

# THE ORTHODOX CHRISTIAN HERALD

OFFICIAL NEWSLETTER OF THE ROMANO BYZANTINE SYNOD OF THE ORTHODOX CATHOLIC CHURCH  
PO Box 16201 • Duluth Minnesota 55806-1612

*“Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you...” Isaiah 43:1-2*

## MISSION PARISH FORMING IN PARIS TEXAS

St Luke the Physician Syro-Russian Orthodox Catholic Mission has been established in Paris Texas and Very Reverend Father Paul Glenn Jensen is pastor of this parish. Father Jensen invites those interested in joining and helping to build a church there to contact him. Father can be reached by writing him at St Luke's Rectory, 339 NE 8<sup>th</sup> Street, Parish Texas 75450. ✍

## WHY SUPPORT THE ORTHODOX CHRISTIAN HERALD

By Father Timothy A Kjera, Editor

The Orthodox Christian Herald has undergone a few name changes since 1975, but it still represents the same Church. It is published for the clergy, laity, practitioners, students, and all others who have come to us seeking Christ God. It is the source of news emulating from the Synod, the Metropolitanate, the Commission on Religious Counseling and Healing, the various organizations of the Church, and the schools associated with our Department of Education. It keeps you informed, it brings to you news and articles of inspiration and learning. It offers you a chance to learn and to see who might need your prayers. We strive to make this publication one of interest for all. However,

your subscription to this publication is needed to continue its work and only you can write the check that will help do just that. Please let us know you want this newsletter to continue by making your subscription out and returning it to us by October 1<sup>st</sup>, 2002, in order to continue receiving it throughout the next year. The rates are \$25.00 (USA), \$35 (Canada and Mexico), and \$45 for outside North America. Postage has increased as have printing costs – please help! ✍

Repeated From Previous Issue:

## FAST/ABSTINENCE LAWS OF THE SYRO-RUSSIAN ARCHDIOCESE

Syro-Russian Orthodox Catholic Christians are advised that the following are the official guidelines for fasting and abstinence in the Church. These are based on western customs and the faithful may certainly add more to these rules.

**Abstinence** primarily means to avoid meat products on days prescribed by the Church. **Fasting** primarily means to eat only one full meal with two small ones, or three half meals, on days prescribed by the Church. On certain days prescribed there may be both **fasting and abstinence** required. These laws affect those who have reached the age of thirteen who are healthy and under 65 years of age – generally speaking. Children under thirteen should be taught to abstain from

Vol 16	Issue 3
October – December 2002	
<b>Official Acts...</b>	- Page 2
<b>Education News</b>	- Page 3
<b>Classified Ads</b>	- Page 4

something they like to teach them about honoring the fast periods. Those who need a dispensation due to health reasons should consult with their parish priest. There is no fasting or abstinence on fast-free weeks following Pascha and Christmas, during the week after the Day of Indiction (Church New Year on September 1<sup>st</sup>), and other specified Fast Periods. It is allowed to eat fish on Wednesdays during the week except during times of Strict Fast and Abstinence, e.g. Holy Week.

Wednesdays (Day of Christ's Betrayal) and Fridays (Day of Christ's Death) = Abstinence  
Wednesdays and Fridays during the Lenten Great Fast or Strict Fast Periods = Fast & Abstinence  
Advent Season = Fast Period  
Great Lent (40 Days of Lent) = Fast Period  
Great Lent – Holy Week = Strict Fast/Abstinence Period  
Wednesdays, Fridays, Saturdays after the First Sunday in Lent, of the Feast of Pentecost, of the Feast of the Holy Cross (September 14<sup>th</sup>), and December 13<sup>th</sup> = Strict Fast/Abstinence Period

Holy Week Fast = Fasting from meats and dairy products and Abstinence on all Holy Week days.  
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**APPOINTMENTS & ASSIGNMENTS**

- ✠ Rev Father Aziz Asir appointed Pastor of St Mary's Church, Pakistan, effective September 16<sup>th</sup>, 2002.
- ✠ Katherine Ferrante appointed Vice Moderator of the Commission on Religious Counseling and Healing, August 25<sup>th</sup>, 2002, effective immediately.
- ✠ Rev Father Timothy A Kjera appointed Pastor of St Mary the Theotokos Church in Duluth Minnesota, effective September 8<sup>th</sup>, 2002.
- ✠ Rev Father Michael Mason appointed Assistant Pastor of St Mary the Theotokos Church in Duluth Minnesota, effective September 8<sup>th</sup>, 2002.
- ✠ Brian Wesley elected Examiner of the Commission on Religious Counseling and Healing on July 20<sup>th</sup>, 2002, effective immediately.
- ✠ Reverend Fr Demetrios Eric Wruck appointed Chief Consultor to the Metropolia, effective February 1<sup>st</sup>, 2002.

**APPROBATION FOR ISSUANCE OR DISSOLUTION OF CHARTERS**

**Established:**

- ✠ St Mary Church, Pakistan, as of September 16<sup>th</sup>, 2002.

**DICIPLINARY ACTIONS**

- ✠ John Frederick Stumpf suspended from Priestly Faculties effective September 1<sup>st</sup>, 2002, and pending possible degraded from the Priestly Office. His parish of St Sophia is currently schismatic and not available to Orthodox Christians for reception of the Holy Mysteries.

- ✠ Zafar deposed from the diaconate.

**PRAY FOR THE ILL AND SUFFERING**

- ✠ Bishop George of England
- ✠ Father Thomas Dillon (New Jersey)
- ✠ Presbyter Irene Koch (Washington)
- ✠ Father and Presbyter Patrick Lemming (Tennessee)
- ✠ VR Father Michael Mason (Minnesota)
- ✠ Dr Mineo Moritani (Japan)
- ✠ Robert Rhea (Kentucky)
- ✠ Mary Frances Reitz (Georgia)
- ✠ Brian Wesley (Texas)

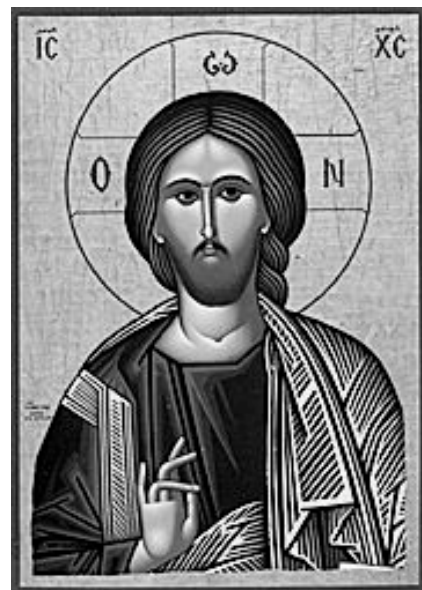
**Note:** If you are sick or suffering, please **let us know** and you will be added to the OCH Prayer List. Thank you.

**PRAY FOR THE DECEASED**

- ✠ *Memory Eternal!* Those who are dying as a result of war and terrorism throughout the world.

**METROPOLIA ACCEPTING CANDIDATES FOR SEMINARY TRAINING**

Those who feel a calling from God to serve the Church in the minor order of Subdeacon, or major orders of Deacon or Priest, should send a petition to the Metropolitan Archbishop expressing this desire by November 1<sup>st</sup>, 2002, for his review and response. There is a special course of study for mature vocations and the studies may be completed mostly within your own domicile. Please contact the Metropolitan at Romano Byzantine Metropolitanate, 2123 West 5<sup>th</sup> Street, 2<sup>nd</sup> Floor, Duluth MN 55806.



**Think About It...**

Moses and the people were in the desert, but what was he going to do with them? They had to be fed, and feeding 2 or 3 million people requires a lot of food.

According to the Quartermaster General in the Army, it is reported that Moses would have to have had 1500 tons of food each day. Do you know that to bring that much food each day, two freight trains, each at least a mile long, would be required! Besides you must remember, they were out in the desert, so they would have to have firewood to use in cooking the food. This would take 4000 tons of wood and a few more freight trains, each a mile long, just for one day.

And just think, they were forty years in transit. And Oh yes! They would have to have water. If they only had enough to drink and wash a few dishes, it would take 11,000,000 gallons each day and a freight train with tank cars, 1800 miles long, just to bring water!

And then another thing! They had to get across the Red Sea at night. Now, if they went on a narrow path, double file, the line would be 800 miles long and would require 35 days and nights

to get through. So there had to be a space in the Red Sea, 3 miles wide so that they could walk 5000 abreast to get over in one night.

But then, there is another problem: each time they camped at the end of the day, a campground two-thirds the size of the state of Rhode Island was required, or a total of 750 square miles long. Think of it! This much space for camping.

Do you think Moses figured all this out before he left Egypt? I think not!

You see, Moses believed in God. God took care of these things for him. Now do you think God has any problem taking care of all your needs? His love is always with you, His promises are true, And when we give Him all our cares, You know He will see us through.

## Commission on Religious Counseling and Healing

Website: CRCH.RBSOCC.ORG

For additional information write to Father Timothy Kjera, Commission, Post Office Box 16201, Duluth Minnesota 55816. Professionals in service to God through the Healing Ministry of the Church.



Have a blessed Holy Nativity!

## SYNODAL DEPARTMENT OF EDUCATION NEWS

### **NEW DIRECTOR OF EDUCATION SOUGHT**

The Metropolitanate seeks a sincere individual to succeed Very Reverend Fr Basil Koch who passed away in October 2001. The Department of Education is currently being restructured. The Metropolitanate is looking for someone who has some administrative experience and holds a doctorate. This is a volunteer position for someone who truly wants to serve God.

### **HOLY TRINITY RESEARCH COLLEGE OF INDIA**

His Excellency Right Reverend Bishop John has announced that eligible candidates with doctoral credentials will be reviewed for the Doctor of Philosophy in Theocentric Counseling and Healing by merit and proficiency. This is a special grandfather provision commencing this program. Applicants must apply to Romano Byzantine College, 2123 West 5<sup>th</sup>, Street, 2<sup>nd</sup> Floor, Duluth MN 55806. Also, a review session for those wishing a Certificate in Theological Studies has been commenced. Those interested must apply by no later than October 10<sup>th</sup>, 2002. This process also involves a complete review of academic and professional records.

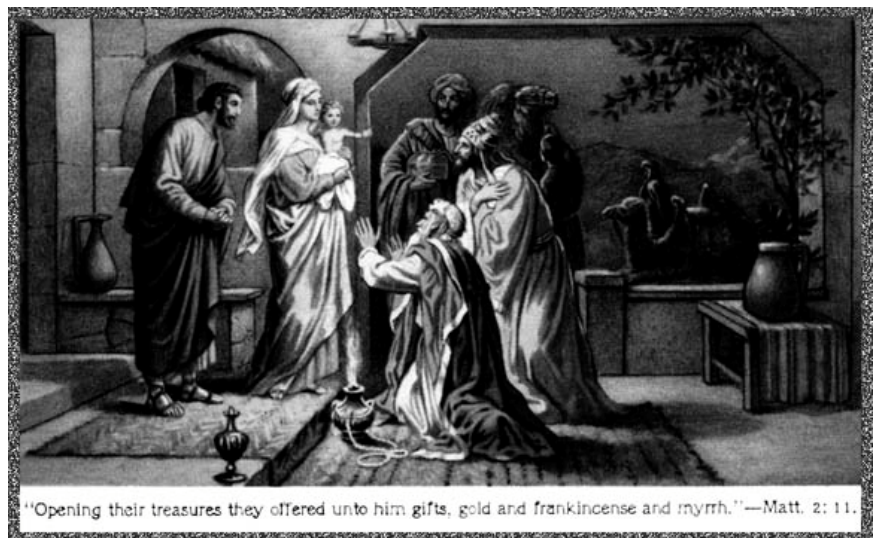
### **ROMANO BYZANTINE COLLEGE CHANGES – 2001/2002**

Very Reverend Fr Michael Mason is the new rector of the Romano Byzantine College; and Reverend Dr Harold Hammond the new administrator and chief agent in Virginia. The College now has its own website <RBC.RBSOCC.ORG> that lists all academic programs, policies, and has the application that can be printed out.

### **ROMANO BYZANTINE COLLEGE GRADUATES**

Summer/Fall 2002: (Rev) **Christopher Zmuda**, Doctor of Theocentric Psychotherapy; **Audrey Daniel**, Doctor of Chiropractic; **Marge Ebeling**, Doctor of Chiropractic; **Brian Wesley**, Bachelor of Chiropractic.

**Note:** If your name was not listed in this section, please send it along with the name of the degree and date awarded to: Orthodox Christian Herald, PO Box 16201, Duluth MN 55816-1612.



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# CLASSIFIED ADS

## NOTICES

**ORTHODOX CHRISTIAN HERALD – SUBSCRIPTIONS** You can now subscribe to the OCH for the annual donation of \$20.00 (USA), US\$25 (Canada & Mexico), or US\$35 (Foreign). Send your payment to Orthodox Christian Herald, PO Box 16201, Duluth Minnesota 55816-0201. Check or Money Order payable to "RBS"

## FOR SALE

### ROMANO BYZANTINE PUBLICATIONS

The Romano Byzantine Synod offers books and pamphlets on the Orthodox Catholic faith, sacramental certificates, and other items for sale through the Metropolitanate. Please write to

**THE ORTHODOX CHRISTIAN HERALD**  
**PO Box 16201**  
**Duluth MN 55816-1612**

Address Correction Requested

Metropolitanate, 2123 West 5<sup>th</sup> Street, 2<sup>nd</sup> Floor, Duluth Minnesota 55806, for price list.

**FRAMED ICON OF ST PANTELEIMON, PATRON OF HEALERS AND THE COMMISSION**, available from St Mary's Orthodox Catholic Church, 5907 Grand Avenue, Duluth MN 55807. Suitable for hanging in counseling centers, clinics, and in the home. \$50.00 (Postage/Handling Included).

## EDUCATION

**ROMANO BYZANTINE COLLEGE** offering CEU's and programs in Canon Law and Chiropractic (Theocentric Holistic Healing) Christian Social Services, Ministry. Write RBC, 2123 West

Fifth Street, Second Floor, Duluth MN 55806 or fax: (218) 733-0349 for more information.

## RELIGIOUS ORDERS

**MONASTIC COMMUNITY OF ST BASIL AND COMPANIONS OF ST BASIL** open to those who wish to follow a monastic way of life or who wish to be associated with it in the secular world. Write to: St Mark's Syro-Russian Orthodox Catholic Abbey, 1A Sultan Street, Accrington Lancashire BB5 6EL England.