

ПАНТЕЛЕИМОНСКИЙ ЛИСТОК

A Newsletter for the Russian Orthodox Parish of Saint Panteleimon, Gosford

~ Number 41, March 2005 ~

SOME CHANGES TO THE NEWSLETTER

This issue of the newsletter is the 41st since it was first produced back in July 2002 when having a church of our own seem nothing more than a dream! Father James has tried with varying degrees of success over those two-and-a-half years to prepare a newsletter for each service. From this issue, however, the newsletter will be a monthly production, available in church on the first Sunday of each month. Those wishing to receive a copy in the post or by email should arrange this with either Father James or the parish secretary, Katya Marcotrigiano (4369-1765). The newsletter will continue to have news from the parish and the wider church community, details of services, announcements and important information, articles for spiritual benefit, and requests for prayers. This Great Lent, we also hope to publish recipes to help people keep the fast. The newsletter is also available on our website, www.gosfordrussianchurch.org. The website will also be updated at the beginning of each month.

CHURCH OPEN EVERY SATURDAY MORNING

With the commencement of the parish school this year, **the church will now generally be open every Saturday morning**. Those wishing to see Father James, confess in preparation for receiving Holy Communion on Sunday, have a moleben or pannikhida served, or simply to light a candle and pray quietly in church, are welcome to do so. The church is open between 9.00am and 12.30pm.

В ПРИХОДАХ АВСТРАЛИЙСКО-НОВОЗЕЛАНДСКОЙ ЕПАРХИИ ОТМЕТИЛИ 10-ЛЕТИЕ СО ДНЯ КОНЧИНЫ АРХИЕПИСКОПА ПАВЛА (ПАВЛОВА; + 1995 Г.)

Трогательные слова молитвы святого праведного Симеона Богоприимца "Ныне отпускаеши раба Твоего..." приобрели для приснопамятного Архиепископа Павла особенное значение: он скончался в день праздника Сретения Господня, через день после кончины своего преданного многолетнего секретаря и друга, протоиерея Николая Гранта, скончавшегося 14-го февраля, т.е. в канун праздника. Эти дни в приходах Сиднейской и Австралийско-Новозеландской епархии всегда отмечаются совершением заупокойных богослужений с поминовением Архиепископа Павла и протоиерея Николая. Можно думать, что у этих двух людей была большая духовная связь и Господь призвал их почти одновременно.

Триснопамятный Архиепископ Павел правил огромной Австралийско-Новозеландской епархией 10 лет. Он прибыл в Австралию 17/30 января 1981 г., и был радостно встречен в аэропорту духовенством и мирянами. Это был его третий приезд в Австралию. Первое посещение было в 1976 г., когда Владыка Павел приезжал в Сидней замещать Архиепископа Феодосия (Путилина; + 1980 г.), который уехал в г. Перт в отпуск. Второе посещение было при грустных обстоятельствах. Владыка Павел приехал на отпевание и похороны Архиепископа Феодосия.

Владыка Павел был замечательным человеком, глубоко верующим, строгим, энергичным, умным и прекрасным администратором. Он умел находить и привлекать людей, он "омолодил" клир епархии, рукоположив многих молодых людей, окончивших Свято-Троицкую Духовную Семинарию в Джорданвилле. При Архиепископе Павле шло интенсивное строительство храмов. Был воздвигнут храм Казанской иконы Божией Матери при женском монастыре и корпус с кельями для монахинь в г. Кентлине близ Сиднея. Для осуществления этого проекта Архиепископ Павел создал строительный комитет, который начал строительство с очень малыми средствами, но, благодаря усердию верующих, храм был воздвигнут в очень короткий срок и теперь в 65 км от Сиднея стоит небольшой уютный храм псковского стиля; это часть Святой Руси русского зарубежья.

С благословения Архиепископа Павла было начато строительство мужского монастыря в честь Преображения Господня, расположенного в Снежных Горах в районе Бомбала, Новый Южный Уэльс. При Архиепископе Павле было закончено строительство Иоанно-Предтеченского храма в столице Австралии, Успенского храма в Мельбурнском пригороде Данденонге и Петропавловской церкви в г. Перте.

Большое внимание Архиепископ Павел уделял деятельности русских церковных школ, сам занимал пост директора Александро-Невской школы при Кафедральном Петропавловском соборе в г. Сидней, и с его благословения для школы было отстроено новое здание в соборной ограде. Архиепископ Павел значительно расширил созданный при его Преосвященном предшественнике специальный комитет по устройству и проведению празднеств 1000-летия Крещения Руси в г. Сидней. Все торжества этого праздника прошли с большим духовным подъемом. Главным моментом празднования 1000-летия Крещения Руси Архиепископ Павел считал освящение нового Иоанно-Предтеченского храма в Канберре.

8-го июня 1991 г. Преосвященнейший Архиепископ Павел заболел и болезнь начала прогрессировать. Австралийско-Новозеландская епархия осиротела. В ноябре 1992 г. Владыка покинул Австралию и переехал в Успенскую Ново-

Дивеевскую обитель близ Нью-Йорка для проживания и медицинского присмотра в монастырском доме для престарелых.

Отпевание и погребение Архиепископа Павла возглавил Епископ Манхеттенский Иларион (ныне Архиепископ Сиднейский и Австралийско-Новозеландский) в сослужении Епископа Рокландского Иоанна (Легкого; + 1995 г.) и духовенства Восточно-Американской епархии. Со смертью Архиепископа Павла Русская Зарубежная Церковь потеряла замечательного архиерея, который был всегда ровным, добрым архипастырем, искренно преданным Богу, Церкви и страдающей России.

Отец Николай Грант родился в 1934 г. в Рабате, Марокко, в древнего рода дворянской семье Сомовых. Его отец, Н.Н. Сомов прошел трудный путь офицера Белой армии: Крым, Константинополь, Чехословакия, Франция, Африка, Германия и, наконец, Австралия, где он сыном прожил последние 30 лет своей жизни. В 1942 г., 8-летним мальчиком, Николай самостоятельно поехал в Париж и учился в Русском кадетском корпусе. Как многие русские люди во время войны, Н.Н. Сомов изменил свою фамилию, чтобы избежать преследования советских агентов. Мать будущего отца Николая, И.Д. Сомова, умерла 6-го января 1945 г.

Отец Николай прислуживал в алтаре с детских лет, в 1949 г. прислуживал митрополиту Серафиму (Ляде), и получил от него благословение носить стихарь. В 1974 г. он был рукоположен во диаконы, а через год - во иереи. В 1981 г. Архиепископ Павел пригласил отца Николая стать секретарем Епархиального Управления. Привязанность отца Николая к Архиепископу Павлу, его любовь к Церкви, терпение и умение ладить с людьми помогли ему в его большой и сложной работе. Во время болезни Архиепископа Павла, протоиерей Николай оказал своему архиерею огромное внимание, чуткость и заботу. Отец Николай был попечителем Русского Благотворительного Общества в Сиднейском пригороде Кабраматте, являлся законоучителем в Александро-Невской русской церковной школе, помогал в воспитании детей и юношества, будучи одним из духовных руководителей Национальной организации витязей. Известие о смерти отца Николая глубоко огорчило всех. Его отпевание в кафедральном соборе г. Сидней было торжественным и умирительным. В отпевании приняло участие 12 священников епархии, два протодиакона и два диакона. В своем прощальном слове благочинный штата Виктории протоиерей Михаил Протопопов отметил высокие качества покойного и подчеркнул его доброту, терпение и благородство духа. Вечная память и Царствие Небесное Архиепископу Павлу и протоиерею Николаю!

PARISH LIFE

On Sunday February 5th we celebrated the memory of Holy Blessed Xenia of Saint Petersburg, the patron saint of our hard-working parish ladies' committee. After singing many years to our ladies, the men of the parish prepared a BBQ lunch and gave the ladies a rest by doing the washing up afterwards! All present enjoyed themselves. On Sunday March 6th, Meatfare Sunday, the ladies are preparing blini (pancakes) for all to enjoy after the service. This Sunday is the last day on which meat is eaten until Pascha. The ladies will also prepare a light snack after Vespers and the asking of forgiveness on the evening of Sunday March 13th.

PARISH COUNCIL NEWS

The Parish Council held its' regular monthly meeting on Tuesday March 1st. The Council discussed: careful budgeting that prioritises payments of the mortgage; the closely related topic of structuring our mortgage repayments in the best way to minimise interest; the election on February 20th of George Fomin as our parish delegate to the Diocesan Assembly on March 25th & 26th; building issues (the installation over the last month of a security grille in the hall and cupboards in the kitchen); strata issues (see full details below), including a child-proof fence for the area beside the hall; the possibility of celebrations on Sunday May 15th to mark the first anniversary of the blessing of our new church; and a report on the progress of the Russian School. Father James tabled a document that he had prepared entitled "Understanding the administration of parishes of the Russian Orthodox Church outside Russia" or "Как управляются приходы Русской Православной Церкви Заграницей". Upon completion of the Russian translation and with Vladika's blessing, this will be made available to all parish members and interested people. The parish council is due to meet next on Tuesday April 5th.

MORTGAGE PAYMENTS ~ FUNDRAISING ~ CONCERT ON SUNDAY MAY 29th

The importance of paying of our mortgage is something that is an ongoing concern for the parish council. Although our loan agreement extends up to 15 years (November 2018), the longer we take to pay it, the more interest we pay. Our income from plate collections and candle sales makes it possible to meet our monthly repayments, but as a small community with voluntary contributions we are vulnerable to interest rate changes. When one considers that many of our young families have their own mortgages we are actually doubly vulnerable, as financial pressures can reduce the amount that people feel able to provide for the assistance of the church. The parish council is wisely directing all general donations and any cash surplus towards the mortgage, and many parishioners are (also wisely) asking that their contributions go directly towards loan repayments. At the same time, we are maintaining repayments at a constant level rather than reducing them as the balance reduces. To show our progress in paying off the loan, a chart will

be put up in the hall this month. Our parish is one in which the people give generously for the needs of the church. Nevertheless, everyone is encouraged to assist with fundraising activities like the fishing competition, garage sales, barbeques & other social activities, and our Russian Club concerts. This year's concert will be at the Russian Club in Strathfield on the afternoon of May 29th (the fifth Sunday in May, a Sunday on which there will be no service in Gosford), with a programme being organized by Olga Ivanovna Itsikson and a friend of the parish, Mrs Yakupova. Those able to assist on the day with setting up, decorating the auditorium, ticket sales, serving refreshments and in other ways should talk to the head of the ladies' committee, Olga Petroff.

IMPORTANT NOTICE

On February 10th we received two letters from "All Strata Services", the strata-managing agents for 7 Comserv Place. In these letters, 4 concerns were raised, the first of which concerned all owners and tenants, & the remaining three which were particularly addressed to us:

- The importance of locking the gate after hours;
- That damage had been done to lawns and plants;
- That damage had been done to other property; and
- That children were playing in areas that were dangerous.

All those with keys to the property have been reminded of the importance of locking the gate after hours. Parents with small children are asked to remind their children of the importance of not damaging anything that will jeopardize good relations with our neighbours, and of not playing in the carpark area where they could be seriously injured. We hope to soon have a secure playground area at the side of the church that will help in this regard. All parishioners, but especially parents, are asked to be conscious of carpark safety.

Why do we have Великий Пост (or Great Lent)?

The most important thing to have happened in the history of the whole world is the resurrection of our Lord Jesus Christ from the dead. It is so important because it has had an effect on every person who ever lived, whether they know it or not. The effects of Christ's resurrection will last forever, even after the end of this world.

Because the resurrection of Christ is so important, we celebrate it every week. That is why we go to church on Sundays (the Russian word for Sunday, "Воскресенье", means "the day of resurrection"). We also celebrate it in a special way every year. That celebration is called Пасха or Easter.

A special celebration needs special preparation. Orthodox Christians prepare to celebrate Пасха or Easter for ten weeks beforehand. During seven of those weeks we

make a special effort to fast, pray, and be kind to others. Those seven weeks are what we call Великий Пост or Great Lent.

This пост is called "великий", or "great", because it is longer and harder than the other посты. In English, it is called "Great Lent". "Lent" is an old English word that means "spring". This is because Великий Пост is always in the spring in the northern parts of the world. The trees and animals coming back to life in spring after the long cold winters reminded people of the resurrection of Christ.

The Russian word "пост" is translated into English as "fast". It means to not eat, or to eat only simple food, for religious reasons or sadness. The word "break-fast" is related to this word; it means the first meal that we have when we stop, or "break", our fast.

Великий Пост has been part of Christian life since the time of the earliest Christians. It has changed a lot since then. Now, there is a special book of services that the Church uses during this time, the "Триодъ Постная" (or "Lenten Triodion"). Many of the prayers and services in this book are very different from the services that we usually have in church.

Великий Пост is a time in which we try and develop a better relationship with God. If we want to make friends with someone, we try and talk to them more, spend time with them, and do kind things for them. It is a little bit like that if we want to be better friends with God. The ways that we can become closer to God are by fasting, prayer, and being kind to others.

Fasting is not something that we do because God wants us to be hungry or because he wants us to be punished. Fasting is a way of learning to control ourselves. It is easier to control our stomachs than our hearts and minds, so we practice self-control on our stomachs. We do this by eating very plain food: no meat or fish, and no milk or cheese or dairy products. Strictly speaking, we should also drink no alcohol during the weekdays of Great Lent.

As well as eating only simple food, we also try and spend less time doing pointless things, like playing computer games or watching TV. We try and spend our time in a way that is good for our souls. Reading the Bible and other spiritual books and going to church are some ways that we can do this.

Fasting can be very difficult. Sometimes we get tired of it and wish we could eat whatever we want to. Sometimes we get cranky. This shows us what we are really like inside: impatient, greedy, and not even thankful for the food we have. It shows us how

much we need God's forgiveness and help. It shows us where we need to make a special effort.

Великий Пост is more than just not eating certain things. The devil doesn't eat anything at all, and it doesn't help him. This is why we also have to pray more. When we pray we praise God, we thank Him for everything He has done for us, and we ask for His help. We should all make a special effort to pray every day, of course, but especially during Великий Пост. The most well-known Lenten prayer is one that you can say each day in either Slavonic or English: "Господи и Владико живота моего" or "O Lord & master of my life".

As well as prayer, Великий Пост is a time of showing mercy or great kindness to other people. Our Lord Jesus Christ told us that this was very important. He said that kind things done for other people are just like kind things done for Him. In this way, we see that we can become close to God by doing good things for other people.

Holy Communion is another way to become close to God. Великий Пост is a good time to receive Holy Communion as many times as possible. When you do this you should confess your sins, forgive everyone and ask for them to forgive you, and read at least one or two of the "Prayers before Holy Communion" in your prayer-book.

Великий Пост is a wonderful time of the year. The special постный services are very beautiful. These services and the readings from the Bible help us think about Christ's death on the cross and his resurrection, the most important thing that has ever happened, or ever will happen. If we use this time well, we can grow much closer to our Lord Jesus Christ, and more worthily celebrate His glorious resurrection when the day of Пасха comes.



~ QUESTION BOX & DISCUSSION NIGHTS ~

Father James is planning a series of discussion nights ("besedi") to begin in April. The first of these will be about the different saints depicted on the icons in our church. Others will give an overview of the Bible, both the Old Testament and the New Testament. Those with other topics or questions they would like to have discussed or answered may place them in the brown "question box" on the kitchen counter in the church hall. More details will be provided in the April newsletter.

CHURCH SERVICES IN MARCH

March is a busy month liturgically, with 10 services scheduled. Please note that the services scheduled for Wednesday 23rd, Friday 25th and Saturday 26th have been cancelled because of the Pastoral and Diocesan Conferences. Some explanations: Great Compline (Великое Повечерие, in Russian) is a solemn service of psalms and prayers, almost entirely read, generally served only in Great Lent; the canon of Saint Andrew of Crete is a service of penitential verses based on the Old Testament, read only in the first week and on the fifth Thursday of Great Lent; and Sunday night vespers in Lent is a service that changes to the Lenten mode half-way through, ending with the "Passia", or reading of a section of the gospel concerning the Passion of our Lord Jesus Christ. All of these services are beautiful and uplifting and very much set the tone for Great Lent, balancing with prayer the physical effort of keeping the fast. At Great Compline, especially, there will be the opportunity for people to assist with reading and chanting, both in Slavonic and in English.

5 th March	Saturday	Matins	6.00 pm
6 th March	Sunday	Meatfare Sunday Divine Liturgy	9.00 am
13 th March	Sunday	Forgiveness Sunday Vespers with the rite of asking forgiveness	4.30 pm
14 th March	Monday	Clean Monday Matins, Hours, Vespers, and Typika	8.00 am
15 th March	Tuesday	Clean Tuesday Great Compline with the canon of Saint Andrew of Crete	7.00 pm
16 th March	Thursday	Clean Thursday Great Compline with the canon of Saint Andrew of Crete	7.00 pm
19 th March	Saturday	Matins	6.00 pm
20 th March	Sunday	1st Sunday in Great Lent: The Sunday of the Triumph of Orthodoxy Divine Liturgy	9.00 am
23 rd March	Wednesday	Great Compline CANCELLED	7.00 pm
25 th March	Friday	Matins CANCELLED	7.00 pm
26 th March	Saturday	Commemoration of the Departed Divine Liturgy & General Pannikhida CANCELLED	8.00 am
27 th March	Sunday	2nd Sunday in Great Lent Vespers, 2 nd Passia	6.00 pm
30 th March	Wednesday	Great Compline	7.00 pm

From March 2005, our parish newsletter will be published to coincide with the first service of each month. If you wish to receive it by post or email, please talk to Father James (0428-639156) or Katya Marcotrigiano, the parish secretary (4369-1765). Information and prayer requests for inclusion in the newsletter can be given to Father James or emailed to info@gosfordrussianchurch.org.