



# ST. GEORGE'S DIVINE SERVICES

**Saturday, Feb. 13**

**All Holy Ascetical Fathers and Mothers**

Readings: 1 Cor. 10:23-28; Lk. 21:8-9, 25-27, 33-36

**4:00 P.M. Vigil Divine Liturgy (Arnold, PA)**

**6:30 P.M. Vigil Divine Liturgy (McKees Rocks, PA)**

**Sunday, Feb. 14**

**Sunday of Cheese Fast**

Readings: Rom. 13:11-14:4; Mt. 6:14-21

**9:10 A.M. Third Hour;**

**9:30 A.M. Divine Liturgy/Right of Forgiveness**

Supplications will be offered for+ **Michael & Mary Senko (75<sup>th</sup> Wedding Anniversary) (by Deborah Label)**

**Monday, Feb. 15**

**First Day of the Great Fast**

First Day of the Great fast

Readings: Gen. 1:1-13; Prov. 1:1-20

**7:00 P. M. Liturgy of Presanctified Gifts (McKees Rocks)**

**Tuesday, Feb. 16**

**St. Pamphilius & Others Martyrs**

Second Day of the Great fast

Readings: Gen. 1:14-23; Prov. 1:20-33

**7:00 P. M. Liturgy of Presanctified Gifts (North Side)**

**Saturday, Feb. 20**

**Commemoration of the miracle of the Great Martyr Theodore**

Readings: Heb. 1:1-12; Mk. 2:23-3:5

**6:30 P.M. Vigil Divine Liturgy (McKees Rocks)**

**Sunday, Feb. 21**

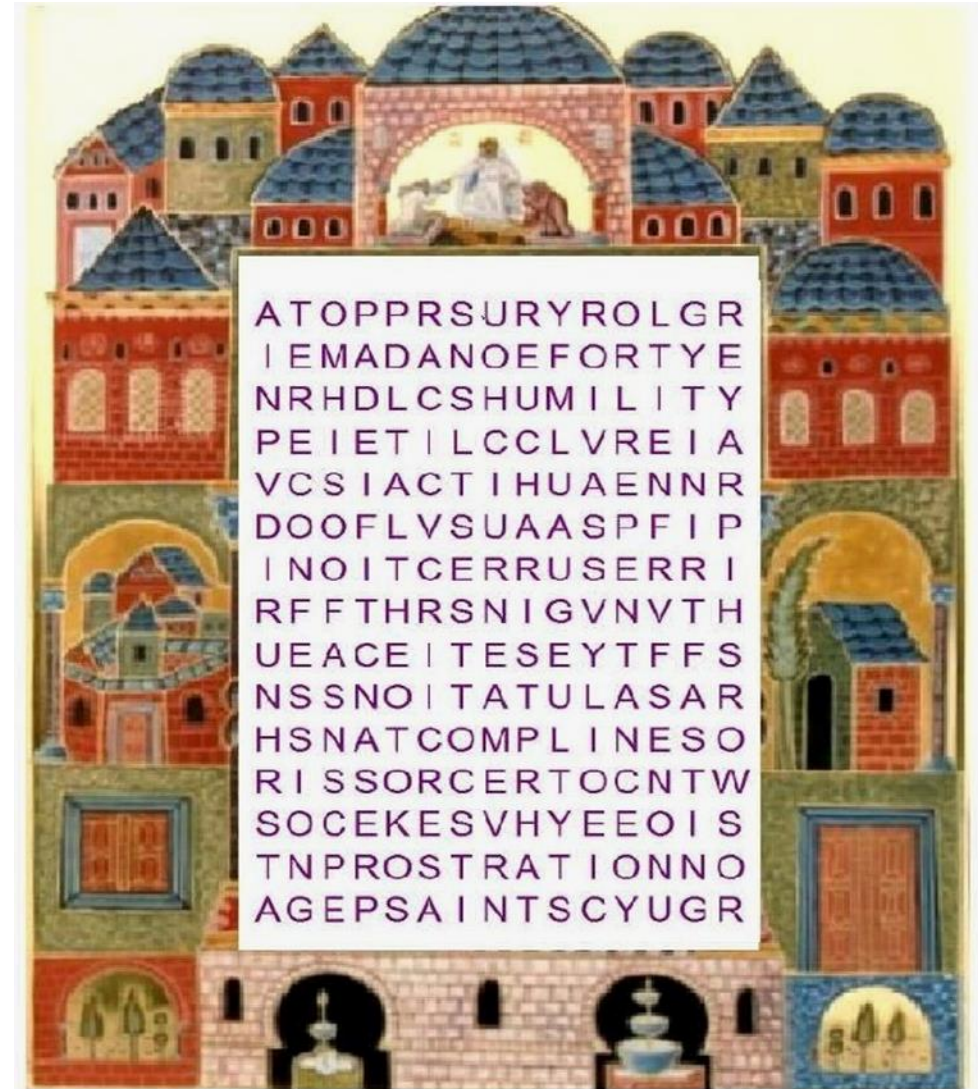
**First Sunday of the Great Fast**

Readings: Heb. 11:24-26, 32-12:2; Jn. 1:43-51

**9:10 A.M. Third Hour**

**9:30 A.M. Divine Liturgy/Blessing of icons**

Supplications will be offered for+**Myroslava Husak**, given by granddaughter Maryana



## **LENTEN WORD SEARCH**

Adam	Compline	Confession	Cross
Eucharist	Eve	Faith	Fasting
Forty	Glory	Heaven	Humility
Icon	Life	Liturgy	Pascha
Prayer	PreSanctified	Prostration	Repentance
Resurrection	Saints	Salutations	Savior
Sinner	Soul	Theotokos	Trinity
Unction	Worship		

## 2021 Lenten Regulations



Although our Church traditionally prescribed abstinence 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. Abstinence from meat and all dairy products on the First Day of Lent (February 15, 2021) and on Good Friday (March 28, 2021).

2. Abstinence from meat on all Fridays of Lent as well as Holy Saturday (April 3, 2021). 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)

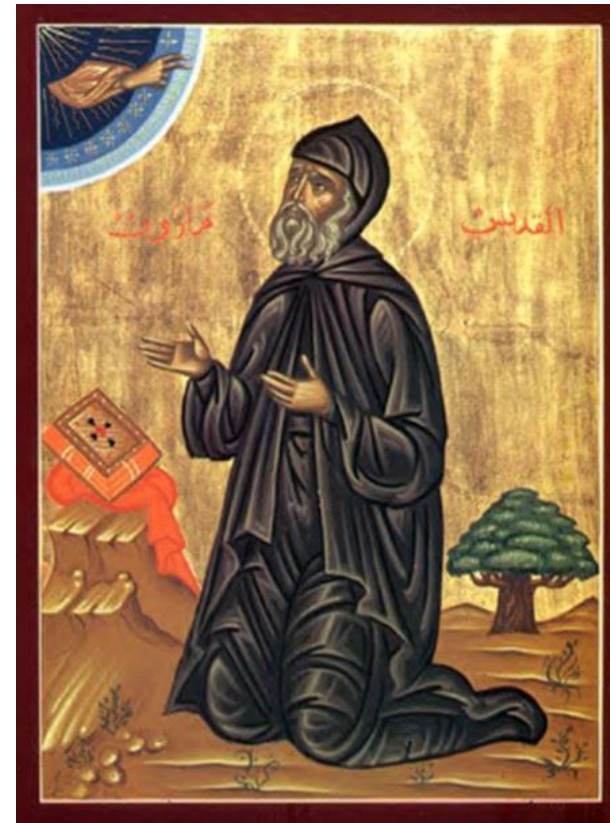
Fasting and Abstinence regulations are not binding on persons 60 or older, the very poor, sick, nursing or pregnant women, children who have not completed their seventh year of age, and those who engage in physically very hard labor. Prayer and almsgiving oblige all!

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.

*Let us begin the Fast with joy! Let us prepare ourselves for spiritual efforts! Let us cleanse our soul and cleanse our flesh! Let us abstain from every passion as we abstain from food! Let us rejoice in virtues of the Spirit and fulfill them in love! That we all may see the Passion of Christ our God, and rejoice in spirit at the holy Pascha!*

*Turning away from all wickedness means keeping our tongue in check, restraining our anger, avoiding all gossip, lying and swearing. To abstain from these things – herein is the true value of the fast.*

- St. John Chrysostom



## February 14, 2021

**Sunday of Cheesefare -  
Sunday of Forgiveness, Tone  
4; the Repose of Our  
Venerable Father Constantine  
the Philosopher, in the  
Monastic Life, Cyril, Teacher  
of the Slavs (869); and our  
Venerable Father Auxentius  
(457-74); and the Venerable  
Maron the Wonder**

**Changeable Part: Pages 6-8**

*In the Booklet of Changeable Parts  
(Small white book)*

## 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, we will have the Rite of Forgiveness during which we will ask each other for forgiveness. Please make sure that you have the special booklets for this Service, which are available in the Church vestibule.

### Next Sunday: 1<sup>st</sup> 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.

## St. George Kitchen News

### Soup Sale

This week, we have mushroom barley soup (\$7.00 per quart) available for sale. We are still looking for volunteers to help. Please check the sign up sheet in the vestibule for available dates.

### Pyrohi

Pyrohi are available for sale today. Frozen varieties (jalapeño, loaded baked potato, half and half) are ready for sale. There are fresh potato/cheese.

For February 25 and 26, there will be potato/cheese.

To guarantee that you get your order, please call the church hall and leave a message with your order.

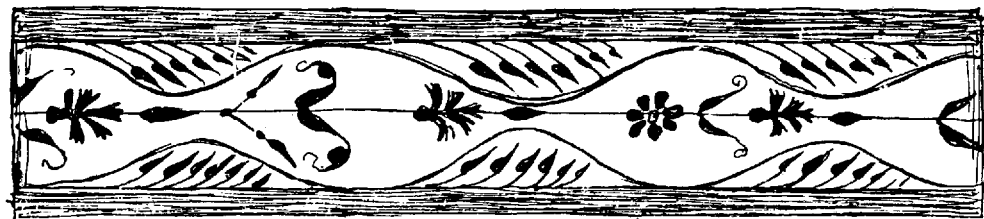
Our total income from last week's sale was \$1,211.00. Thanks to all our dedicated women and men that come faithfully to be part of this parish activity.

### Collection- May God bless you...

The grand total for Sunday of February 7, 2021 was **\$810.66**

(Collection: \$765.00, loose & candles: \$25.00, Nut rolls: \$20.00)

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



### Prayer of Protection from the Coronavirus

O God Almighty, Lord of heaven and earth and of all creation visible and invisible, in Your ineffable goodness, look down upon Your people gathered in Your Name. Be our helper and defender in this day of affliction. You know our weakness. You hear our cry in repentance and contrition of heart. O Lord Who loves mankind, deliver us from the impending threat of the coronavirus. Send Your Angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians, and preserve those who are healthy that we may continue to serve You in peace and glorify Your Most Honorable and Majestic Name, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages. Amen

### ***“The Lenten Spring Has Come”***

The first day of the Great Fast “Pure Monday” begins tomorrow (March 7). It is extremely important to get off to a good start. Here are a few things that will make it a truly Holy and Beautiful “Lenten Spring.”



- The Great Canon of St. Andrew of Crete will be celebrated each evening, Monday, Tuesday, Thursday and Friday, at 7 p.m. this first week of Lent. The Presanctified Liturgy will be celebrated on Wednesday evening at 7:00 p.m. Come to as many of these services as you can.

- Plan on keeping an especially good fast for that first week. Show yourself that you can be a disciplined faster. We are a product of what we don't eat as much as what we do!

- Get some good books to read - you can get some excellent material at the Byzantine Seminary Press (3643 Perrysville Avenue, Pittsburgh) or visit: [www.byzsempress.org](http://www.byzsempress.org). Make ready to have some quiet time without the TV, radio or computer.

- Set aside some monies to give alms, charities. As difficult a time you may be having, there are those who are having it much worse and could use your help.

- Rediscover prayer! Make a daily practice of St. Ephraim's Prayer. The prayer is not just for when you are in Church! Pray the Lord's Prayer at least three times during the day. If you do this you will find that you will begin to pray more.

### **PRAYER OF SAINT EPHRAIM**

*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)*