



ST. GEORGE'S DIVINE SERVICES FOR THE WEEK

Monday, February 20	<i>First day of the Great Fast/ St. Leo of Catania, Bishop</i>
Pure-Clean Monday Strict Fast	9:00 A.M. First and Third Lenten Hours
	7:00 P.M. Compline-Canon of St. Andrew
Tuesday, February 21	<i>Venerable father Timothy of Symbola</i>
	7:00 P.M. Compline-Canon of St. Andrew
Wednesday, February 22	<i>Uncovering of the relics of the Martyrs of Eugenia</i>
	7:00 P.M. Liturgy of the Presanctified Gifts
Thursday, February 23	<i>Hieromartyr Polycarp, Bishop of Smyrna</i>
	7:00 P.M. Compline-Canon of St. Andrew
Friday, February 24	<i>First and Second Finding of the Head of St. John the Baptist</i>
	7:00 P.M. Compline-Canon of St. Andrew
Saturday, February 25	<i>Commemoration of the Miracle of the Great-martyr Theodore</i>
	5:00 P.M. Great Vespers
Sunday, February 26	First Sunday of the Great Fast/Sunday of Orthodoxy
	9:40 A.M. Third Hour
	10:00 A.M. Divine Liturgy

The Epistle Reading will be Heb 11:24-26.32-12:2 and the Gospel will be Jn 1:43-51. Supplications will be offered for the soul of +George Cheresnowsky, given by Magdalena Cheresnowsky. Supplications will be offered for the soul of +Peter Hall, given by Tony and Kate Mete. At the end of the Divine Liturgy we will have the Blessing of Icons and Procession with Icons.

2012 Lenten Regulations

Although our Church traditionally prescribed abstention from meat and dairy products in days gone by for the entire duration of the Great Fast-Lent, the following minimal Lenten regulations are in force in our Eparchy of St. Josaphat.



1. Abstinance from meat and all dairy products on the First Day of Lent (February 20, 2012) and on Good Friday (April 6, 2012).
2. Abstinance from meat on all Fridays of Lent as well as Holy Saturday (April 7, 2012). During the Great Fast, the faithful may also maintain the tradition of abstaining from meat on Wednesdays.
3. Reception of the Sacraments of Reconciliation and Holy Eucharist during the Paschal Season (from the onset of Lent to the Wednesday before Ascension Thursday)

Fasting and Abstinance regulations are not binding on persons 60 or older, the very poor, sick, nursing or pregnant women, children who have not completed their seventh year of age, and those who engage in physically very hard labor. Prayer and almsgiving oblige all!

In the authentic tradition of the Church, we also fast from the glorious celebration of the Divine Liturgy on the weekdays of the Great Fast. Only the Liturgy of the Presanctified Gifts is to be celebrated in all our Churches on the Wednesdays and Fridays of Lent, and on Monday, Tuesday and Wednesday of Great and Holy Week.

PRAYER OF SAINT EPHREM

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. (Prostration)

Instead, grant to me Your servant, the spirit of wholeness of being, humble mindedness, patience, and love. (Prostration)

O Lord and King, grant me the grace to be aware of my sins, and not to judge my brother. For You are holy, now and ever and forever. Amen. (Prostration)





THE TOP 10 LENTEN TIPS

1. Regardless of how you fast, fast every single day. This type of fasting helps wear down the passions and build spiritual endurance.
2. Know exactly what the fasting regulations are and try to approximate them as best you can. Each Lent, try to be more strict yet humble.
3. Particular concerns about fasting? Age, health issues, never fasted before, mixed-marriages? Speak with your parish priest.
4. Be sure to recite the Lenten prayer of Saint Ephrem (published in today's bulletin). If you cannot make prostrations just make bows or cross yourself.
5. On weekends, we do not make prostrations and our fasting is slightly relaxed since Saturday and Sunday are holy days.
6. The Lenten services and tones are offered only during the week – strive to participate as much as possible in these services and the spirit of Lent will rub off on you.
7. Sports and outdoor activities are not contrary to the Lenten spirit.
8. Strive to avoid going to movies, parties, vacations, and other entertainments. This we do so we can have more time to devote to spiritual things.
9. Confession and Holy Communion are central to securing the benefits of Lent. Without fail, we should receive the Sacraments during the period of the Great Fast- Lent.
10. Be mindful of what we look at and how much time we spend on TV and computer. Some give up TV for all of Lent. Others strictly limit their time and watch only educational and news programs. Surfing on the web? Hit the Church or theological sites.

Let your mind fast from vain thoughts; let your memory fast from remembering evil; let your will fast from evil desire; let your eyes fast from bad sights, let your ears fast from wicked songs and slanderous whispers; let your tongue fast from condemnation, blasphemy, falsehood, deception, foul language and every idle word; let your hands fast from theft; let your legs fast from walking evil paths.

St. Tikhon of Zadonsk

Announcements

Today: Sunday of Forgiveness

This Sunday is in our Liturgical calendar the last Sunday before the beginning of the Great Fast and is called Cheesefare Sunday. This Sunday is also called “Forgiveness Sunday” from the pious Eastern Christian custom of asking each other’s forgiveness for discourtesy and disrespect before we begin together our journey through the Great Fast-Lent. At the conclusion of the Divine Liturgy as a parish family we will celebrate this ancient Rite of Forgiveness. This is an opportunity for us to begin the Fast by making a fresh start with the Lord and one another. To reap the full benefits of this day, the Church calls us to share this spirit of forgiveness and reconciliation with all those in our lives: at home, at work, at school, in our extended families, and everywhere.

Today: Soup Sale

Following the Divine Liturgy the parents and children of our St. George’s Church School are having in the Church hall their Soup Sale. You will have the opportunity to purchase two delicious types of soups: Chicken Noodle and Beef & Barley. The price for a 16 ounce container is \$3.00. All proceeds go towards the children of St. George’s Church School. Make sure to support our children who are the future of our parish family.

Today: Forgiveness Vespers

To properly begin the journey of the Great Fast-Lent we are invited to join our brothers and sisters from our local parishes for Forgiveness Vespers at St. John the Baptist Ukrainian Catholic Church in Southside Pittsburgh. This prayerful event will take place on this Sunday afternoon starting at 1:30 p.m.

Today: Spaghetti Dinner in Carnegie

Holy Trinity Ukrainian Catholic Church in Carnegie (726 Washington Avenue) is sponsoring today its annual “All You Can Eat Spaghetti Dinner”, from 12:00 noon – 5:00 p.m. The cost is \$8 for adults, \$4 for children 12-6., 5 and under are free. Take out will also be available.

Next Sunday: 1st Sunday of the Great Fast

The First Sunday of the Great Fast is also called the Sunday of Orthodoxy in commemoration of the victory of orthodoxy-true faith in controversy over Holy Icons in the year 843. As part of this commemoration, the blessing of Icons will take place at the end of the Divine Liturgy. If you have any Icons, Crosses, religious items you would like to have blessed, please place them on the Tetrapod in the center of the Church.

PAC Meeting

On Tuesday, February 28th, starting at 6:30 p.m. we will have a Parish Advisory Council meeting in the Church hall. I ask all members of the PAC to please be present for this meeting. This meeting is open to all parishioners.

Lenten Retreat for Women

The Sisters Servants of Mary Immaculate are hosting a “Follow Me” weekend from March 9 – 11 for young women from the ages of 19 – 35 at St. Mary’s Villa in Sloatsburg, NY. There is no cost and this retreat is for any young woman who wants to follow Jesus closer, however she is being called. If you wish to attend, flyers and registration forms are available through the parish office.

St. George’s Parish Lenten Mission

Mark your calendars for our Parish Lenten Mission 2012 which will take place this year on Wednesday & Thursday, March 21-22, 2012. On Wednesday evening, March 21st, we will celebrate at 6:30 p.m. the Great Canon of St. Andrew of Crete. Following this Penitential Service Dr. Sandra Collins of the Byzantine Catholic Seminary will have in our Church hall a presentation entitled “The Woman at the Well”. On Thursday evening, March 22nd, we will celebrate at 6:30 p.m. the Anointing of the Sick – Holy Unction. This evening will be led by Fr. Kim Schreck, pastor of Christ the Divine Teacher Parish in Beaver Falls.

Make sure to mark your calendars for these two evenings and to invite relatives and friends for this time set-aside for the renewal of our souls and bodies during this journey of Lent.

Pyrohy

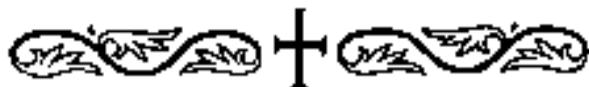
Our total income from last week’s sale was \$748.00. Sincere thanks to all our pyrohy workers for their hard work and dedication. Thank you!

Collection- May God bless you...

The total for Sunday, February 12, 2012 was \$1161.00.

*Estate of + Andrew Stanko: \$2233.68.

Sincere thanks to all for your kindness and generosity to our Holy Church!



What? ... Beginning of Lent: Pure Week? Why is it so important?

The first week of the Great Fast – Lent is called in our Holy Church “Pure Week” and is a very special time of renewal and rededication of our lives to God. It is not meant to be a “holy burden” imposed on our already-too-busy schedules. On the contrary, it can be a real gift from God. Reaping the fruits of this gift, however, will require considerable effort on our part. This effort is the seizing of a wonderful spiritual opportunity which goes far beyond merely fulfilling a “religious obligation.” What can I do during this special week?



In the evenings, make an effort at least once or twice to attend Great Compline with the Canon of St. Andrew of Crete, which sets the whole tone of our Lenten effort. On Wednesday evening plan to attend the Liturgy of the Presanctified Gifts with the reception of Holy Communion. Remember, Divine Services this week will be celebrated every day. Not everyone can attend all of them, but most of us can attend some of them.

Now, what is the Canon of St. Andrew of Crete? This Divine Service is one of the most beautiful and powerful services of the Lenten season, and will be served this week at 7: 00 p.m. on Monday, Tuesday, Wednesday and Friday. In this service, only about 50 minutes long, St. Andrew wonderfully weaves our own personal story of sinfulness and restoration in Christ with the accounts of the sinful and righteous of the Old and New Testaments, giving us greater awareness of not only the history of salvation for the people of God, but also greater insight into how we must participate in the writing of our own personal salvation history. This is one of the most important services of the Great Fast-Lent.

On Wednesday evening we will celebrate at 7:00 p.m. the Liturgy of the Presanctified Gifts. As we know the Great Fast-Lent is a season of repentance, fasting, and intensified prayer, and so the Church regards more frequent reception of communion as especially desirable at that time. However, since the full Divine Liturgy has a joyful character not in keeping with the somberness of the Great Fast, the Presanctified Liturgy is therefore celebrated instead on weekdays as prescribed. Should you have any questions or concerns, with regards to the Lenten disciplines and Divine Services, please do not hesitate to ask Fr. Valerian.