



Issue: May 2017



### **Mësim fetar: Si t'i afrohem Kungimit të Shenjtë**

Të marrësh Kungimin e Shenjtë është një veprim i shenjtë që kërkon përgatitjen dhe vëmendjen e duhur. Kjo përfshin një periudhë kreshme prej mishit, bulmetit, peshkut dhe nënprodukteve të tyre; një agjërime të plotë prej çdo lloj ushqimi dhe pije në ditën që do të merret Kungimi i Shenjtë. Megjithatë lejohet dhe është e nevojshme të ruhet një higjenë e rregullt e gojës (larja dhe shpëlarja e dhëmbëve dhe e gojës).

Marrja e Kungimit të Shenjtë duhet të paraprihet nga një përgatitje shpirtërore, si për shembull, të qenit në paqe me familjen, të afërmit dhe komshinjtë, me Zotin nëpërmjet misterit të Rrëfimit të Shenjtë dhe nëpërmjet lutjeve të vecanta të Kungimit të Shenjtë që thuhet në shtëpi dhe në Kishë (faqja 9 në librin e Liturgjisë Hyjnore). Gjithashtu, Kungimi i Shenjtë merret gjatë Liturgjisë Hyjnore, që do të thotë të mbërrish në Kishë para se të fillojë shërbesa dhe të qëndrosh deri në përfundim të saj. Tregon mungesë respekti t'i afroresh Kupës së Shenjtë pa i kushtuar vëmendje fjalëve të priftit që thotë: "Me frikë Perëndie, besë e dashuri afrohuni." Zakoni mëkatar i marrjes së Kungimit të Shenjtë përpara, pas apo jashtë Liturgjisë Hyjnore duhet të marrë fund. Dhënia e Kungimit të Shenjtë në këto kushte rezervohet vetëm për rrethana të jashtëzakonshme.

Duhet ndjekur disa hapa të rregullt për marrjen e Kungimit të Shenjtë: 1) qëndro në radhë në heshtje dhe lutje të brendshme 2) bëj shenjen e kryqit dhe afrohu me nderim

3) hape gojën mirë dhe prifti do të anojë lugën me Kungimin e Shenjtë brenda në gojën tënde ose merre Kungimin e Shenjtë duke mbyllur gojën ndërsa luga është në gojën tënde 4) fshiji buzët ngadalë me pecetën e kuqe 5) bëj një hap prapa dhe bëj shenjen e kryqit 6) largohu me nderim pa i kthyer kurrizin në mënyrë të menjëhershme priftit që mban Kupën e Kungimit 7) merr një copë Naforë dhe kthehu në vendin tënd me qetësi. Pasi ke marrë Kungimin e Shenjtë lexo Lutjet e Falënderimit me paqe dhe gëzim. Duke marrë Kungimin e Shenjtë kujto fjalët e Shpëtimtarit tonë: "Ai që ha mishin Tim dhe pi gjakun Tim, ai mbetet në Mua dhe Unë në atë." Gjoni 6:56

**+Bishop Ilia (2015)**



### **† Easter News**

Hope everyone had a Blessed Easter!

Thank you to the MANY volunteers that helped with the Easter Celebration. Thank you for your heart to serve by donating time, talent and resources. Through your generosity, dedication and support we were able to brighten the Easter. God used each of you working together as the body of Christ to share the Easter message with all who attended services throughout that week. We had so many new faces come to hear the good message that had never been in church before.

We would like to take a moment to celebrate the AMAZING volunteers we have at our parish! This year, again, we had Easter eggs donated and decorated from members of our community. Thank you to all who are devoting time and resources to make this tradition a very special one!

We also wanted to recognize and thank all who helped in any way they could with time, donations, and participation to both Easter luncheons, the one to start Lenten and the Palm Sunday. Both events were well attended, with great feedback as well.

If your area of volunteerism is not listed, please don't think it is not appreciated. We thank the Lord for all of those who serve him here at Saint Nicholas Church.

*Shpresojme qe ju te keni kaluar Pashke te mbara!  
Falenderime te perzemerta per te gjithë ata qe ndihmuan*

gjate javes se Pashkes. Shprehim mirenjohjen tone per te gjithë ata qe dedikuan, kohe, talent dhe donacione. Bujaria, dedikimi dhe perkrahja juaj e bene eksperiencen e Pashkes akoma me te vecante.

Duam te falenderojme te gjithë ata qe ndihmuan ne Kishë ne kete jave te vecante. Kete vit perseri vazhdoi tradita e vezeve te Pashkes. Vezet e Pashkes u dhuruan dhe u ngjyen nga anetare te komunitetit te Kishes sone. Falenderime per te gjithë ata qe me donacionet dhe me kohen qe dedikuan po bejne te mundur vazhdimesine e nje tradite shume te vecante qe e ben Pashken akoma me kuptimplote.

Gjithashtu nuk mund te leme pa permendur te gjithë ata qe ndihmuan me cdo forme si dhe qe ata qe morren pjese ne te dyja drekat e Pashkes, ne ate te se Lidhurave si dhe te Dielen e Dafinave.

Ne rast se ju ndihmuat ne ndonje menyre tjeter qe ne nuk e kemi permendur me lart, ju lutemi mos mendoni qe ndihma tuaj nuk vleresohet. Ne falenderojme Zotin per te gjithë ata qe i sherbejne Atij me devotshmeri ketu ne Kishen e Shen Kollit.



### **2017 Memberships**

Please send in or drop off your 2017 dues; dues for current members are \$125 per one person, \$200 for husband and wife. Please note "2017 dues" on your check.

If you are not yet a member but would like to join our parish, please speak to a member of the Parish Council for information. There is no initiation membership fee any more.

**Member directory**-If you need to update or correct your address or phone number for the next membership directory, please contact our church at **773-889-4282** or [stnicholaschurch2701@gmail.com](mailto:stnicholaschurch2701@gmail.com). You can also contact Maria Barbachi if you want to give us your e-mail address to receive communication from our church.





### **SAVE THE DATE!!!**

ST. NICHOLAS ALBANIAN ORTHODOX CHURCH

**Sunday, July 23, 2017**

**Join us in celebrating 80<sup>th</sup> birthday of our very own, his Grace, Bishop Ilia!**

**Dinner dance will be at Venuttis in Addison Ill**

Watch for more details as the event approaches

*Ruajeni kete date!!!*

**23 Korrik 2017, e diele-**

*Jeni te ftuar per festimin e 80 vjetorit te lindjes te Hiresise se Tij, Bishop Ilia*

*Darka do te zhvillohet te Banquettt Hall Venuttis ne Addison, IL*

*Do te kete me shume informacion per kete eveniment ne te ardhmen*



### **†St. Nicholas Ladies Auxiliary**

Ladies Auxiliary is sponsoring a field trip for students of Religious Education Program, Sunday school, altar boys as well as the members of the choir in order to promote religious education as well as to appreciate the hard work and dedication of our altar boys and choir members. They have been invited to participate in a field trip to the Monastery of St. John Chrysostom in Wisconsin on May 20, 2017. We would also like to remind the parents and/or guardians of kids who have been invited to return the

signed permission form as a requirement for the child to be able to participate in this field trip.

*Ladies Auxiliary po sponsorizon nje eksursion per femijet e programit te edukimit fetar, shkolles shqipe, per djemte qe ndihmojne ne altar si dhe per anetaret e korrit te Kishes se Shen Kollit me qellim per te inkurajuar akoma me shume edukimin fetar si dhe per te treguar mirenjohje per anetaret e korrit dhe djemve qe ndihmojne ne altar per dedikimin dhe devotshmerine e tyre ndaj Kishes sone. Ata jane ftuar te vizitojne Manastirin e St. John Chrysostom ne Wisconsin me 20 maj 2017. Duam gjithashtu te kujtojme prinderit apo kujdestaret e femijeve te ftuar per kete eksursion te plotesojne, te firmosin dhe te kethejne ne kishes formuarin e nevojshem per kete eveniment*



### **SAVE THE DATE!!!**

**August 19, 2017**

Recognition of 30 year anniversary of the weeping of Icon of Blessed Virgin  
Please join us at the church hall  
Watch for more details as the event approaches

**19 Gusht 2017**

*Perkujtimi i 30 vjetorit te dites kur qau Ikona e Shen Marise ne Kishen e Shen Kollit*

*Jeni te ftuar te vini ne kishes per te perkujtuar kete eveniment shume domethenes per Kishen tone  
Do te kete me shume informacion per kete eveniment ne te ardhmen*



### **†We Need Your Help/ Kerkohet ndihma tuaj**

We are in the process of collecting memorabilia that reflect the history of our church and its community in years. They will be used to create slide shows to be presented in recognition of 30 years anniversary of weeping of Icon of the Blessed Virgin as well as

for the celebration of 80<sup>th</sup> birthday of our very own His Grace, Bishop Ilia. Please send any photos, newspaper clips, videos, or any other form of memorabilia either by mail at: 2701 N. Narragansett Avenue, Chicago, IL 60639 or our church e-mail address [www.stnicholasalbanianchicago.org](http://www.stnicholasalbanianchicago.org). If you have any specific question you can contact Maria Barbachi at 773-889-4282 or at the e-mail address stated above.

*Per te kujtuar 30 vjetorin e dites kur qau Ikona e Shen Marise ne kishen tone si dhe per te festuar ditelindjen e Hiresise se Tij, Bishop Ilia po grumbullojme fotografi, artikuj gazetash dhe forma te tjera kujtimi qe reflektojne historine e kishes sone dhe te komunitetit te saj. Ne rast se deshironi te kontriboni per kete projekt, ju lutemi dergoni cdo forme memorabilia qe keni me poste ne adresen e kishes: 2701 N. Narragansett Avenue, Chicago, IL 60639 ose me e-mail ne adresen [www.stnicholasalbanianchicago.org](http://www.stnicholasalbanianchicago.org). Ne rast se do te doni me shume informacion apo keni pyetje per kete projekt, ju mund te kontaktoni Maria Barbachi ne numrin 773-889-4282 ose ne adresen e e-mail te kishes permendur me lart.*



### **Icon Return/ Kthimi i ikonave**

We want to thank again everyone who participated and all who generously donated at the Bidding of Icons. The due date for the icons to be returned was February 23. Please make sure return any icons to the church at your earliest convenience so we can do a full inventory.

*Duam te falenderojme perseri te gjithë ata qe morren pjesë dhe kontribuan perzemersisht ne ankandin e ikonave ne Janar. Dita e fundit per te kethyer Ikonat ishte 23 Shkurt. Ju lutemi ketheini ikonat ne kishe ne rast se i keni akoma sa me shpejt te keni mundesi per aresye iventari.*



### **Holy Communion**

The most important element in the spiritual renewal of the Orthodox Christian is the Sacrament of Holy Communion. It is the one sacrament that transcends all other sacraments. When we receive Holy Communion we receive Jesus Himself into us. So great is this mystery that we are left without any possible response which would express what God has done. Therefore, we offer the only answer we can, 'Thank you'. The Greek word for Thanksgiving is "Eucharisto". We refer to Holy Communion as "the Eucharist" and offer thanksgiving to God for this great mystery whereby God not only sanctifies the bread and wine, but also changes them into the body and blood of Jesus Christ. The bread and wine do not change into the body and blood of Jesus Christ until the blessing and thanksgiving has been completed. This happens at every Divine Liturgy. "We praise Thee, we bless Thee, we give thanks to Thee, O Lord, and we pray to Thee, O our God". While the choir sings the above hymn, the priest prays for the descent of the Holy Spirit, who transforms the elements on the altar into the body and blood of Christ.

"Most assuredly, I say to you, unless you eat the flesh of the Son of man and drink His blood, you have no life in you... For My flesh is food indeed, and My blood is drink indeed" (John 6:53, 55). Therefore, if receiving the

Eucharist is receiving Jesus, we must take care to approach the Eucharist in a proper manner. The way we approach this awesome mystery determines whether our participation will be a blessing in our lives, or whether we are condemning ourselves.

### **Fasting**

-Fasting is a spiritual discipline which was and is intended to enhance our participation in the Eucharist - it is not to be seen as an excuse to keep away from the Chalice. Fasting is a discipline which is not restricted only to food. It is more than simply not eating. It is also not lying, stealing, cheating, committing adultery, gossiping, quarrelling etc. We must abstain from all forms of evil. To think that by only setting a few days aside to omit certain foods from our diet makes us worthy to receive the Eucharist is to be spiritually naive.

-It is not uncommon to hear Orthodox Christians say they are fasting on Wednesday and Friday because they plan to take Communion at Sunday Liturgy. In reality, the practice of Wednesday and Friday fasting has never been purposefully linked to participation in the Eucharist. Orthodox Christians are required to fast on those two days of the week regardless if they are going to take Holy Communion or not. [The Holy Apostles Sixty-Ninth Canon of the Church]. This same Canon requires that fasting be maintained throughout Great Lent also. No mention is made of the Eucharist. In other words, regular fasting must be a way of life.

-Many Orthodox Christians extend the Wednesday and Friday fast to Saturday. They reason that if they fast on Wednesday and Friday in preparation for the Eucharist on Sunday, it does not seem right not to fast on Saturday, the day prior to receiving Communion. However, in so doing, they violate the sixty fourth Canon of the Holy Apostles which specifically forbids ever fasting on Saturday, the day God rested after creation. Exceptions to this Canon - Holy Saturday and a few other major feast days should they fall on a Saturday.

-The Eucharistic Fast involves total abstinence from any food or drink in the morning prior to receiving the Eucharist. If therefore, you keep the Eucharistic Fast, and there exists no moral reason for you to stay away from

Chalice, you become obligated to come forward and receive Christ as He is offered at the liturgy.

-To assert that one has not fasted on the previous Wednesday and Friday and therefore cannot come forward for Communion, is, by itself, an insufficient cause to abstain from the Eucharist.

So strongly did the Church feel about this that we find in the ninth Apostolic Canon of the Holy Apostle, the following: "All those faithful who enter and listen to the Scriptures, but do not stay for prayer and Holy Communion must be excommunicated, on the grounds that they are causing the Church a breach of Order". The early Orthodox Church attended liturgy for one reason - the Eucharist.

-St John Cassion, writes, "We must not avoid Communion because we deem ourselves to be sinful. We must approach it more often for the healing of the soul but with much humility and faith considering ourselves unworthy. Otherwise it is impossible to receive communion once a year, as certain people do such people manifest more pride than humility for when they receive, they think of themselves as worthy".

-Fasting was never intended to be a barrier to keep us from Christ, but a bridge to lead us to fuller participation in the life of Christ.

Source: [www.orthodoxchristian.info/pages/Communion.htm](http://www.orthodoxchristian.info/pages/Communion.htm)



**Etiketë Kishtare Gjithmonë është etiketë e duhur të respektohet ora e caktuar për çdo rast si për një darkë zyrtare ose një takim me një profesionalist, për një eveniment sporti, mesimi apo muzikore, një vizitë familjare apo miqësore. Gjithashtu është shumë e rëndësishme edhe ora e nisjes të shërbimëve kishtare sidomos ajo e Liturgjisë Hynore që fillon në orën 10:00 am çdo të Dielë në Kishën e Shën Kollit. Duke respektuar kohën tregohet respect dhe dashuri ndaj Perëndisë dhe pranohet ftesa e Tij e shenjtë për të lidhur me Atë me adhurim. Çdo sekondë ashtu si çdo fjalë na sjell akoma më pranë me Perëndinë. Mos e humbni këtë rast.**



### † Prayer list / Lista e lutjes

Please remember these people in your prayers:  
*Ju lutemi mos harroni të përfshini edhe këta njerëz në lutjet tuaja:* Fr. Philip, Gregory, Lillian, Richard, Perry, Olga, Eva, Kay, Annie, Debra, Helen, John, Tina, Linda, Will, Peter, Mary, Rick, Sam, Nick, Cathy, Anastasia, Kathy, Vincenzina, Niki, Vasiliki, Dita, the men and women serving in the military, and those who have no one to pray for them. If you need to request a prayer for yourself or your beloved ones, please contact Mirela Pajcini @ 630-792-1235



### † St. Nicholas Choir

If you would like to join our choir, please talk to co-directors Kay Giannos or Maria Barbachi. Singing experience or Albanian language skills are not required. All are welcome – especially needed are male vocalists. Please come up to the choir loft and give us a try.

*Ne rast se ju doni te merrni pjese ne korrin tone, ju lutemi kontaktoni bashke-drejtueset Kay Gianos dhe/ose Maria Barbachi. Eksperienca per te kenduar apo njohuri e gjuhes Shqipe nuk jane te kerkuara. Te gjithë jane te miepëritur! Vecanerisht kemi nevojë per zerra burrash. Ju lutemi, ejani dhe provojeni.*



**Pastoral Visitations-** Father Kostandin is prepared to visit the faithful who are in hospital, nursing care facility or homebound and to administer Holy Communion. He is available to make home visits to meet parishioners and help build community. Contact him at the priest's Office: 773-889-6799 / Cell: 312-730-3337. If no one answers, please leave a message and someone will get back to you.

**Vizite Baritore-** At Kostandini është i gatshëm të vizitojë besimtarët që ndodhen të sëmurë në spital,

*në azil apo në shtëpinë e tyre. Ai do të sjelle Kungatën e Shenjtë me vehte. Gjithashtu ai është i predispozuar të kryejë vizitat në shtëpi të enoritëve me qëllim që të forcojë akoma më shumë komunitetin tonë. Kontaktoni Father Kostandin në telefonin e zyres 773-889-6799 ose në celularin 312-730-3337. Nëse askush nuk i përgjigjet telefonatës suaj, ju lutem lini një mesazh dhe dikush do t'ju kontaktojë.*



### **St. Nicholas Albanian Orthodox Church**

#### **Schedule of Services**

**May / Maj 2017**

07	Sun.	<b>Sunday of the Paralytic</b> <i>E te Paralizuarit</i>	Divine Liturgy 10:00 am
14	Sun.	<b>Sunday of the Samaritan Woman</b> <i>E Samaritanes</i>	Divine Liturgy 10:00 am
21	Sun.	<b>Sunday of the Blind Man</b> <b>Sts Constantine and Helen</b> <i>E te Verbrit</i> <i>Shen Kostandini &amp; Shen Helena</i>	Divine Liturgy 10:00 am
25	Thur.	<b>Ascension of Our Lord</b> <i>Ngjitja ne qiej e Zotit Krisht</i>	Divine Liturgy 10:00 am
28	Sun.	<b>Fathers of the 1st Council</b> <i>E Eterve te Keshillit te pare</i>	Divine Liturgy 10:00 am

