



SUNDAY SCHOOL NEWSLETTER
MARCH 2011

PICTURE OF SUMMER CAMP CHAPEL INTERIOR

Fasting was practiced by the Lord Himself

Not only is fasting an abstinence from food, but also trying to avoid sin.

The Christian Orthodox tradition of faith embraces fasting, in essence as a means of becoming closer to God. Fasting, as a religious observance, is an abstinence from certain foods, as well as taking that time to spiritually reflect upon one's relationship with God. The most important feast in the Christian Orthodox Calendar is Christ's Resurrection. It is on this day that the faithful experience life and hope towards an eternal connection with God. With the preparation of fast and prayer, one experiences Easter with a sense of passion and understanding towards this omnipresent occasion.

In order for the faithful to fast, they must seek to obtain an in depth understanding of the meaning of it. Throughout the Christian

Orthodox history, many of the Holy Fathers, as well as our Lord Himself have practiced fasting. During the forty days in the desert, the Lord fasted in prayer; facing temptation victoriously. Another example is St. Basil telling us that not only is fasting an abstinence from food, but also the aim to try to avoid sin. Alongside, fasting has a symbolic meaning as repentance for the original sin (Adam and Eve's refusal to fast and eating from the forbidden tree). By fasting with sincerity, we may return to a stronger communion with God and achieve eternal life in Paradise.

Besides its historical and traditional aspects, fasting involves a proper balance between the body and soul. By focusing on the

Church Events

- March 20th -Religion Olympiad
- March 20th -Interorthodox Vesper
- April 3rd -Lenten Lunch (Sunday School)
- April 10th - Religion Olympiad (metropolitan phase – Troy, MI)
- April 17th -Palm Sunday Dinner
- April 24th - 26th -Easter

YOUTH SUMMER CAMP 2011

Romanian Orthodox Archdiocese in the Americas organizes the 2011 summer camp

The Romanian Orthodox Archdiocese in the Americas announces the eighth edition of the Orthodox camp for children. The camp will be held this year in Emlenton, Pennsylvania (110 All Saints Road, Emlenton, PA 16373) and will give the opportunity to 80 children of 7 years

Fasting...

Continued

spiritual relationship with God, and practicing abstinence, fasting does not seek to injure the body, but rather to bring it to a healthier and more balanced state. This is especially true in the Western world, where many people find it hard to break away from certain eating habits and the requirements of fasting have been slowly reduced to symbolic, rather than a physical effort. Through fasting, we achieve order in our spiritual lives, by moving away from selfish desires.

For these reasons, the Christian Orthodox Church has established several Lent periods, when fasting is practiced and observed. Besides fasting being practiced on Wednesday and Friday, our calendar also contains four periods of Lent: the Great Lent before Easter, the Nativity Fast before Christmas (November 15-December 24), The Apostles Fast (the Monday after the Sunday of All Saints to June 28) and the Dormition Fast (August 1-14).

During these times, the faithful are asked to abstain from meat, dairy products, as well as oil and wine.

Let us remember that fasting is not a superficial practice, in order to obtain the praise of others. Also, it is not a way to devise methods and recipes to experience enjoyable food, without breaking the rules. For the remaining period of Lent, let us experience the joys that come through fasting and prayer, as we await the Easter season and the Resurrection of Christ.

By Alexandra Andrei

SUMMER CAMP ...

Continued

and up to participate. The summer camp will take place between August 20 and September 2, 2011. The "Sacraments of Holy Baptism and Holy Matrimony and the youth today" will be this year's theme. The program includes participation at morning and evening services, painting icons on glass, music and Romanian language classes, reading and open discussions, sport activities like swimming, volleyball, soccer, hiking and more.

One week for each of the two age categories:

- Between August 20 and 26 - ages 14 to 18 years old.
- Between August 27 and September 2 - ages 7 to 13 years old.

Price: \$ 250.00/children for a week. This includes accommodation, meals and participation in all provided programs. Children under 7 years will participate at no cost but they will have to be accompanied by a parent or by a designated person who will pay the full cost. The deadline for entries is July 21, 2011.

For details please contact: Fr. Daniel Adrian Ene at (585) 705-9288.

In order to participate in this program the parents need to fill in the camper application forms, which can be found at:
<http://www.romarch.org/files/editor/File/Camper%20Application%202011.pdf>

Camp facility information can be found at:
http://uocofusa.org/all_saints_camp.html

