



Crossroads

The Monthly Newsletter of the Orthodox Church of the Holy Cross

11 Wilkins Station Road - Box 805 - Medford, NJ 08055
web version

April, 2009

A Rule of Prayer

In the book, “*How to Live a Holy Life*” written by Metropolitan Gregory of St. Petersburg, Russia and first published in 1904, the following suggestions for developing our daily walk with Our Lord are found:

1. As soon as you awake, remember God by thinking of Him and making the Sign of the Cross as we customarily do as Orthodox Christians.
2. Thank Him for bringing you safely through the night and for the opportunity to embark on a new day.
3. Wash and dress yourself—and before doing anything else—say your Morning Prayers (some suggestions will be made below).
4. Then, have your breakfast and go about your activities for the day.
5. Remember Jesus as often as possible during the day and ask Him specifically to help you as your needs arise from hour to hour.

Morning Prayers

1. **The Opening Prayers**

Glory to You, our God, glory to You.

O Heavenly King, the Comforter, the Spirit of Truth: You are everywhere present and fill all things. Treasury of blessings and Giver of Life, come and abide in us and cleanse us from every impurity and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name’s sake.

Lord have mercy. (3 times)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen

Our Father in heaven, hallowed be Your name. Your Kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

For Yours is the Kingdom and the Power and the Glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

2. Read these prayers of *St. Philaret of Moscow*:

O Lord, grant me to greet the coming day in peace. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with firm conviction that Your will governs all. In all my deeds and words guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering or embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray. Pray Yourself in me. Amen.

O Lord, I know not what to ask of You. You alone know what are my true needs. You love me more than I myself know how to love. Help me to see my real needs which are concealed from me. I dare not ask either a cross or a consolation. I can only wait on You. My heart is open to You. Visit and help me, for Your great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence Your holy will and Your inscrutable ways. I offer myself as a sacrifice to You. I put all my trust in You. I have no other desire than to fulfill Your will. Teach me how to pray. Pray Yourself in me. Amen.

3. Include *Intercessory Prayers* for those who are sick or in any kind of need:
4. As a final prayerful activity, open your Bible to the Old Testament book of Psalms, and read any one of the Psalms listed below.

Psalms of Personal Lamentation

Psalms 3-7; 12; 13; 22; 25-28; 35; 38-40; 42; 43; 51; 54-57; 59; 61; 63; 64; 69-71; 86; 88; 102; 109; 120; 130; 140-143

[this Rule of Prayer was based on suggestions from Holy Resurrection Church, Wayne, NJ]

UPCOMING MEETINGS & EVENTS

- **COMMUNITY LUNCHEON – Saturday April 4 at 9:00.**
- **CHURCH OUTSIDE CLEANING – Saturday April 4 from 9:00 – 12:00**

- **ST. HELENA'S GUILD MEETING** – *Sunday April 5 at 9:15.*
- **PARISH COUNCIL MEETING** – *Wednesday April 29 at 7 PM.*
- **INREACH/OUTREACH MEETING** – in May
- **CAREGIVERS' MEETING** –

CONFESSIONS will be heard every evening following the Canon of St. Andrew of Crete, from 6:15 on Friday evenings before the Liturgy of the Presanctified Gifts, after Great Vespers on Saturday evenings, and before the Divine Liturgy from 9:30. Other times can be arranged by calling Fr. John.

HELP WITH CROSSROADS: Some help in folding, stapling, putting labels on *Crossroads* would be appreciated. About 2 hours of work each month is required, generally on Friday or Saturday of the last weekend (less with more than one person). Without this help we may need to reconsider making the hardcopy edition available. Please see Fr. John.

CHURCH SPRING OUTSIDE CLEANING – was rescheduled to SATURDAY APRIL 4 from 9:00 – 12:00 – let Gene Dubiago or Gary Mosser know if you'll be coming.

EGGS FOR DISTRIBUTION AT THE PASCHAL LITURGY: We would appreciate if dyed eggs (usually red) would be brought to church for the service. They will be blessed at the end of the Paschal liturgy and distributed. If refrigerated, please take them out several hours before the service.

ST. HELENA'S GUILD: *St. Helena's Guild Spring Bazaar* is fast approaching and we're hoping for a good turnout. **Saturday, April 4th and Sunday, April 5th are the dates.** Along with the babkas and rolls, pierogies will be sold as well as containers of haluski. Please also visit Ellie's boutique for that special item for yourself or a gift for upcoming weddings, graduations, and Mother's and Father's Days.

PLEASE NOTE: THERE ARE SOME OPEN DATES FOR COFFEE HOUR. PLEASE CALL DIANE V. AT 609-288-6833 OR MARIE C. AT 856-482-1059 TO AD YOUR NAME TO THE ONCE-A-YEAR HOSTESS/HOST LIST.

COFFEE HOUR - If you cannot do the Sunday coffee hour date assigned to you, please contact someone to switch dates and then call Marie Clifton (856-482-1059). Also, since our numbers are small, not all of the Sunday coffee hour dates are filled and a few people are doing two coffee hours. We ask that you consider hosting one coffee hour a year. It's really painless and not a bakeoff contest. Please see the 2009 Sunday coffee hour sheet for your date and the minimal responsibilities for setup and cleanup. Remember also that some parishioners are allergic to nuts and we ask that you label any items that contain nuts/peanut butter etc.

Your donation to the 'jar' on Sunday mornings helps to defray the costs of coffee cups, paper plates, juice cups and napkins. Coffee hour hosts do not need to bring in these items.

PARISH COUNCIL MINUTES SUMMARY held on Wednesday March 25, 2009

Although Metropolitan Jonah had earlier this year expressed interest in visiting our parish during Great Lent, this will not take place. Fr. John is not sure if and when His Beatitude hopes to reschedule this visit.

We expect to shortly remove a dead tree on the edge of the church parking lot. In an effort to help in producing and updating our church records, as well as allowing us to pay bills online, we will be upgrading our internet capabilities. This was to have been done over the past week but the Verizon representative was unable to connect from cable from the street to our church; an electrician will be needed.

RESPONSIBILITIES for April, 2009

COFFEE HOUR:

April 5:
 12: Keeler
 19: Pascha
 26: PASCHA (please bring eggs)
May 3: Leslie Lane

READERS

April 5: Substitute
 12: Don D'Ercole
 19: Greg Sapnar
 26: Julia Mosser
May 3: Gene Dubiago

ALTAR SERVERS

April 5: Andrew Abdallah & Paul Clifton
 12: Eli Nugent & Paul Abdallah
 19: PASCHA - ALL BOYS WELCOME
 26: David Hamaty & Brendan Detwiler
May 3: Leo Weismantel & Stephan Shimchick

COMMUNION USHERS

April 5: Alexandra & Magdalena Plachuta
 12: Kristina Zanghi & Faye Nugent
 19: PASCHA
 26: Julia & Lauren Mosser
May 3: Sierra & Miranda McCleery