



T. GEORGE'S DIVINE SERVICES

Saturday, Feb. 10

All Holy Ascetical Fathers and Mothers

Readings: 1 Cor. 10:23-28; Lk. 21: 8.9-27.33-36

6:00 P.M. Vigil Divine Liturgy

Sunday, Feb. 11

Sunday of the Cheese Fare/ Forgiveness Sunday

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

9:10 A.M. Third Hour;

9:30 A.M. Divine Liturgy & Rite of Forgiveness

Supplications will be offered for **+Lisa Loy, given by Olech & Motria Hodowanetc**

Supplications will be offered for **+Maria Vovk, given by grandson Fr. Igor**

Monday, Feb. 12

St. Eutropius, and other Martyrs

First Day of the

Great fast

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

6:30 P.M. Liturgy of Presanctified Gifts (McKees Rocks)

Thursday, Feb. 15

St. Onesimus, Apostle

Reading: Gen. 2:4-19; Prov. 3:1-18

6:30 P.M. Liturgy of Presanctified Gifts (North Side)

Saturday, Feb 17

Miracle of the Great-Martyr Thodore

Readings: Heb. 11:24-26.32-12:2; Jn. 1:43-51

6:00 P.M. Vigil Divine Liturgy (McKees Rocks)

Sunday, Feb. 18

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

Supplications will be offered for **+Yuriy Hordynskyj, given by mother Marta**

Supplications will be offered for **+Antonii, Anthony, Anna Fedyna**

Write the words from the coins on the correct lines.

“ _____ 9 _____ 3 _____ 11 _____
 _____ 14 _____ 19 _____ 4 _____
 _____ 16 _____ 5 _____
 _____ 17 _____ 12 _____ 1 _____
 _____ 7 _____ 19 _____ 4 _____ 16 _____
 _____ 15 _____ 13 _____ 8 _____ 10 _____ 2 _____
 _____ 18 _____ 6 _____ 24 _____ 2 _____ 21 _____
 _____ 22 _____ 20 _____ 23 _____” - Matthew 6:19

2024 Lenten Regulations

Although our Church traditionally prescribed abstinence from meat and dairy products in days gone by for the entire duration of 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 (Feb. 12, 2024) and on Good Friday (March 29, 2024).**
2. **Abstinence from meat only on all Fridays of Lent as well as Holy Saturday (March 30, 2014). We also recommend voluntary abstinence from meat on all Wednesdays of Lent.**
3. **Reception of the Sacraments of Reconciliation and Holy Eucharist during the Paschal Season (from the onset of Lent, Feb.12, 2024 to the Wednesday before Ascension Thursday, May 8, 2024)**



Fasting and Abstinence regulations are not binding on persons 60 or older, the very poor, sick, nursing or pregnant women, children below the age of 14, and those who engage in very hard physical 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 set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted worthy to see the solemn Passion of Christ Our God, and with great spiritual gladness to behold His Holy Passover.

(Forgiveness Vespers)



February 11, 2024

Sunday of Forgiveness
(Cheesefare). Octoechos Tone
4. Martyr Blaise, Bishop of
Sebastia (313-24).

Changeable Parts – Pages 11-12
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 Great Fast 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.

Mardi Gras Party

Here in our local community, Brighton Heights Lutheran Church (3830 California Avenue) invites us to their annual Mardi Gras, which will take place on Sunday, February 11th from 12:00-4 p.m. Music will be by the Blue Orphans Band. Delicious food and coffee & desserts will be served. There is a Free Will offering to benefit various ministries. You can make your reservations by calling 412-761-8545.

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.

Next Coffee **Social and Children Liturgy** on Sunday, Feb. 25, 2024. If you would like to sponsor it let know to Fr. Igor.

Sarris Easter Candy – It's time to place your orders for Easter candy. Order sheets are in the vestibule and are due back by February 11, 2024. Delivery date is March 17, 2024

Pyrohy

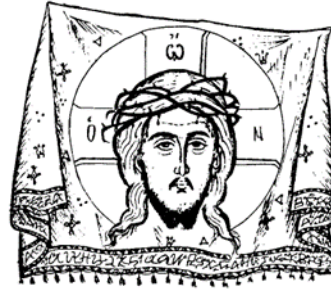
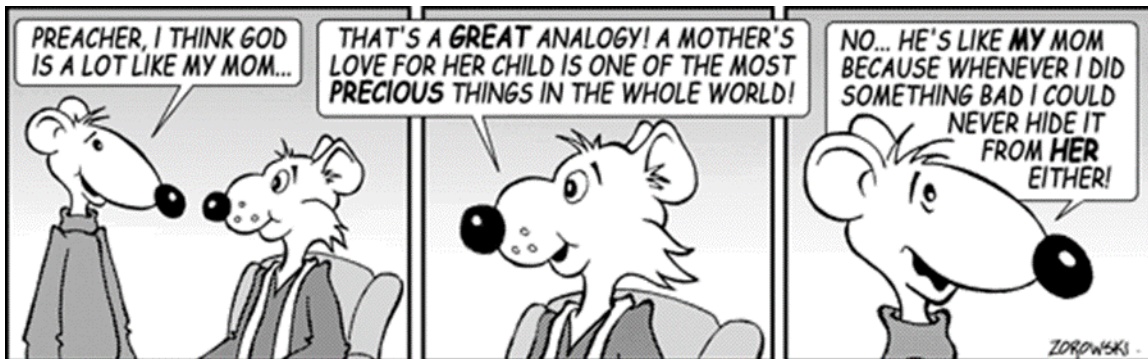
Our total income from last week's sale was **\$852.50**. Thanks to all our dedicated women and men that come faithfully to be part of this parish activity. **Help is very much needed with our pyrohy activity!** The upcoming Lenten season is our busiest time of the year and with this being the busiest time, we also generate income for our parish. I ask that you PLEASE consider helping with this activity. Help is very much needed now on Wednesday (8:00 a.m.) when the potatoes and sauerkraut are being prepared. On Wednesday (10:00 a.m.) we need more help with the production itself. Please come and give us a hand with this fundraiser that helps with the expenses of the parish.

Collection- May God bless you...

The total for Sunday of February 4, 2024 was **1,295.00**

(Collection: \$1075.00, Loose: \$155.00; Ukraine: \$56.00)

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



We begin the Great Fast...is it all about food?

The word “fast” means not eating all or certain foods. As faithful, we can fast completely at certain times of great importance, and especially each time before receiving Holy Communion. Usually, fasting means limiting the number of meals and/or the type of food eaten.

The purpose of fasting is to remind us of the Scriptural teaching, “Man does not live by bread alone.” The needs of the body are nothing compared to the needs of the soul. Above all else, we need God, who provides everything for both the body and the soul. Fasting teaches us to depend on God more fully.

The first sin of our parents, Adam and Eve, was eating from the forbidden tree (Genesis 3:1-19). We fast from food, or a food item, as a reminder that we are to fast from sinning and doing evil. There are several benefits of fasting. Fasting helps us pray more easily. Our spirit is lighter when we are not weighed down by too much food or food that is too rich. Through fasting, we also learn to feel compassion for the poor and hungry and to save our own resources so that we can help those in need.

Fasting is more than not eating food. Saint John Chrysostom teaches that it is more important to fast from sin. For example, besides controlling what goes into our mouths, we must control what comes out of our mouths as well. Are our words pleasing to God, or do we curse God or our brother?

The other members of the body also need to fast: our eyes from seeing evil, our ears from hearing evil, and our limbs from participating in anything that is not of God. Most important of all, we need to control our thoughts, for thoughts are the source of our actions, whether good or evil.

Fasting is not an end in itself. Our goal is an inner change of heart. The Lenten Fast is called “ascetic.” This refers to actions of self-denial and spiritual training which are central to fasting.

Fasting is a spiritual exercise. It is not imposed or forced upon us. In the same way that true repentance cannot be forced upon anyone, each of us makes the choice to turn away from our sinful ways and go toward our loving, forgiving Father in Heaven.