



## 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 21, 2021

**First Sunday of the Great Fast - Sunday of Orthodoxy, Tone 5; Our Venerable Father Timothy of Symbola (8th c.); Our Holy Father Eustathius, Archbishop of Great Antioch (338)**

**Changeable Part: Pages 6-8**

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

## Announcements:

### Today: 1<sup>st</sup> Sunday of the Great Fast

Today we celebrate the First Sunday of the Great Fast which 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.

### Flowers for the Cross

On Sunday, March 7<sup>th</sup>, we will celebrate the Third Sunday of the Great Fast on which we honor the Holy and Life-giving Cross of Our Savior. 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.

### Our Sympathies

Our prayers and sympathies are extended to the family and friends of +David Barshowski who was buried on Thursday, February 11th, 2021. *May the Lord commit his soul to the place where the just repose and may his memory be eternal- Вічна Память!*

## 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.

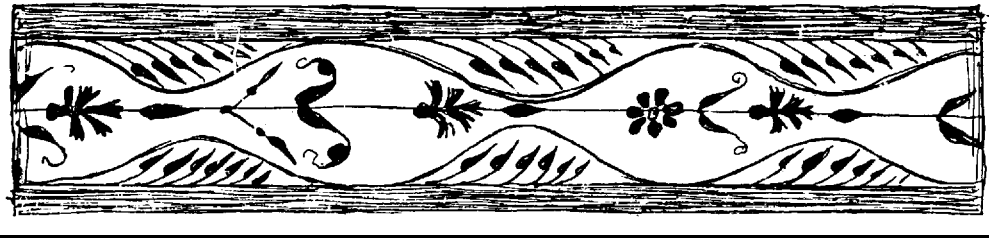
Our total income from last week's sale was \$1,032.00. Thanks to all our dedicated women and men that come faithfully to be part of this parish activity.

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

The grand total for Sunday of February 14, 2021 was **\$1,783.00**

(Collection: \$1255.00, Soup sale: \$28.00, Online Donation: \$500.00)

***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

### ***During this Lenten Spring remember to Plant Your Garden Today!***

Anyone who works in the garden knows the importance of putting good seed into the ground because as the saying goes we shall reap what we sow. It is the same with the human heart – what goes into the soil of the human heart will ultimately grow and sprout forth, manifesting itself in our words and actions. The following is a recipe for a Christian heart which by the grace of God will bear much fruit!



1. First, plant three rows of PEAS: PATIENCE – PROMPTNESS – PRAYER
2. Next, plant three rows of SQUASH: SQUASH gossip - SQUASH indifference - SQUASH criticism
3. Then, plant four rows of LETTUCE: LET US obey the Lord - LET US be loyal - LET US be true to our obligations - LET US be unselfish
4. Finish with four rows of TURNIP: TURN UP when needed - TURN UP with a smile - TURN UP with a vision - TURN UP with determination

Plant your garden today, remembering the words of the holy apostle Paul: *“He who sows sparingly shall also reap sparingly, and he who sows bountifully shall also reap bountifully.”* (2 Cor. 9:6)



### **ON THE POWER OF LOVE**

A scholar attracts by his knowledge, a wealthy man by riches, a handsome man by beauty, and an artist by his skill. Each of these attracts a limited number of individuals. Only love attracts all human beings. The attraction of love is unlimited. And educated or uneducated, rich or poor, skilled or unskilled, beautiful or ugly, healthy or sick, and young or old - all want to be loved. Christ spread His love on everyone, and lovingly drew all to Himself. With His great love He encompassed even the dead, long decomposed and forgotten by men.

- St. Nikolai Velimirovich