





### **Epistle & Gospel Reflection—First Sunday of the Great Fast**

The Great Fast leads us through its six weeks toward the time of the Passion and the events of Holy Week. With each successive Sunday, encouragement is given to us to remain on course, to direct our focus of attention, our efforts toward this goal. The Epistle and Gospel Lessons are selected to offer us instruction and insight toward this end.

Today's Epistle lesson, from [Hebrews 11:24-26; 11:32-12:2](#) is a stirring and at times eloquent recitation of Old Testament figures—prophets, judges, kings, etc.—highlighting their heroic endurance. They are acclaimed for resisting allurements of rewards or compensations that would have drawn them away from God's purposes and designs. In the example and inspiration which they provide, they are described as a "great cloud of witnesses" which surrounds us [[Hebrews 12:1](#)]. The impact of their legacy is to motivate us, to "lay aside every weight, and sin which clings so closely" and "run with perseverance the race set before us".

And ultimately this means "looking to Jesus the pioneer and perfecter of our faith" [[Hebrews 12:1-2](#)]. So we continue along, not only to Holy Week, but to a fuller and more personal identification with Christ. During Lent this identification is in a particular way with his sufferings and even his death.

We also have today the words of Jesus to Nathanael in Saint John's Gospel as likewise addressed to us and pointing to this same path. Nathanael in his initial encounter with Christ is overwhelmed that Jesus possesses a knowledge of and perception into his own heart. But Jesus announces, "You will see greater things than this" [[John 1:50](#)]. If we enter seriously into the course of the Lenten season and journey, we are then to behold the events of our Lord's Passion, death and resurrection. We too will see "greater things" that what Nathanael experienced in that moment when Jesus revealed his knowledge about him. Once again our Lenten efforts are to bring us closer into an identification with Jesus, so that we share in these events in a deeply personal way. Dying and rising is the whole meaning and the rhythm of the Lenten season and its disciplines.

The first Sunday of the Great Fast is called *Sunday of Orthodoxy* to commemorate the victory of the true faith [*Orthodoxy*] in the historical event of restoration of icons to the churches. On March 11, 843 the Empress Theodora made a solemn procession in celebration of this event. It soon became an annual feast observed, as we do today, on the First Sunday of Lent.

This week the *Liturgy of Presanctified Gifts* will be on Wednesday at 7:00 pm. The Wednesdays and Fridays throughout the Great Fast are days of abstinence from meat. Please consult the more complete *Regulations for the Great Fast* elsewhere in today's' bulletin.

### **Second All Souls Commemoration**

**Saturday, March 11**, is the *Second All Souls Commemoration*. We pray for the deceased and remember by name parishioners and family members, at the Divine Liturgy and Panachida on Saturday morning.

## Schedule Notes...

The Saturday *Vigil Divine Liturgy* will resume on **Saturday, March 18** at 6:00 pm at Saints Peter and Paul, Dunlo. For the weekend of March 11-12, there will be only one Divine Liturgy. The Divine Liturgy at 9:00 am at Saints Peter and Paul, Portage on Sunday, March 12 will be the only Divine Liturgy. Thank you once again for your prayers and consideration at this time.

### Daylight Saving Time...

A reminder that *Daylight Saving Time* begins Sunday 12 March at 2 AM. Remember to set your clocks one hour ahead next Saturday evening.

## PARISH NEWS & COMING EVENTS



### Coffee Social for March—**TODAY**

There is a *Coffee and Donut Social TODAY--Sunday, March 5*, following the 9 am Divine Liturgy. Please take this opportunity to greet fellow parishioners and enjoy the coffee and refreshments.

### Church Cleaning for March

- The Church Cleaning for March is scheduled for **Monday, March 6**, at 9:00 am.
- A note of thanks to the volunteers for Saturday's Work Party and for the monthly Church Cleaning.

### The Byzantine Catholic World

The annual subscription rate is \$14. The envelope dated January 29 in your packet of offering envelopes may be used to begin or renew your subscription to *The Byzantine Catholic World* [BCW]. Please allow several weeks for new subscriptions to begin to be delivered.

### Remember In Prayer

Please pray for the health of *Helen Zaher* a resident at Maple Winds; *Fred Tutsock*; *June Nezniski*, Amber Hills Ebensburg; *Barbara Raptosh*; *Sasha Yetsko*; *George Yatsky*; *Ruby Moore*; *Charles* and *Joan Plishka*; *Frank Alberts*; *Tom Goncher*; *Joan Ditko*; *Cliff Inman*; *Shawn Crum*; *Msgr. Raymond Balta*; *Basil*, infant from St. Mary's, Cambria City; *Abbot Leo Schlosser*; and all the ill & homebound.

### Liturgical Chant –The Great Fast

- **2009 Edition of the Liturgy of the Presanctified Gifts** includes propers for the first day; Wednesdays, and Fridays for all weeks of the Fast. Pages are given before the service.
- On the **Sundays of the Great Fast**, the *Typical Psalms* [p. 16-17] replace the First and Second Antiphons; the *Beatitudes* [p. 23-24] are sung in place of the Third Antiphon. The responses for the Anaphora of Saint Basil the Great are on p. 96-100.
- The Troparion and other parts of the Divine Liturgy for the **Second All Souls Saturday** [February 20] are on p. 428; and for the Panachida on p. 432.
- The Troparion and other parts of the Divine Liturgy for **Sunday, March 12**, Resurrection Troparion Tone 2, are on p. 130-132; and for the **Second Sunday of the Great Fast** on page 222-223.
- The "Our Father", in Tone 2 may be found on p. 67. Please note instructions at the beginning of the Liturgy for opening hymns, and other alternate melodies etc.

### **Regulations for the Season of the Great Fast - 2017**

**Simple abstinence:** The law of simple abstinence forbids the use of meat, but permits the use of eggs and dairy products. All faithful of the Archeparchy who receive the Eucharist are obliged to observe simple abstinence when prescribed. Abstinence is obligatory all Wednesdays and Fridays of Great Fast.

**Strict abstinence:** The law of strict abstinence (fast) forbids the use and consumption of all meat, eggs and dairy products. All faithful of the Archeparchy who receive the Eucharist are obliged to observe strict abstinence when prescribed. **Strict abstinence (fast) is to be observed in 2017 on Pure Monday, February 27 (the first day of the Great Fast), and on Great and Holy Friday, April 14.**

**Dispensations:** Priests and parents are to ensure that minors are educated in the authentic sense of penance. Pastors and administrators, with just cause and taking into account acceptable reasons due to personal circumstances, may grant to the individual faithful as well as to individual families, dispensations, transferals, or commutations of abstinence and strict fast into other pious practices. Superiors of religious houses or clerical institutions enjoy these same faculties relative to their constituents.

**Liturgical Services:** The *Divine Liturgy of the Presanctified Gifts* takes precedence over all other Lenten Devotions. The *Divine Liturgy of the Presanctified Gifts* is to only be celebrated on Wednesdays and/or Fridays evenings of the Great Fast and also on Monday, Tuesday, and Wednesday of Holy Week.

**Other services** are encouraged during the season of the Great Fast, *but only those in keeping with the traditions of the Byzantine Catholic Church, namely:* Lenten Vespers, Lenten Hours, Akathist to the Passion, and Lenten Devotions. On Wednesday of Holy Week, the Office of the Holy Anointing may be incorporated into the Presanctified Divine Liturgy.

## **OTHER NEWS & EVENTS**

### **Byzantine Catholic Serra Club Spring Retreat Day**

The *Byzantine Catholic Serra Club* is hosting a *Spring Retreat Day*, Saturday, March 18. Fr. Don Ware, C.P. will present the Retreat Day on the theme "*Keeping Your Eyes on Jesus*". This day of prayer and meditation will take place at the Byzantine Catholic Seminary, 3605 Perrysville Avenue, Pittsburgh, Pennsylvania 15214. For directions, please visit: [www.bcs.edu](http://www.bcs.edu).

To register for this event, please contact Patricia Bovee 412-462-6385. Cost is \$20

### **Day of Reflection: "The Heart of a Catechist"**

A *Day of Reflection* on Sat. April 1, 9:30am to 2:30pm at Saints Cyril and Methodius Seminary, Pittsburgh, PA sponsored by the Office of Religious Education. The Presenter, Reverend Thom Dansak, is a priest of 42 years ordained for the Roman Catholic Diocese of Pittsburgh. Fr. Thom was a Chaplain in the United States Navy for 30 years and is retired with the rank of Captain.

The Office of Religious Education extends an invitation to all Deacons, parents who homeschool their children in catechesis and those who teach adult faith formation in parishes. Brochures are in the narthex. To register or for more information call 412-322-8773.

### **Saint Patrick's Day Party at Resurrection Church**

*Saint Patrick's Day Party* at the Resurrection Roman Catholic Church, 408 8<sup>th</sup> Ave., Cambria City on Saturday, March 11, 7:00 pm to 10:00 pm featuring the Michael O'Brian band. Doors open at 6:00 pm. The entrance fee is \$5.00. Irish food, soda and beer available for purchase.

For reservations please call Greg Babik at 322-6884 or Marybeth at the resurrection parish office at 539-5788 ext. 4. Please call early as seating is limited.

### **Mount Saint Macrina House of Prayer Events**

**Lenten Morning of Prayer--Grace, Forgiveness and Groaning:** *Rev. Joseph Raptosh*, Pastor, St. Michael Byzantine Catholic Church, Canonsburg, Pa. and Professor at Saint Cyril and Methodius Seminary; Sat., Mar. 18, 9:15 a.m.—1:00 p.m. Includes lunch. Offering: \$35. Registration due Mar. 14. *The Sacrament of Reconciliation will be offered*

**Lenten Day of Prayer: The Feast and Fasting:** *Helen Anne Hochendoner*, Bible Study Leader, St. Pius X Byzantine Catholic Church, Pittsburgh, Pa. Sun., Mar. 19 1:15 p.m.—5:00 p.m. Includes Supper. Offering: \$35. Registration due: March 15. *The Sacrament of Reconciliation will be offered.*

**Healing Retreat: Reverend William Kiel**, retired priest of the Greensburg Catholic Diocese. Sat., Mar. 25, 9:30 a.m.—3:30 p.m. Includes Lunch. Offering: \$35. Registration due: Mar. 20. *The afternoon will conclude with a Liturgy for Healing.*

**Men's Evening Out: Reverend Don Bolls**, Pastor, Resurrection Byzantine Catholic Church, Monroeville, Pa. Tues., Mar. 28, 7:00 p.m.—9:00 p.m. Offering: \$20. Registration due: March 24. *A time for men to gather, enjoy fellowship and be encouraged in their faith and daily living.*

To register for programs, or for more information call 724-438-7149.

### **Homebound and Nursing Home Residents—Remember in Prayer**

**At Home: SS Peter & Paul (Portage):** Dorothy Billy; Louise Halovich; Joseph Mandichak; Cathy Walters; Elsie Timura **St. Michael (South Fork):** Michelle Maskal; Anna Garanich; Catherine Czapp **St. Mary (Beaverdale):** Nancy Andrako; Catherine McGough; **SS Peter & Paul (Dunlo):** Mary Louise Cimba; Walter Prozialeck.

#### **Nursing & Other Care Facilities:**

- **Saint Benedict Manor, Carrolltown,** Catherine Thrower [Dunlo];
- **Forest Hills Personal Care, Sidman:** Pauline Valko [Dunlo]
- **Meadow View Nursing Center [Berlin]:** Margaret Timura
- **Arbutus Park Manor:** Margaret Rachael [Dunlo]
- **Maple Winds:** Mary Yetsko; Helen Zaher
- **The Winds at Mattern Orchard, Duncansville:** Mary Vrabel
- **Brookside Manor, Portage:** Andrew Majer
- **Amber Hills Ebensburg:** June Nezniski; Edward Andrykovitch [Beaverdale]; *Father Ronald Borsuk*
- **Cambria Care Ebensburg:** Barbara Raptosh

### ***Lenten Prayer of Saint Ephrem***

The **Lenten Prayer of Saint Ephrem** is used at all the services of the Great Fast. It expresses the spirit and aims of the Lenten disciplines in a profound yet simple way.

***Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter.***

***Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love. Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for you are blessed forever and ever. Amen***

## Liturgical Schedule Second Week of the Great Fast—March 5, 2017

<b>First Sunday of the Great Fast</b> <i>Sunday of Orthodoxy—Memory of the Holy Prophets</i>		
<b>Sunday March 5, 2017</b>		
Portage	<b>9:00 AM</b>	<b>Sunday Divine Liturgy</b>

**Monday, March 6** No Lenten services scheduled

**Tuesday, March 7** No Lenten services scheduled

**Wednesday, March 8** *Simple abstinence and fasting required*  
Portage 6:30 PM Mystery of Repentance [Confessions]  
7:00 PM **Liturgy of the Presanctified Gifts**

**Thursday, March 9** No Lenten services scheduled

**Friday, March 10** *Simple abstinence and fasting required*  
No Lenten services scheduled

<b>Second All Souls Saturday</b>		
<b>Saturday March 11</b>		
Portage	<b>9:00 AM</b>	<b>Divine Liturgy</b> followed by <b>Panachida</b>
Portage	3:00 PM	Reading of the Names of the Deceased Mystery of Repentance [Confessions]

<b>Second Sunday of the Great Fast</b>		
<b>Sunday March 12, 2017</b>		
Portage	<b>9:00 AM</b>	<b>Sunday Divine Liturgy</b>

### Lenten Reflection...Hope

*Hope looks for the good in people instead of harping on the worst.*

*Hope opens doors, where despair closes them.*

*Hope discovers what can be done instead of grumbling about what cannot.*

*Hope draws its power from a deep trust in God and the basic goodness of human nature.*

*Hope "lights a candle" instead of "cursing the darkness."*

*Hope regards problems, small or large, as opportunities.*

*Hope cherishes no illusions, nor does it yield to cynicism.*

*Hope sets big goals and is not frustrated by repeated difficulties or setbacks.*

*Hope pushes ahead, when it would be easy to quit.*

*Hope puts up with modest gains, realizing that "the longest journey starts with one step."*

*Hope accepts misunderstandings as the price for serving the greater good of others.*

*Hope is a good loser because it has the divine assurance of final victory*

*By Father James Keller, M.M. Founder, The Christophers*