.hvpc.us

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OMOPHOR is **our** parish newsletter. All are invited to submit ideas and articles (subject to review) via email to frilya@egcon.com.

Russian School contact - Director of Studies

Father Serge Arlievsky - 845 729 0530 frserge@optonline.net

Announcement: Our Parish Russian School is developing a "Russian as a second language track" for English speaking students who will receive instruction in English for Law of God and Russian language, while attending common classes such as chorus. Students will be full members of the student body, participating the entire school day. As we have a shortage of teachers, we expect some parental support to join the faculty to assist in teaching such classes. Please contact Father Serge Arlievsky, the Director of Studies, for details.

OMOPHOR

38 South Mill Street
Nyack, NY 10960

Place
Stamp
Here