



CHRIST THE SAVIOR ORTHODOX CHURCH

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BULLETIN OF JANUARY, 9 2011

SUNDAY, JANUARY 9TH

Sunday After Theophany

8:40a.m. Pre-baptismal Prayers
9:00a.m. Baptismal Liturgy
Coffee Hour

SATURDAY, JANUARY 15TH

5:00p.m. Bible Study
6:00p.m. Great Vespers

SUNDAY, JANUARY 16TH

8:40a.m. Hours
9:00a.m. Divine Liturgy
Coffee Hour
Parish Council Meeting



The Great Commission

Go, therefore, and make disciples of all nations, baptizing them in the Name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe everything I have commanded you.

Matthew 28:19-20

READER SCHEDULE

Sunday, Jan. 16th

Jodi McElwee

Sunday, Jan. 23rd

Gabriela Jones



Please Remember in Prayer

Melvin Woodell (newly-departed), Don Coughlin, Karen Nichols, Michelle Wilson, Howard Peters, Irene Clenney, Denise Royal, Gabriela Jones, Scott and Maryann, Roman Szwec, Mat. Dunia, Patti Lease, Garrett Cuppels, Bill & Kathy Parrish, Frs Michael & Andrew, Monk Christian, Jane Koshutko, Robert Evanusa, Nicholas & Linda, Nicholas, Anna, Nina Gordon, Mirela & Chris, Jaroslav, Troy, Frank & Mary Miranda, Kathy T., Bruce, Julia Plisko & family, Stella.

A Special "Thank You!"

Sincere appreciation is expressed to all those who helped to make our 10th Anniversary so memorable. It is impossible to mention everything that was done and everyone who did it. But for all and to all we give thanks! May the Lord bless you for your labors to His glory!



Baptism of Eric Daniel – Sunday, Jan. 9th

Today, Sunday, January 9th, we will have the baptism of Eric Daniel. The baptism will take place together with the Liturgy. There will be no Hours on this day, but we will start the pre-baptismal prayers at 8:40am. May the Lord bless Eric Daniel, his parents, Andrey and Anna, and his sponsors!

Annual Meeting – Sunday, Jan. 23rd

The 2011 Annual Meeting will be held on Sunday, January 23rd, following the Divine Liturgy and coffee hour. Everyone is asked to please set aside this date for this important meeting.

Parish Council Meeting – Sunday, Jan. 16th

A council meeting will be held next Sunday to finalize preparations for the Annual Meeting. This is the only purpose of the meeting.

2011 St. Tikhon's Calendar Update

The calendars should be in for next Sunday. There was a shortage in their initial printing and but this has been rectified. Thank you for your patience!



Website Update

Our website now has photos from the 10th Anniversary as well as the Blessing of Waters at the Atlantic Ocean!

House Blessing

If you would like your home blessed this year, please put your name on the sign-up sheet at the candle stand. This short service brings God's blessing to the home and all who dwell therein. Questions? Please see Fr. John.



Suggestions for 2011

Do you have any suggestions or requests for 2010? More services, classes, charitable initiatives, pilgrimages, etc.? We are always looking for ways to improve our Church life. Please don't hesitate to let Fr. John know.



TROY POLAMALU SAYS 'KALA CHRISTOUGENA!'

CHRISTMAS ARRIVES TODAY FOR MANY ORTHODOX CHRISTIANS AROUND THE WORLD

Friday, January 07, 2011 - By Ann Rodgers, Pittsburgh Post-Gazette

The most famous Orthodox Christian in Pittsburgh, if not the nation, has a greeting for his fellow believers today: "Kala Christougena!" said Steelers safety Troy Polamalu. That's Greek for "Merry Christmas!"

Mr. Polamalu and his wife, Theodora, actually celebrated Christmas 13 days ago, but they keep the same Orthodox traditions as those who observe today. Most Orthodox celebrate on Dec. 25, but many Slavic churches tie liturgy to the old Julian calendar, which is 13 days behind the Gregorian calendar. The Greek Orthodox Church and some others have adopted the Gregorian calendar -- except at Easter.

"We all celebrate Easter on the same day," said Mr. Polamalu, 29. Orthodoxy is the Eastern wing of the earliest Christian church, which split into the Orthodox and Catholic churches in 1054.

He and Theodora converted to Orthodoxy about five years ago. His background was Catholic and Protestant, hers Muslim and Protestant. They were Christians in search of a deeper, more consistent experience of God.

"Orthodoxy is like an abyss of beauty that's just endless," he said. "I have read the Bible many times. But after fasting, and being baptized Orthodox, it's like reading a whole new Bible. You see the depth behind the words so much more clearly."

That fasting is a Christmastime difference between Eastern and Western Christians. While many Americans pile on the food from Thanksgiving to Christmas, Orthodox Christians start fasting Nov. 15 or 28.

"Christmas Lent" or "Winter Lent" lasts 40 days, broken by a feast on Christmas, said the Rev. Ste-

lyios Muksuris, administrative assistant to Metropolitan Maximos of the Greek Orthodox Diocese of Pittsburgh and professor of liturgy and theology at Ss. Cyril & Methodius Byzantine Catholic Seminary. Slavic Orthodox keep a strict fast, abstaining from meat, dairy products, oil and fish for 40 days. Greeks usually permit fish, cheese and oil for the first few weeks, then fast strictly for the last two, he said.

Mr. Polamalu is of Samoan heritage, and belongs to the Greek church, but fasts like a Russian.

His consists of a "fast from dairy, from meat and from oil for 40 days -- as well as from sex," he said. "It's to prepare you for the birth of Christ, of God incarnate."

Fasting doesn't affect his football fitness, he said. "When you fast, you can eat extremely healthy by eating a lot of light food, like fruits and vegetables."

There are other aspects to fasting.

"Maybe not watching as much TV, or not getting caught up in idle talk or different things, in order to keep you spiritually healthy," he said.

The most important Orthodox fast is Great Lent, for 50 days before Easter.

When he has kept longer fasts "I have never felt more spiritually strong," he said. Referring to great theologians of the early church, he said, "The church fathers have said that when you eat gluttonously or you eat a lot of meat, your passions get stronger, so your inclination toward sinning becomes stronger. ... [Fasting] really does soften your passions. It gives you spiritual insight."

In Orthodox theology "passions" are negative impulses -- such as sadness or greed -- that can harm the soul.

He doesn't claim that practicing the faith improves athletics. The player known for crossing himself on the field has seen his faith grow more from his injuries than his interceptions.

"When I got injured, I learned so much from it spiritually, just thanking God for the health that I had when I was healthy," he said.

"People have this idea that the more pious and devout I am, the more successful I am. Which is very dangerous. If you look at faith in that way, you're bound to fail at both - - spiritually and in your career."

As the Polamalus build Christmas traditions for their children, Paisios, 2, and Ephraim, 3 months, "It's become less about Santa Claus and more about the birth of Christ and the celebration of the Virgin birth," he said.

They spent Christmas Eve at an Orthodox monastery. The service lasted several hours, ending at 1 a.m. It was entirely chanted.

"Orthodox chanting is non-emotional, it's very monotone," said Mr. Polamalu, who also calls it "the most beautiful thing."

"It's the perfect environment for prayer," he said. "Chanting in Greek ... is like a beautiful opera, but way better. You have candles, not [electric] lights. It's dark. You have the women sitting on the left and the men sitting on the right. Everything is to

keep your mind focused on God. ... To me the most beautiful thing anyone on earth can experience, other than maybe marriage and child-bearing, would be the Orthodox Liturgy."

Before he became Orthodox, he said, songs in church sometimes moved him to tears. He now distrusts those passing feelings.

"I'd start crying and feel 'This is awesome.' If I'd had a Red Bull, I'd feel it even more. If I'd had breakfast, I'd feel good. If I didn't have breakfast, I didn't feel anything, I was grumpy," he said.

"It was a very superficial experience. I was thinking, 'God, why did I not feel you today?' because I wasn't feeling the music today. Orthodoxy is very sensitive to that, to take the emotion out of it, to really go after the heart."

The difference between the heart and emotion, he said, is like the difference between the deep love he has for his

wife and their daily ups and downs.

"I could say, emotionally, I'm mad and sad with my wife. But that has nothing to do with how much I love my wife within my heart," he said.

"Before we were Orthodox we were able to separate our spiritual lives and our daily lives. Now that we're Orthodox, because of the prayer life that is required ... and the fasting, it consumes your life. It's the number one thing in your life."



ABOUT TROY POLAMALU

From Wikipedia.org

Troy Polamalu is a professional football strong safety for the Pittsburgh Steelers of the NFL. Polamalu's favorite pastimes include surfing, growing flowers, making furniture and playing the piano. Despite Polamalu's hard-hitting style on the gridiron, he is known off the field as a soft-spoken family man.

Polamalu is also well read in the history and theology of early Christianity, which ultimately led him and his wife Theodora to convert to Orthodox Christianity in 2007. He makes the Sign of the Cross after every play (from right to left, in the Orthodox Christian manner, as opposed to the Roman Catholic left to right motion). Among his spiritual activities is a pilgrimage to Orthodox Christian sites in Greece and Turkey, taken in 2007. He seldom gives interviews, but when he does, he often speaks of the role his spirituality plays in his life. Polamalu has said that he tries to separate himself from his profession as much as possible, including not watching football games at home. He prays after each play and on the sidelines. His children, Paisios, and Ephraim, are both named after well-known Greek Orthodox Christian saints.

A QUESTION ON BAPTISMAL NAMES

Q. How does one pick a baptismal name when one converts? My daughter, age 12, will be baptized soon, and I will be chrismated. Neither of our names "suit."

A. There is no "universal, standard" way by which a name is selected. In some traditions, for example, it is the custom to name a person after the saint commemorated on his or her date of birth. In other cases names are selected based on devotion to a particular saint. And, of course, there are those who select a name exclusively on personal preference.

It is interesting to note, however, that in the Orthodox Church the naming of a person occurs in a special rite celebrated on the eighth day after birth, thereby separating this action from the celebration of Baptism and Chrismation.

In the case of adult conversions, it would seem that the most meaningful way of selecting a "Christian" name would be to choose the name of a saint whose life one may especially wish to emulate or whose life offered special inspiration on the road to conversion.

It is always wise to discuss such matters with your parish priest who can offer personal direction in greater detail.

Fr. John Matusiak

JANUARY CONGRATULATIONS!

Anniversaries:

- 1/15 Richard & Diane Evanusa
- 1/24 Michael & Nada McFarland

Birthdays:

- 1/5 Constantine Mitsopoulos
- 1/12 Nada McFarland
Alex Royal
- 1/13 Francis Abdow
- 1/16 Olga Leasure
- 1/19 Howard Peters
- 1/26 Fr. Christian Lesinsky

Namesdays:

- 1/1 *St. Basil the Great*
Basil Cook
- 1/10 *St. Gregory of Nyssa*
Lee Gregory Krempel
- 1/25 *St. Gregory the Theologian*
Gregory Boris

THE FEAST OF THE THEOPHANY OF OUR LORD

The Baptism of our Lord in the Jordan River reveals wondrous salvific events:

- ❖ The Mystery of the Holy Trinity was revealed.
- ❖ Christ blessed the water, making it holy; water for our renewal and regeneration.
- ❖ A model of Baptism was established for the followers of Jesus Christ, so that they could have their sins washed away and be freed from the tyranny of demons.
- ❖ The Forerunner, St. John the Baptist was blessed by Christ.



FOR CONSIDERATION



**Now, hold still while I
take that speck out of your eye!**

QUESTIONS ABOUT HOLY WATER

Q. When should I drink holy water?

A. When you feel a spiritual need, that is when you find yourself strongly tempted; feel in an evil way; are about to set out on a journey; will miss the divine services; before a difficult encounter; in illness, afflictions, etc.. It is the custom of some pious people to take a drink of holy water the first thing every day before they eat or drink anything

else (except on days when they receive Holy Communion).

Q. Where should I keep the holy water?

A. Some keep the holy water in their icon corner and others in the refrigerator.

Q. Does holy water have magical powers?

A. No. But it is matter that is "spirit-bearing" which brings the blessing of God, cleansing, healing, and can be used for every purpose that is expedient.

