

THE PARISH NEWSLETTER APRIL 2010

The Nativity of the Mother of God Russian Orthodox Church 518 869-3932

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

Mitered Protopriest Wsevolod Drobot Protopriest Father Michael Fritz

Protodeacon Michael Soloviev Subdeacon Andrei Podymow

(Note: March 31, Holy & Great Wednesday Bridegroom Matins 6:00 p.m.)

THE SCHEDULE OF SERVICES AND MEETINGS FOR APRIL

Saturday Vigils: 6:00 p.m. Vigils of Feasts: 6:30 p.m.

Sundays & Feasts: 9:30 a.m., Hours; 9:50 a.m., the Divine Liturgy

- 1 Holy & Great Thursday Vespereal Liturgy of St. Basil 8:00 a.m.
Institution of the Holy Eucharist
Reading of the Twelve Passion Gospels 6:00 p.m.
- 2 Holy & Great Friday Vespers, Presentation of Plaschanitsa 5:00 p.m.
Small Compline 6:00 p.m. (Break for Dinner)
Matins Burial Service and Procession 7:45 p.m.
- 3 Holy & Great Saturday Vespereal Liturgy of St. Basil the Great
with Old Testament readings 8:00 a.m.
Reading of the Acts of the Apostles 8:00 p.m.
(If you are planning on going to communion on Pascha,
please be in church this Saturday evening for confession.)
Midnight Office 11:00 p.m.
- 4 Resurrection of our Lord and God and Savior Jesus Christ
Procession and Paschal Matins followed by
The Paschal Divine Liturgy at 12:00 a.m. (midnight)
- 5 Bright Monday Paschal Matins 8:00 a.m. Divine Liturgy 9:00 a.m.
followed by Procession around the church, weather permitting.
CHRIST IS RISEN! TRULY HE IS RISEN!
- 7 (Wednesday) **Annunciation** 11 Thomas Sunday
- 18 Myrrhbearers 25 Paralytic

APRIL NAMES' DAYS May God grant them all many years!

- 1 Daria Gonyea
- 5 Lydia Miller Lydia Yeramakova Lydia (Linda) Levsha
- 8 Larissa Davis Larissa Miller Larissa Turaev
- 14 Maria Hauf Mary Fritz Mary Boitchenko Mary Gray
- 28 Anastasia Frantsov Anastasia Cherkezev Anastasia Usov

COFFEE HOUR TEAMS FOR APRIL

- April 11 Larissa Miller, Maria Miller, Erina Jeffs
April 18 Natalie Schuler, Maryna Baker, Ingrid Knoll
April 25 Barbara Nikiforov, Shura Sinkevich, Anastasia Nikiforov
(If you are unable to host on your assigned date,
it is your responsibility to switch dates with another group.)

CHURCH SCHOOL SCHEDULE

Unless you are informed otherwise, this is the tentative schedule for the remainder of Spring. Please have children at the Church Hall by 8:30 a.m.

Sundays, April 11 and 25 Sundays, May 2 and 16 Graduation, May 16

HOPE YOU DIDN'T MISS IT, BUT IN CASE YOU DID...

Gregory Soloviev presented an outstanding Lenten Lecture on March 7 on his trip to Russia. Repeatedly he was moved to tears by his recollection of what he had seen. He said that both portions of the Russian Church can and should learn from each other, a process requiring time and patience, but not now and not ever a rush-to-judgment. Thank you, Gregory.

FROM OUR SISTERHOOD

Paskha Sale On Tuesday, March 30 the Church Hall will be open from noon to 6 for pick-up of all pre-paid orders. Parishioners, however, may pick up theirs on Palm Sunday during coffee hour. A limited quantity of frozen food and chocolate eggs will be available the day of the sale.

Russian operatic music A concert of the same is planned for late May, possibly the weekend of May 21-23. More about it in the next newsletter.

2010 dues Ladies, please pay them as soon as you can. There's plenty of worthwhile work, plus fun, to go along with the \$5 annual amount.

Arts & Crafts We need two people to take this over from the current chairman. It involves setting up a crafts table at our events, ordering items—including some from Russia, and keeping inventory. Call Monia Welsh at 459-4597 for more information or to volunteer.

THE KONEVETS QUARTET: performing Tuesday, May 18 at our Church Hall

The Konevets Quartet was founded by graduates and students of the St. Petersburg Music Conservatoire in July 1992. It takes its name from the Konevets Island and Monastery, 160 kilometers northeast of St.

Petersburg on Lake Ladoga. Schooled in the great, Russian musical traditions, the quartet's aim was to become a chamber choir with a common harmonic sound, rather than four soloists. Accordingly, its repertoire was selected especially for this purpose and remains such to this day, consisting in major part of Russian sacred music, ranging from chants and hymns by twentieth century composers such as Chesnokov, Grechaninov, and Stravinsky, to ancient chants and hymns in original one-, two-, and three-part arrangements, sometimes reharmonized by members of the quartet. Monies raised at these concerts are split between the quartet and the restoration of the Konevets Monastery.

NEXT MONTH'S NEWSLETTER DEADLINE: Thursday, April 22

Please submit articles by e-mail or in writing. Thanks for your cooperation.

Charlie Vas Murn

BACVAS@dishmail.net

CHOCOLATE-CHIP COOKIES WITH BANANAS, COCONUT AND ALMONDS

This recipe is egg-free and dairy-free: O.K. for fasting times

3 large, ripe bananas, well-mashed (about 1 ½ cups)

1 teaspoon vanilla extract

¼ cup coconut oil, barely warm—so it isn't solid (or olive oil)

2 cups rolled oats (In case of nut allergies, see note below)

2/3 cup almond meal ½ teaspoon cinnamon

1/3 cup shredded, sweetened coconut (or unsweetened)

½ teaspoon fine grain sea salt 1 teaspoon baking powder

6 to 7 ounces dairy-free chocolate chips (such as Ghirardelli semi-sweet)

Preheat oven to 350 degrees, racks in top third.

In a large bowl combine the bananas, vanilla extract, and coconut oil. Set aside. In another bowl whisk together the oats, almond meal, shredded coconut, cinnamon, salt, and baking powder. Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chips. The dough is somewhat looser than standard cookie dough—not to worry! Drop dollops of the dough, each about two teaspoons in size, an inch apart, onto to a parchment (or Silpat) lined baking sheet. Bake for 12 to 14 minutes, or until done. Cool thoroughly on racks. Yield: about 3 dozen bite-sized cookies.

adapted from 101 Cookbooks "Nikki's Healthy Cookie Recipe"

(Editor's note: In case of nut allergies, omit coconut oil in favor of olive oil, and omit almond meal and shredded coconut, substituting about one additional cup or rolled oats—this should work! Also, if members of your household need to avoid gluten, gluten-free oats are available at some natural foods stores.)

REVIEWS OF THE ABOVE RECIPE BY BEN TAYLOR AND FRIENDS

Your editor asked Ben to solicit opinions of his college friends about the sample cookies he sent to Ben. Their findings are summarized below.

The first batch made with bakers' cocoa and unsweetened coconut received mixed reviews. Roommate Chris said they tasted like "health food"—"not bad; I like the hints of banana, but I'm not a big fan of nuts." Dennis: "Too dry; would be better with milk chocolate." But a room of vegetarian girls loved them. (*Editor's note: Or do they just love Ben?*)

A second batch, made with Ghirardelli's semi-sweet chocolate chips and sweetened coconut yielded more auspicious results. Sasha: "Not bad, especially for Lenten dessert; a little soggy, though." --They were starting to melt in the car. Sheldon: "They would go great with some

milk.” (How about “soy”?) Rebecca: “Considering that they are made without milk or eggs they are excellent. I could barely tell the difference.” Ben: “Drastically improved from the last batch... I’m not a fan of coconut,...but the higher grade of chocolate helps the sweetness a lot.”

Thanks, Ben, for your assistance. Tweaking the recipe sure paid off.

CONSECRATION COMMEMORATION BOOK

Slips of paper are available in the narthex for any wishing to place an ad in the commemorative book being compiled for the consecration of our church. You might purchase an ad in memory of a reposed loved one, or in thanksgiving for your parents, or to honor a member of this parish or of its clergy. Contact Natasha Smelova (smelova@yahoo.com) or Christina Fedorov-DiLello (ChrisnObie@aol.com), if you need more information.

*** * * * * ANNUAL PARISH MEETING * * * * ***

Our Annual Parish Meeting will be held in the Church Hall following the Divine Liturgy on Sunday, April 25, 2010. All members of the parish may vote whose dues are paid up-to-date.

Monthly dues: employed adults over 21, \$20; retired persons, \$10; students and non-working adults, \$5. Please call Margo Beighey, Church Treasurer (371-7758), if you have questions. Everyone is encouraged to attend, whether voting or not.