



Saint Michael's Romanian Orthodox Church

Southbridge, Massachusetts
www.stmichaelorthodox.com

September 2022



LITURGICAL SCHEDULE

Saturday

9:00am Divine Liturgy

5:00pm Vespers

Sunday

9:00am Matins

10:00am Divine Liturgy

Wednesday

6:00pm Paraklesis

Feast days

September 1st - Church New Year; St. Symeon the Stylite

September 6th - Miracle Wrought by the Archangel Michael at Colossae

September 8th - Nativity of the Theotokos

September 9th - Sts. Joachim and Anna

September 14th - Elevation of the Holy Cross

September 16th - St. Euphemia the Great Martyr

September 23rd - Conception of St. John the Baptist

September 24th - St. Silouan

September 26th - St. John the Theologian

St. Silouan the Athonite

Saint Silouan was born Simeon Ivanovich Antonov in 1866 to pious Orthodox parents in the Tambov region of Russia. His youth was much like other village young people of his day and much like the lives of many youth today. While he was attracted at times to the spiritual life and seeking God, he was more attracted by the pleasures of village life. He worked as a carpenter on the estate of a nearby noble and spent his free time drinking vodka with his friends, playing his concertina and socializing with the village girls. Young, strong and handsome he was popular with these girls and one evening fell into the sin of fornication.

One day, shortly before he began his required military service, he dozed off to a light sleep and dreamt that a snake crawled down his throat. He woke up to hear a voice saying: "Just as you found it loathsome to swallow a snake in your dream, so I find your ways ugly to look upon". Simeon later reported he saw no one but was convinced that it was the beautiful voice of the Mother of God coming to rescue him from the evil pit his life had become. This vision/dream would alter the rest of his life, he began to be ashamed of how he was living his life.

At the age of twenty-seven in 1892 he left his native Russia and came to Mount Athos, where he became a monk at the Monastery of St. Panteleimon and was given the name Silouan. He was given the obedience (work duty) at the monastery mill, sleeping little, fasting severely and praying continually.

He struggled against sinful memories from his past life and practiced the Jesus Prayer. Though barely literate, he received the grace of unceasing prayer and saw Christ in a vision telling him: *'Keep your mind in hell and despair not.'*

After long years of spiritual trial, he acquired great humility and inner stillness. He prayed and wept for the whole world as for himself, and he put the highest value on love for enemies.

He was never ordained to the diaconate or priesthood but continued his ministry as a monk in which he devoted himself to praying for all people.

Saint Sophrony published the writings of Saint Silouan, accompanying them with his own introduction, explaining for the more refined intellectuals of his time the word of his Father in God which is holy and pure, but yet 'incomprehensible precisely because of its simplicity'.

Saint Michael's Romanian Orthodox Church
16 Romanian Avenue, Southbridge Massachusetts 01550
Telephone: (508) 765-5276

Website: www.StmichaelOrthodox.com

Email: stmichaelromanianorthodox@gmail.com

Facebook: St. Michael Orthodox Christian Church

2022 Parish Council

President: Luke Yanka
Vice President: Spiro Thomo
Secretary: Debby Thomo
Treasury: Paul Yanka

2022 Ladies Society Committee

President: Alexandra Nasto
Vice President: Louise Boilard
Secretary: Debbie Thomo
Treasurer: Mary Andreea

Clergy

Fr. John Downie fr.john_downie71@yahoo.com

Parish News & Events

Happy Birthday!!

God Grant You Many More Years!!

Sep. 3rd – Debbie Thomo

Sep. 7th – Shirley Ann Marcin

Sep. 10th – Kristina Mironidis, Eliza Grigoriuciu

Sep. 11th – Jim Tanca

Sep. 14th – Liana Burren

Sep. 15th – Paul Porra

Sep. 27st – Susan Bellerose

Happy Name Day

September 8th – St. Mary - Mary Dowling, Mary Andrea, Maria Haddad, Mary Grabosky, Maria Mironidis. Maria Rapsomanikis.

September 9th – St. Anna – Ana Tanka, Anna Alexander

September 17th – St. Sophia – Sophia Penna, Sophia Pitsillides

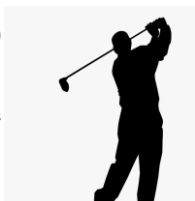
September 26th – St. John the Evangelist – Fr. John, Yannis Mironidis, Yannis Penna

**14th Annual Romanian Golf Tournament in
memory of George Nasto
The main church fund raising event**

Saturday, September 10th, 2022
12pm Shotgun Start
Cohasse Country Club in Southbridge

18-Hole 4-Man Scramble
\$120/golfer (dinner included)
\$480/foursome

Hole Sponsorship \$100/hole
Dinner only (if not playing
\$25/person)



Please Pray for:

Louise, Theodor, Henrietta (health)
George and Joy, Mihail and Natalia
families – for safe trip.

**Greek Festival – Sts. Anargyroi
Church in Marlborough**

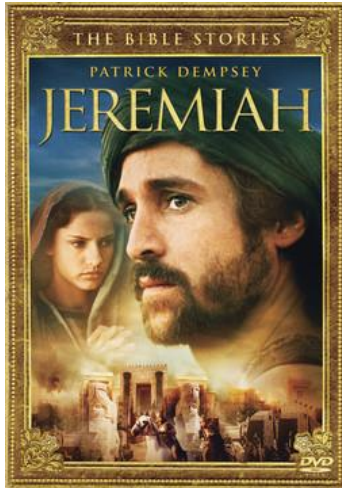
Sat., Sep. 3rd, 12pm to 11pm
Sun., Sep. 4th, 12pm to 11pm
Mon., Sep. 5th, 12pm to 3pm

Sts. Constantine and Ellen – Webster

Sat, Sep 10th
Sun, Sept 11th



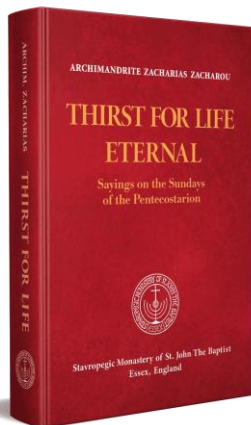
~ Movie & Book Corner ~



Movie: *Jeremiah*

Jeremiah tells the story of the prophet who abandons his family and the woman he loves in order to relay God's message in Jerusalem, starring Patrick Dempsey.

Although he is persecuted and branded as a traitor for warning others of the destruction of the Holy City, he continues fearlessly with his mission. When his prophesy is fulfilled, he experiences first-hand Jerusalem's destruction by the Babylonians.



Book: *Thirst for Life Eternal*

Sayings on the Sundays of the Pentecostarion by
Archimandrite Zacharias Zacharou

The man who conceives the Holy Spirit in his heart becomes double. Just as the woman with child knows that she carries a new life and feels the movements of the infant in her womb, so also he who bears the Holy Comforter, feels in the depths of his soul the leapings of Him Who 'bloweth where He listeth'. The continual changes in his heart testify that he bears the Treasure of goodness, that he bears an abundance of life in his earthly vessel. As the mother subjects herself to any hardship in order to preserve the life of her child, so also the man in whose heart blows the breeze of the Spirit, does everything so as not to grieve the good Comforter with the slightest negative thought.

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Spiritual Fireworks and the Light of Christ

Interview with Deacon Joseph Frangipani

Joseph Frangipani is a Deacon in the Prophet Elijah Orthodox Mission in WA who experienced Jesus Christ in the Himalayas, in India.

Joseph grew up Catholic but turned to Buddhism when introduced to a self-hypnosis class at his Catholic high school, experimenting with meditation and 'mindfulness.' He experienced serious symptoms of manic depression then, partially because he'd consciously turned away from the Judeo-Christian God, and also because life at home was very, very difficult for him. He grew anxious and got into extremely self-destructive habits, and so Buddhism seemed a perfect door to address his turning from God and family, and focusing his energy toward dissolving into a Void. The element that got him was to dissolve his desire, and abandon his selfhood, in order to avoid suffering. So Tibetan Buddhism kept coming up, because the meditation helped calm his anxieties and depression. He knew nothing of Orthodoxy when he reached into the closet of Buddhism.

Below is the second part of an interview with Deacon Joseph for the Romanian *Orthodox Family* magazine by Tatiana Petrache.

Joseph was a young American who had been fascinated by yoga for years. He traveled to India to deepen his practice and philosophy before teaching this method to other young Americans, convinced that it is the answer to modern man's multiple crises. But Christ, who never left him and always accompanied him, showed him the true Way. This journey wowed us and piqued our interest in learning more about his life. As a result, we contacted him and asked him to explain what happened next. The former yogi is now Deacon Joseph. (T.P.)

Q: *Let us start from where your story ends.(this is a continuation of the previous interview n.ed.). You were in front of the Swami and you felt a terrible fear. In that moment you called on the name of Christ, and He protected you. What followed?*

A: So, I was in the Ashram, in Portland, Oregon, in the United States. I'd already returned from my cave in North India, came back

to America and a friend looked me up. She lived in the Ashram, and invited me to visit. There I attended a service, and the Swami was



transferring his 'kundalini' energy. Basically, he looked at you and something demonic 'leapt' from him into, or toward, the participant. When it was my turn, when he turned toward me, almost immediately I started saying 'The Jesus Prayer.' When I started to pray, the Swami's appearance changed. He became like two people, or I saw two people.

In other words, when I said 'The Jesus Prayer', his face morphed into the shape of a demon, revealing the demon inhabiting him. The demon looked like a Bigfoot or a Sasquatch creature, like a dead monkey. It was terrifying, and I wasn't drunk or stoned or anything. I was sober! I was saying 'The Jesus Prayer,' and wearing my cross. Again, this was after I'd already returned to America. I had my experience of Jesus Christ in the cave, and then traveled into Portland, searching for community.

While a friend of mine brought me to an Orthodox church, for the Vespers service. It was a Serbian church. She'd heard of my experiences in the cave, in India. When I walked in the church, I saw the candles, I saw the icon of Christ, and thought: "This is who I saw in the cave!" My heart knew and it really warmed at that moment, and when I saw the lamps hanging beside the icons, I understood that this has

something to do with the Holy Spirit, it's the Holy Spirit illuminating all the hearts. It made total sense. I also heard the beautiful music, it was so beautiful, so joyous. That experience led me to an unbelievable moment.

I looked up the nearest Orthodox Church, because when I returned from India, even though I traveled into Portland, I had moved to Eugene, a few hours South, in the Willamette Valley. There was a man named Father Luke who had a mission church nearby and he was running an icon business called "Uncut Mountain Supply". He was under the



Serbs, and I emailed him: "Are you part of the True Church"? He thought that the email was spam, but his dear wife, – who reposed some years ago of cancer, – told him: "Honey, maybe this is a real person and if you don't answer him, God knows where he will be!" Indeed, God knows where I would be now!

So, I met Father Luke and attended my first Divine Liturgy. What words can describe it? The chanting was like gold shaved into my ears. Really, I promise you, it was so wonderful and beautiful. So, to make a long story short, I traveled more, I visited different monasteries. I drove across America, and I discovered St. Anthony's Monastery in Arizona. There I met Geronda Ephraim. Let me

tell you! The first evening, of course, I lay down in bed and went to sleep, but then I'm floating through what looks like a castle. Now remember, I had never seen Geronda Ephraim.

"It's about how you pray"

I'm floating through a castle that, only later, I realized was probably Philotheou Monastery on Mount Athos. I'm weeping. I'm crying and saying, 'I just wanted to be a monk!' Then this little man turns to me and it looked like he's feeding people with a golden spoon. They looked like burn victims, their skin is charred but somehow what he's feeding them heals them. Only later, I realized this person is communing people with the Holy Eucharist. He says to me, "It's about how you pray". In other words, what makes a monk isn't necessarily what he wears or where he lives, but how one prays.

I looked at the little man and asked, "Who are you?" He replied, "I am the Abbot". Then all of a sudden, I float through the window, I sit up in bed and I know this isn't a dream. One of the monks, knocks on the door and assigns my obedience for the day. I was to fold linens for the beds, so I go to another room behind curtains and I'm folding bed sheets and pillowcases. On the wall, in the linen closet, there's a photograph. It's of a little man with this red thing around his neck, which is a stole, part of the

priest's vestments. I turn to the monk who gave me the obedience, and I said, 'That's him! That's the man from my *dream*' and you know what? It was Elder Ephraim.

That was the beginning of my experience. This really formed my journey into Orthodoxy. Walking into an evening service, in Eugene, talking with Father Luke, and meeting the elders at St. Anthony's. I even became a catechumen there, at the monastery. Throughout the years, as time went on, I continued meeting with Geronda Ephraim, receiving his blessing to get married, attending seminary and pursuing the priesthood, so many things. After I had encountered the Swami in Portland, and really started saying the Jesus Prayer, my path into Orthodoxy was primarily through the monastery.

Q: *So, you had a vision of Christ. You had a great experience and a vision of the demon. In the meantime, and this was a great gift to have such an encounter with Elder Ephraim, what followed?*

A: Well, right before I met him, I had been working at an outdoor wilderness school and I had been in a relationship that I knew I couldn't continue. We were just two very different people. It wasn't working. She was going in one direction and I, in another. She wanted to go deeper into yoga for some reason. I think she was quite insecure but also was very eager to

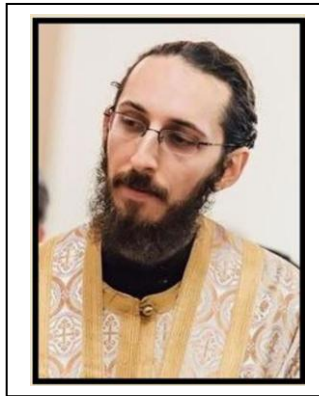
learn and give back to the community, and as a pretty, young woman, Hinduism and many schools within the New Age movement can really be quite affirming, if not dangerous. She was really enamored by the power those things offered. I saw that danger and couldn't continue down that path, certainly not anymore. It's a path littered with spiritual dangers. You encounter spiritual thieves and spiritual animals that will tear you to pieces on that journey.

So, one day I prayed and I said, "Dear Theotokos, please help me get out of this relationship. I can't end it, I just don't have the strength." I felt bad for her, but I didn't know what to say. By now, we were traveling across America again, and had ended up in North Carolina. I was working at another outdoor wilderness school, teaching inner city kids, basically offering therapy. I was on a mountaintop when a fire came right up alongside the mountain, and I was praying. So, we had to go down from the mountain. Like I said, I was teaching kids from the cities, wilderness skills, that is, how to survive outside. I did this for a number of years. I was working at that job before India and when I came back from India, I had picked it back up.

I was in this relationship, and learning about Orthodoxy, but she

was getting into yoga. So, I prayed to the Mother of God, I didn't know what else to do. "It's about how you are praying", the Elder had said. There was this fire that came up to the mountain. It was running right up the mountain, and I ran right down it with these kids. It was a serious fire, a real wildfire. It wasn't long before they were dropping water on it from helicopters.

When that was over, my girlfriend at the time, said, "I feel like we should break up." She was crying and I was thanking the Lord! I could not end the relationship by myself, and the Mother of God helped, because even though I cared deeply about the girl I was seeing, I loved Christ more. So that relationship ended and I called Father Luke, and I said, "Now what do I do?" He said "You should do what I've been telling you to do. You should go to Saint Anthony's



Monastery!" Remember, this is how I came to meet the Elder, this is when I went to Saint Anthony's Monastery and began learning seriously, more deeply about the Faith.

After meeting the Elder, I started praying again. I went on a trip again through America. I visited a number of other monasteries, besides St. Anthony's – other Greek monasteries, also Russian and Serbian monasteries. I gradually even make

my way to Alaska. I had asked the Elder's blessing to go to Alaska, my heart told me that I needed to go, I had been praying to St. Herman. Geronda Ephraim blessed me to visit, even though I hadn't been baptized. I was still a catechumen. So I drove to Platina, which is where Father Seraphim Rose lived, his body is right there, and I also go to San Francisco and visit the relics of Saint John Maximovich, and I pray to him. Those were very special days in my life.

I spent some time at Platina and eventually took a one-way flight to Anchorage, and then traveled to Kodiak. I met Mother Nina, who was living on Saint Nilus Island, who is now a dear friend of mine. She told me about Father George Calciu and Elder Justin Pirvu, she has this deep love for Romania. I guess you could say that this was the beginning of my interest in the Church in Romania, my love for the Romanian people, for their history. Later, I read the book called *Saint of the Prisons* and it really changed my life. I started learning about the Legionnaires and I saw what was going on in my own country and I looked to the elders and saints who had gone through the nightmare that had rolled through Romania under communism and something quite amazing happened. But that is another story.

To be continued

Parish life

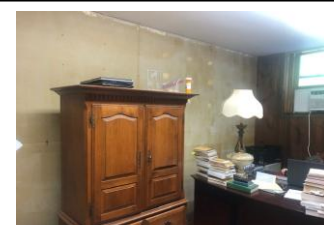
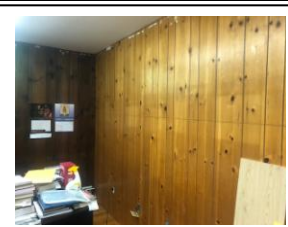
The last wall in the Parish Hall was painted with the help of Nicolai Boitchenko, Symeon and Dimitry.

The kids were paid by the generosity of Georgia Kritikos, Felicia Railean, Mihail and Natalia Moscin.



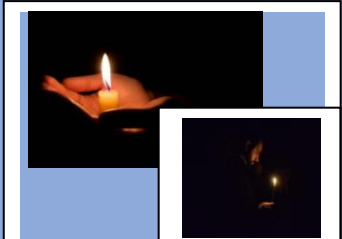
We need volunteers urgently for Fr. John's office remodeling for the next 2 weeks. We hope to have it done before September 17th, when we will host people for the YAR .

As you can see below, no progress was made for over 2 months.



Night Vigil for St. Siluon, Sept. 23rd-24th
10:00pm – Vespers, Litia, Matins

12:00am Divine Liturgy



~Parent's School Corner~

Most of us would be satisfied to raise children who remain faithful believers. There is no method to raise a child to be a saint, for God alone gives the grace that results in the mystery of such wonderful lives. In the writings of St. Silouan you can find wonderful stories about his father. A story from a simple peasant that was his father – but a simple peasant with the faith of a saint.

A small example:

Let us not be distressed over the loss of worldly goods, such losses are a small matter. My own father taught me this early in life. When some misfortune happened at home, he would remain serene. When our house caught fire and the neighbors said, 'Ivan Petrovich, your house is burnt down!' he replied, 'With God's help I'll build it up again.' Once we were walking along the side of our field, and I said, 'Look, they're stealing our sheaves!' 'Aye, son,' he answered me, 'the Lord has given us corn and to spare, so if anyone steals it, means he's in want.' Another day I said to him, 'You give a lot away to charity, while some who are better off than we are give far less.' To which he replied:

'Aye, son, the Lord will provide.' And the Lord did not confound his hope.

From St. Silouan of Mount Athos

There is no better way to teach a child Christianity than to actually live it – truly and from the heart. You cannot teach what you do not live.

As parents who want to raise up children who love God and who love the liturgy, our most powerful weapon is not argument.



The saints tell us to speak less and to pray more; we should pray for God to kindle love in their hearts, so that they hunger for God each in their own way and pursue Him

throughout their lifetimes.

What's more, research tells us that when children grow up seeing parents who love Christ, whose participation in the life of the Church is fulfilling and fruitful, they tend to follow that example. And when they see parents who don't really care about liturgy but who just show up at church because that's the obligation, they take note, and they report that they saw churches that were "shallow" and "insincere". As always, raising saints turns out to be the hardest job in town, because in order to raise a saint, we're going to have to become saints.

Elder Arsenie Papacioc
+ July 19, 2011

Several world-renowned elders rose up during persecutions against the Church in Romania, including Elder Cleopa (Ilie), Elder Arsenie (Boca), Elder Justin (Parvu), and Elder Arsenie (Papacioc), among others.

Laboring in asceticism in secluded Romanian forests and in prisons, Elder Arsenie learned the fine art of true theology—that is, true prayer, and the war against the sinful passions. His counsels are down-to-earth yet profound, and thus many are drawn to his example, both in Romania and around the world.

Elder Arsenie (Papacioc) of Romania was part of the great generation of confessors for Christ that had suffered much while imprisoned for their faith under the atheist [communist] regime of the east. His words, not academic but rather simple, down to earth, have great authority as they are spoken from an experience of suffering and with a burning love for everyone.

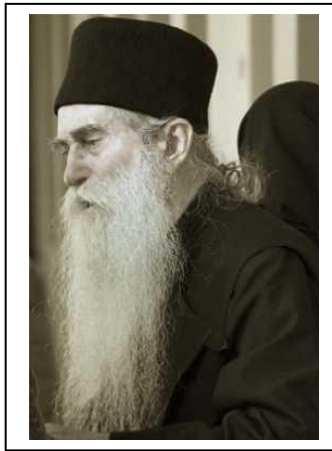
On Salvation

God does more for our salvation than Satan for our destruction.

Outside the Church, there is no salvation! Hell exists only outside the Church.

He who could do well but he doesn't, commits sin.

Only by your actions without God's grace it is impossible to be saved, no matter how great of an ascetic you may be.



It is the Cross that saved mankind! Not God's justice or His miracles, but His Cross! When Jesus was crucified, Satan was defeated.

Humility rooted deeply in our hearts and frees it from resentments, and this is our hope for salvation.

What we're asking for first is the will to overcome temptations. And by praying to God, His grace will not abandon us.

Heaven is full of sinners who repented.

Our Saviour was not crucified only for a "category" of sins, but for everything that means sin on earth. And He gave everyone the strength to avoid hell, yet He descended into hell. He also loves those in hell. But they are whipped by

His love, by His justice. And what did Christ not do to save us from hell?

Fear of death is not caused by death but by life. If you want to not fear death, live as a Christian! Only those who don't live in Christ, fear death!

Man, in his foolish pride and suffering, wants to get the entire heaven in a moment!

There is no sense or purpose in life if there is no God.

We too can overcome the world, not by our power but by His.

Nothing is lost as long as our faith is alive!

Life it is too precious to be spent in vanity.

On Marriage and Family

When we say during the prayers of the Holy Sacrament of Marriage that the woman shall be subject to her husband, the husband must also take heed when he is told in the same prayer that he must love her. If he does not love her she will not obey him. Man, by not listening to this word, becomes responsible for the woman's stubbornness. The woman must also not forget that this obedience is her way to salvation. And if the man is the head [of the family] then the woman is the heart,



and this heart is made by God that He may find rest in it!

Nothing is better than a good [hearted] woman and nothing is worse than a fallen woman. So husbands, you must labor with all your power to transfigure her.

Love joins everything in a couple. This is the symbolism of the wedding ring.

A marriage done just for pleasure has no meaning. Marriage means reaching together into eternity.

It is the married woman that gives birth, raises, and educates a child.

We cannot by any means accept that a woman will have an abortion ... It's a grave matter because she will murder a non baptized person. We must always ask ourselves what Christ would have done in this case.

On the sin of homosexuality

God punished it by fire! (Genesis 19: 24-25). It is the most grievous sin! It is said that this sin hastens the End!

I mean such sins will bring judgment sooner over the world. ... It's the word of the Holy Fathers that this very serious sin of homosexuality, brings swift Judgment ... We are now in an advanced stage, as the West has already officially accepted same-sex marriages!

St. Michael's Romanian Orthodox Church

Young Adult Fall Retreat

Drops from the living words - Therapy for the soul

DATE: Sept 17, 2022

AGES: 18 - 35

Free Admissions

The Speaker event will be open to all.

Schedule

9:00 am - Divine Liturgy

10:30 am - Registration and Brunch

11:30 am - Ice Breakers

12:30 pm - Coffee and snack break

12:45 pm - Workshops - How to

Make: koliva, prosphora, and prayer rope. And a workshop about wood sculpture delivered by Master Dimitrios Klitsas

1:30 pm - Prep for speaker

2:00 pm - Speaker Protosingelos Ieremia (Berbec).

3:00 pm - Q & A Session

3:30 pm - Pan-Orthodox Vespers

5:00 pm - Cookout and bonfire

7:00 pm - Dance, fun and surprises

St. Silouan is the patron of our Youth Adult Retreat!

We will be able to accommodate a few people if needed, it is on a first come, first serve basis.

Questions? Contact Fr. John at

✉ fr.john_downie71@yahoo.com

🌐 www.stmichaelorthodox.com

📍 16 Romanian Avenue, Southbridge MA

Saint Michael's Romanian Orthodox Church presents

YOUNG ADULT FALL RETREAT

Drops from the living words - Therapy for the soul

FAITH | FELLOWSHIP | ACTIVITIES | NATURE | MORE!

PROTOSINGELOS IEREMIA

Father Ieremia (Berbec) was born in Constanța, Romania, in 1978. As a young man, he was the spiritual son of Elder Arsenie Papacioc for 10 years. From 2002 to 2007, he was a Ph.D. student in the math department at the University of California, Berkeley. Upon graduating in 2007, he moved back to Romania and entered the brotherhood of Holy Putna Monastery. He holds a Master's degree from the "Dumitru Stăniloae" Theological Faculty in Iași. In September 2020, with the blessing of his abbot and of his local hierarchs, he moved to the United States because he was assigned as abbot of Sf. Dumitru Romanian Monastery in Middletown, NY.

People any age could attend the lecture of Protosingelos Ieremia, on September 17th, 2022 on *Confession and the Spiritual Father in the Orthodox Church*, at 2:00pm, and the Pan-Orthodox Vespers at 3:30pm. Please spread the word.



www.stmichaelorthodox.com

16 Romanian Avenue, Southbridge Massachusetts

September 2022

Saint Michael's Romanian Orthodox Church
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Church New Year; St. Symeon the Stylite Paraklesis 6:00pm	2	3 Divine Liturgy 9:00am (Memorial Service following Liturgy 10:00am) Vespers, Litia 5:00pm
4 Matins 8:30am Divine Liturgy 9:30am	5 Holy Prophet Zacharias	6 Miracle of the Archangel Michael at Colossae	7 Vespers, Litia, Matins – Nativity of the Theotokos 6:00pm	8 Nativity of the Theotokos Divine Liturgy 9:00am Paraklesis 6:00pm	9 Sts. Joachim and Anna Divine Liturgy 9:00am	10 Parish Golf Tournament Divine Liturgy 9:00am (Memorial Service following Liturgy 10:00am) Vespers, Litia 5:00pm
11 Matins 9:00am Divine Liturgy 10:00am	12	13 Vespers, Litia, Matins – Elevation of the Holy Cross 6:00pm	14 Elevation of the Holy Cross (Fast Day) Divine Liturgy 9:00am Paraklesis 6:00pm	15	16 St. Euphemia the Great Martyr	17 St. Silouan Young Adult Retreat Divine Liturgy 9:00am Pan- Orthodox Vespers 3:30pm
18 Matins 9:00am Divine Liturgy 10:00am	19	20	21 Paraklesis 6:00pm	22	23 Vigil - Vespers, Litia, Matins – 10:00pm Divine Liturgy – St. Silouan 12:00pm	24 St. Thekla the Martyr; St. Silouan the Athonite Vespers, Litia 5:00pm
25 Matins 9:00am Divine Liturgy 10:00am	26 Falling Asleep of St. John the Theologian	27	28 Paraklesis 6:00pm	29	30	