



ST. GEORGE'S DIVINE SERVICES FOR THE WEEK

- Monday, March 1 *The holy martyr Eudoxia of Heliopolis*
9:00 A.M. First and Third Lenten Hours
- Tuesday, March 2 *The holy hieromartyr Theodotus, Bishop of Cyrenia*
9:00 A.M. The Office of Matins during the Great Fast
- Wednesday, March 3 *The holy martyr Eutropius of Amasea*
7:00 P.M. Liturgy of the Presanctified Gifts
- Thursday, March 4 *Our venerable father Gerasimus of the Jordan*
6:30 P.M. Chant Rehearsal
- Friday, March 5 *The holy martyr Conon*
7:00 P.M. Akathist Hymn to the Passion of Christ
- Saturday, March 6 *Third All Souls Saturday*
9:00 A.M. Divine Liturgy, Sorokousty-Hramoty
5:00 P.M. Great Vespers
- Sunday, March 7 **Third Sunday of the Great Fast/Veneration of the Holy Cross**
9:40 A.M. Third Hour
10:00 A.M. Divine Liturgy

The Epistle Reading will be Heb 4:14-5:6 and the Gospel will be Mk 8:34-9:1. Supplications will be offered for the soul of +Anna Krepitch, given by son David Krepitch. Prior to the beginning of the Divine Liturgy a procession with the adorned Cross will take place as we honor the Holy and Life-giving Cross. Following the Divine Liturgy please come forward to venerate the Holy Cross as part of our Lenten journey.

First do the crossword puzzle using the clues below. Then take the words from the crossword puzzle to fill in the blanks.

ACROSS

1. A type of plastic card for shopping
4. God's kingdom
5. Praised, awarded
7. Talk to God
6. The Heavenly Father
9. Persons without necessities of life
10. To not eat

DOWN

2. Holiness
3. Prize for doing well
5. Persons who say one thing, but do another
6. Easy to use, readily understood

Guidelines to live for God

God wants us to do acts of _____ 2

We should help the _____ 9 without expecting _____ 3

_____ 5 or _____ 1. We should not be _____ 6 when we _____ 10 or _____ 8

We should _____ 7 quietly to God, not loudly in front of everyone as the _____ 50 do.

All of the things we do for God will be _____ 5A in _____ 4



We can achieve much more during this Great Fast!

During this Great Fast one of the hardest things for many Christian men and women of our day is fasting from food. However, the fast the Church asks for is MORE THEN FOOD. Food is only the first step to introduce us to an attitude of feeling different. If we fast when we are hungry, or have to say NO to a delicious hamburger, to be contented with a salad only, it will create in us a different sense of attitude: we have to say NO to ourselves. It has required a conscious act of choice on our part to be obedient to the Church.

Remember that when we fast during the Great Fast-Lent it is done not because we need to diet, not because it is healthy or is going to help us to have better figure, etc., but because we submit our judgment to the Church, which has the Holy Tradition of the Apostles for us, to mortify our bodies, in memory of the sufferings of Christ, in practicing of our wills to say NO to ourselves like athletes of the Kingdom of God. This hunger we experience will help our hearts to become quiet and, even silent, and they will rise in prayer to God asking strength to persevere in His service.

Living in this busy and loud 21st century society we are also called to a different kind of fast...Let us fast, also, of noise, of entertainment, of being curious in the affairs of our neighbor, even, of our relatives. Let us walk on the street with our eyes down, not to be occupied in the advertisements but with the memory of God, who is present in our hearts and wants to rest in them. By seeking silence we are to bring to our memories the offences we have given to God.

For this reason the Church, following the example of Christ's forty days in the wilderness, where He himself was tempted, has instituted the Great Fast-Lent. Fasting of food is the physical environment for us to immerse ourselves in much greater enterprises: learning and praying.

LEARNING: This happens with the daily readings, reading the prescribed readings from Holy Scripture (check out your ecclesiastical wall calendar) or the Lives of the Saints. PRAYING: attending the Divine Services that our Holy Church offers during the Great Fast-Lent, especially the Liturgy of the Presanctified Gifts on Wednesdays, the Akathist Hymn on Fridays, and many others, but also our private prayer in the solitude and silence of our private rooms.

Announcements

Today: Second Sunday of the Great Fast

On this Second Sunday of the Great Fast we remember one of the greatest theological minds in the Eastern Church: Our holy father Gregory Palamas, Archbishop of Thessalonica (1296-1359). He was a defender of mystical prayer (Hesychasm). As a Confessor of our Holy Faith he affirmed that nothing is more important than a ceaseless stream of prayer mounting upward to God. In practicing this mystical prayer he devoted himself to silent, mystical meditation to achieve oneness with God. As we continue our Lenten journey let us all continue to lift up our hearts in that ceaseless stream of prayer to Our Heavenly Father

Next Sunday: Flowers for the Cross

On Sunday, March 7th, we will celebrate the Third Sunday of the Great Fast on which we honor the Holy and Life-giving Cross of Our Savior. According to our Liturgical tradition the Cross is carried from the altar on a tray of flowers, and placed in the midst of the congregation so that we may pay homage to the symbol of our salvation. The beautiful flowers surrounding the Cross signify the fragrance, sweetness and beauty that it has added to life. If you wish to sponsor flowers for the Holy Cross on this upcoming Third Sunday of the Great Fast, you may do so in honor or memory of a loved one. We ask that you use the special envelopes that are available for this purpose in the Church vestibule. Please print the names of your loved ones on this envelope and circle the proper prayer intention. Your prayerful intentions will then be published on that Sunday in our parish bulletin. *"Shine, Cross of the Lord, shine with the light of your grace upon the hearts of those that honor you!"*

The Pittsburgh Lenten Mission 2010

Please plan to be here for our upcoming Pittsburgh Lenten Mission 2010 that will take place Sunday, March 14 – Friday, March 19, 2010. It is a blessing that this year we will welcome into our community of faithful Fr. Reginald Russo, OFM-Capuchin. Father Reginald is well known as a retreat master and has given many Parochial Lenten Missions in our area. The parishes participating in this prayerful event are St. John UCC in Southside Pittsburgh, St. George UCC in Northside Pittsburgh, and St. John UCC in McKees Rocks. **As a parish family we will welcome the faithful from our local parishes to St. George's on Wednesday & Thursday, March 17-18.** Mark your calendar for this event that brings us together for the renewal of our souls and bodies in preparation for the Great Feast of the Resurrection-Pascha. Stay tuned for more info on this prayerful event...

Pyrohy

Our total income from last week's sale was \$979.00. Sincere thanks to all our dedicated pyrohy workers for their hard work during this Lenten Season. Due to the great number of orders, we ask you to place your orders in advance. Thank you!

Collection- May God bless you...

The total for Sunday, February 21, 2010 was \$1422.10. Sincere thanks to all for your kindness and generosity to our Holy Church!

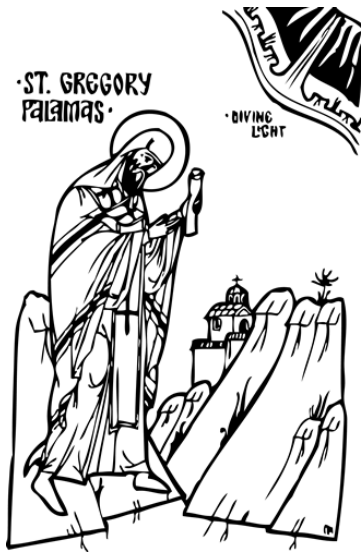


From the writings of St. Gregory Palamas, Archbishop of Thessalonica

"At every hour invoke Him, Him Who is the object of our meditations, so that our mind may always be absorbed in Him and our attention concentrated each day on Him... invoke the name of God with your lips and also with desire and with thought so that the only saving remedy may be applied to all by which we have sinned, for there is no other name by which we are saved, as stated in Acts 4:12: "Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved."

"Let no one think, my brother Christians that it is the duty only of priests and monks to pray without ceasing, and not of

laymen. No, no; it is the duty of all of us Christians to remain always in prayer. For look what the most holy Patriarch of Constantinople, Philotheus, writes in his life of St. Gregory of Thessalonica. This saint had a beloved friend by the name of Job, a very simple but most virtuous man. Once, while conversing with him, His Eminence said of prayer that every Christian in general should strive to pray always, and to pray without ceasing, as Apostle Paul commands all Christians, "Pray without ceasing" (I Thessalonians 5:17), and as the prophet David says of himself, although he was a king and had to concern himself with his whole kingdom: "I foresaw the Lord always before my face" (Psalms 15:8), that is, in my prayer I always mentally see the Lord before me. Gregory the Theologian also teaches all Christians to say God's name in prayer more often than to breathe."



Second Sunday of the Great Fast

But that you may know that the Son of man has authority on earth to forgive sins - He said to the paralytic - "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all...

On this Second Sunday of the Great Fast, we commemorate the twofold miracle of forgiveness and healing performed by our Lord on a certain paralyzed man. It is the commemoration of the power of God working through Jesus Christ. We may look upon the paralytic as a "messenger" of God, an imperfect human messenger. Nevertheless he was made complete by the power of God, and was sent home by our Lord to be a living and walking message of hope to his family and friends.

This Second Sunday of the Great Fast is also a commemoration of our holy father Gregory Palamas. Saint Gregory was a mere mortal filled by the wisdom and power of God. He was a vigilant contestant of the true faith, trying to keep Christianity unpolluted by heretical doctrines. He was a "messenger" of the reality of the powers and energies of our God and the uncreated light which our Lord revealed at Mount Tabor.

We see today two different types of mediators or messengers; we observe that God works in many different and mysterious ways. He works through His angels, He works through His Apostles and Saints -- but He may also choose to work through His sinful, imperfect servants. In other words God may also work through any of us today.

Let us ask ourselves on our Lenten journey: How does God work through us? We are all sinners, we are all imperfect, we are all unworthy. Yes indeed this is true we are all unworthy, but God who has eyes everywhere can see through and beyond our sins and can penetrate our hearts.

God can also see through our false piety our empty prayers and pietistic tears. He alone knows our potential our true intentions, whether they are good or bad. He alone knows if our faith is true, or false. Ultimately - we are all unworthy, but by the grace and power of God we may become counted worthy to serve our God.

HEALING OF THE PARALYTIC



