

THE PARISH NEWSLETTER JUNE 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

THE SCHEDULE OF SERVICES AND MEETINGS FOR JUNE

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

Please note the change of times for Sundays throughout the summer!

Sundays & Feasts: 9:00 a.m., Hours; 9:20 a.m., the Divine Liturgy

6 All Saints of Russia

13 Pentecost 3

20 Pentecost 4

27 Pentecost 5

JUNE NAMES' DAYS May God grant them many years!

3 Helen Markessinis Elena Vepristskaya Elena Nyckens

20 Zina Borscok Zina Tazin

23 Antonina Fritz

THE THIRD ANNUAL CROCC PICNIC at Cook Park, Colonie (and it's free)

Sunday, August 29 from right after the liturgy until 6 p.m. CROCC Youth will provide lunch and dinner and make all arrangements. **ALL ARE WELCOME!**

Donations of desserts (or cash) are indeed welcome but not required.

YOU ARE GOING TO BE FORMALLY INVITED

Sometime in July everyone who receives the Parish Newsletter will receive an invitation to attend the Consecration of our Church either by mail or by hand-out. The consecration will occur on Monday, September 6. The Labor Day date was chosen to enable the attendance of as many of the faithful and guests as possible. IF YOU OR ANYONE ELSE YOU KNOW HAS NOT BEEN RECEIVING THE

NEWSLETTER, PLEASE INFORM YOUR EDITOR, CHARLIE/VAS MURN by e-mail at BACVAS@dishmail.net or by written note. Not only has our parish doubled in size in the past three years, but we have adopted a new system of printing and distribution; and there are bound to be some kinks to work out. Hey! You can't make an omelet without breaking some eggs. **And if you know of anyone who is not on our mailing list but who should receive and invitation, please inform Margo Beighey at 371-7758 or at Margo8v@aol.com.**

JULY NEWSLETTER DEADLINE: Thursday, June 24

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

CharlieVas Murn BACVAS@dishmail.net

OUR COLLEGE STUDENTS: Ben Taylor

Responding to a request for information about the plans of our parish's college students, below by Ben himself is the first article in this series.

“As a freshman at the University of New Hampshire I ran outdoor track as a 400-meter hurdler. I was part of the exercise science club, refereed intramural sports as a work study job, worked on my hall activities board to organize fundraisers for Haiti and to plan hall events and activities. I came to school with enough credits to qualify as a sophomore; so I could skip almost all the requirements that fill most college freshmen's schedules. I am an exercise science major and plan to go to graduate school for physical therapy. This summer I will again be working at a community owned pool as a lifeguard, while maintaining an internship in Albany at Manual Physical Therapy Associates, a private physical therapy practice.

“For my sophomore year I was awarded a Resident Assistant position at UNH in a nice dorm building on the ground floor. My floor will be themed freshman hockey players and the handicapped living community. I will be responsible for about forty residents, while still competing in track, refereeing football and basketball, along with my course load of exercise physiology, biology, chemistry, and a writing-intensive philosophy course.

“I am looking forward to relaxing and working this summer to get money to pay for school. I hope to attend St. Seraphim's camp for a few days and to spend time with my Orthodox and home friends. I will be going back to school a little earlier this summer for RA training August 16; so my time for this fun will be even more limited. I am especially excited to come back and visit Albany for the consecration in September. I love seeing how much the parish and its members have

grown while I have been gone, especially the frescoes of the dome and my little sisters.

“I will be back May 20, but will not see you until June, because I will be spending Pentecost in Jordanville for a youth retreat and the next week in North Carolina to sing for the consecration of a church there.”

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ST. SERAPHIM'S CAMP

The schedule for the camp is from Sunday, July 25 to Sunday, August 1. Parents must register their children at www.stseraphimcamp.com by the July 1 deadline. The price remains (unbelievably!) at \$175 per child.

The camp always needs volunteers. If you can work in the kitchen, contact Tasia Fedorov (Tasbf@aol.com or 459-1253). If you are a certified lifeguard or could be a counselor or in sports activities, contact Matushka Cecelia Soloviev (mcsred3@gmail.com or 765-2871). If you can help with Arts&Crafts, contact Tania Taylor (taylor.nine@juno.com) We need new people to get involved: The rest of us are getting older! See you there!

“A long life is never good enough, but a good life is long enough.”

old Jewish proverb

SHRIMP AND SCALLOP SALAD WITH MANGO DRESSING

Prep time: 10 minutes Cook time: 5 minutes

½ cup mango chutney 6 cups assorted greens 2 tbsp. orange juice
2 tbsp. light mayonnaise, mayonnaise, “Vegenaise”, or coconut milk
2 peaches, peeled and sliced, or 2 nectarines sliced 8 oz. sea scallops
12 oz. large shrimp, peeled and deveined, or frozen and thawed
2 cups red or green seedless grapes and/or melon cubes

Spray grill with nonstick cooking spray. Preheat grill to medium. For dressing, in a small bowl stir together chutney, mayonnaise (or coconut milk) and orange juice.

Thread shrimp and scallops alternately onto four 10” skewers. Grill 5 to 8 minutes or until shrimp and scallops are opaque. Remove from grill.

Meanwhile arrange greens on four dinner plates. Top with fruit. Use fork to push seafood from 1 skewer onto each salad. Spoon dressing over salads.

FROM OUR SISTERHOOD

Arts & Crafts . Natasha Smelova and Olga Usova responded to the call in last month's newsletter and have taken over this responsibility. They will set up the crafts table for parish events, keep inventory, and order items from Russia and elsewhere. Thank you, Olga and Natasha.

LITURGICAL REFRESHER

Over the grave of a Christian a cross is placed as a symbol of Christ's victory over death and hell, like a large fruitful tree under whose shade finds rest as a traveler after a prolonged journey.

Since She has true faith in the immortality of the human soul, the future resurrection of the dead, the Dread Judgment of Christ, and the final reward to be granted to each according to his deeds, the Holy Orthodox Church does not leave Her children who have reposed without prayer, especially during the first few days after death and on days of general remembrance of the dead. She prays for them on the third, ninth and fortieth day after death...

Pannykhidas, or "Memorial Services," are short services which consist of prayers for the forgiveness of sin and the repose of the deceased in the Kingdom of Heaven. During the serving of a Pannykhida the relatives and friends of the deceased stand with lit candles as a sign that they also believe in the future, radiant life. Towards the end of the Pannykhida, during the reading of the Lord's Prayer, these candles are extinguished as a sign that our lives, like burning candles, must expire, more often than not without burning through to the expected end.

from The Law of God compiled by Archpriest Seraphim Slobodskoy
