



ST. GEORGE'S DIVINE SERVICES

Saturday, March 15

Second All Souls Saturday

Readings: Heb. 1:10-2:3; Mk. 2:1-12

10:00 A. M. Divine Liturgy/Sorokousty-Hramoty

4:00 P.M. Vigil Divine Liturgy (McKees Rocks)

Sunday, March 16

Second Sunday of the Great Fast

Readings: Heb. 1:10-2:3; Mk. 2:1-12

9:30 A.M. Divine Liturgy

Supplications will be offered for **+Robert Novak, given by family**

Supplications will be offered for **+Willow Fuchs, given by Mary Siweckyj**

Thursday, Mar. 20

Venerable Fathers of St. Sabbas Monastery

Readings: Gen. 7:11-8:4; Prov. 10:1-22

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

Saturday, March 22

Third All Souls Saturday

Readings: Heb. 10:32-38; Mk. 2:14-17

10:00 A. M. Divine Liturgy/Sorokousty-Hramoty

4:00 P.M. Vigil Divine Liturgy (McKees Rocks)

Sunday, March 23

Third Sunday of the Great Fast/Veneration of The Cross

Readings: Heb. 4:14-5:6; Mk. 8:34-9:1

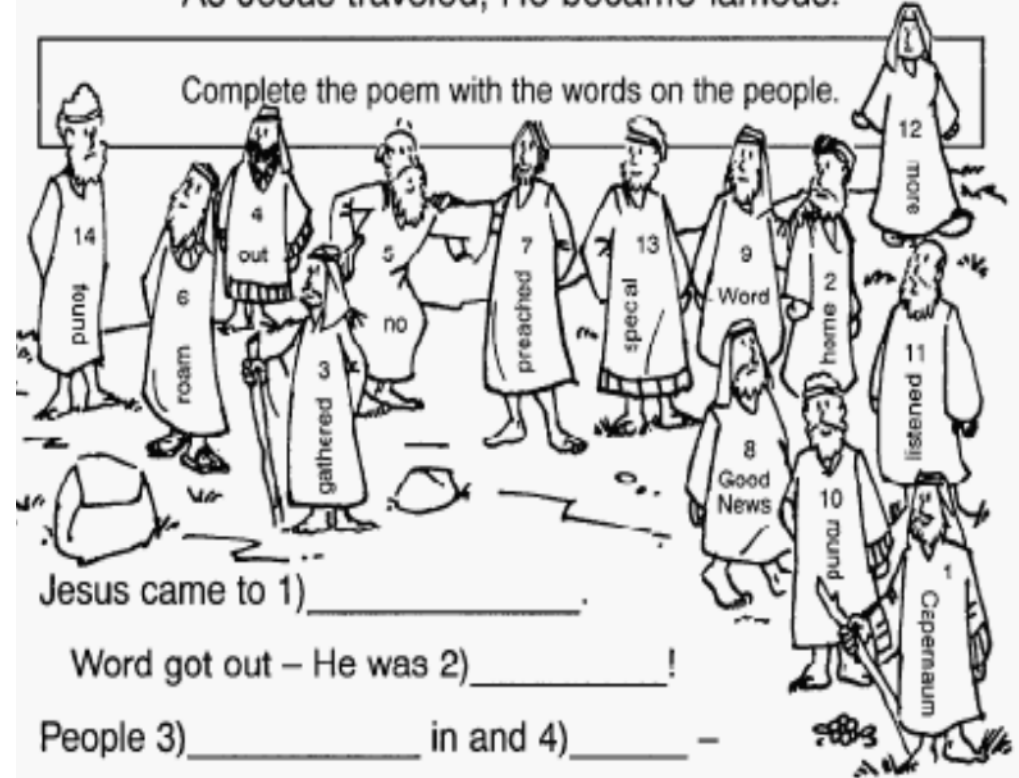
9:30 A.M. Divine Liturgy

Supplications will be offered for **+Mihajlo & Anastasia Kozak, given by friends**

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

A Paralyzed Man is Healed

As Jesus traveled, He became famous.



Complete the poem with the words on the people.

Jesus came to 1) _____.

Word got out – He was 2) _____!

People 3) _____ in and 4) _____ –

there was 5) _____ room to 6) _____!

He 7) _____ 8) _____ and the 9) _____

to those who gathered 10) _____.

They 11) _____ and they wanted 12) _____ –

from a 13) _____ man they'd 14) _____.

Carrying Our Cross – What Christ Teaches Us About Endurance in Faith

Great Lent is a time of carrying our own crosses with patience and humility, just as Christ carried his for the salvation of the world. *“If anyone would come after me, let him deny himself and take up his cross daily and follow me”* (Luke 9:23).

Each sacrifice we make during Lent, whether small or great, unites us more closely to Christ’s suffering. Through fasting, prayer, and acts of kindness, we learn to bear our struggles with faith and trust in God’s will. Moreover, fasting allows us to remove distractions from our lives which take our focus off of God.

In the Eastern Catholic Church, Great Lent is marked by unique and beautiful traditions that guide the faithful through this sacred season:

- Presanctified Liturgies – A special service celebrated on Wednesdays and Fridays, where the Eucharist, consecrated on Sunday, is received during the week to sustain the faithful in their journey.
- The Prayer of St. Ephrem – A Lenten prayer recited daily, asking God to remove the spirit of idleness and indifference and replace it with humility and love.
- Almsgiving and Confession – Lent is a time to reconcile with God and others, practicing acts of charity and seeking the Mystery of Repentance.

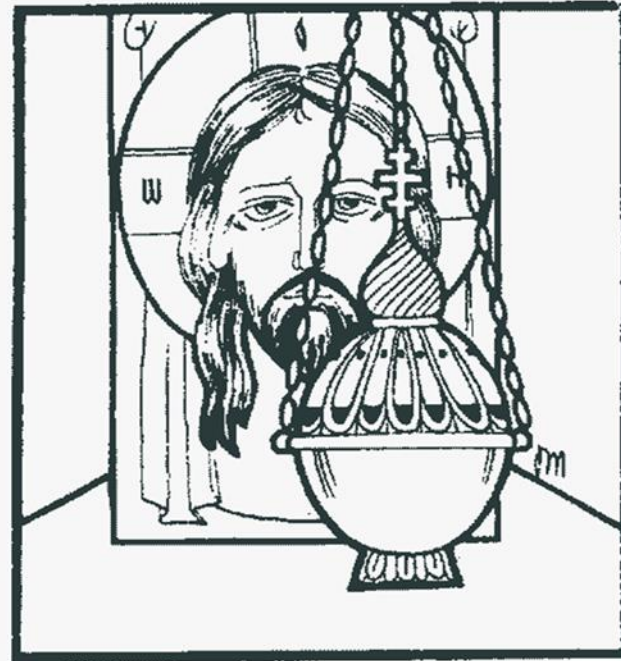
Ukrainian and Canadian Lenten Traditions

Ukrainian Catholic communities have long observed Pylypivka (St. Philip’s Fast) before Christmas, which echoes the themes of Great Lent. Many families prepare for Easter by:

- Making pysanky (Easter eggs) – An ancient tradition rich with Christian symbolism.
 - Preparing Lenten meals – Borscht with mushrooms and beans, pyrogies replace meat and dairy.
 - Living Lent as a Family – Great Lent is a time for families to grow together in faith through acts of prayer, charity, and love.
- Families pray and make poklony (prostrations) during the Lenten prayers, visit cemeteries to remember their departed loved ones, light candles in church, and spend time with grandparents, sharing stories and faith traditions. Cleaning the home together can also be a meaningful way to prepare both physically and spiritually for Pascha. Acts of charity—helping those in need, donating to the poor, or supporting parish initiatives—allow families to live out Christ’s call to love and serve others.

Lent is not just about personal reflection; it is a journey we walk together, deepening our faith as a family and as a community.

Great Lent is a time to refocus, renew, and grow in our relationship with Christ. Whether through fasting, prayer, or acts of kindness, each step brings us closer to the joy of the Resurrection.



March 16, 2025

Second Sunday of
Great Fast

Octoechos Tone 2

**The Holy Martyrs
Sabinus and Papas**

Changeable Parts – See the
special insert available in the
church vestibule.

Announcements:

Today: 2nd Sunday of the Great Fast

We celebrate the Second Sunday of the Great Fast on which we commemorate our holy father, Gregory Palamas, the great defender of the Eastern Church’s doctrine of Hesychasm. It was St. Gregory Palamas who bore witness that by prayer and fasting human beings can become participants of the uncreated light of God’s divine glory even in this life.

From April 6-9, 2025 the American Coalition for Ukraine is hosting a bi-annual advocacy event in Washington DC with members of Congress. They are in need of volunteer delegates to meet with their Congressional Representatives. Please see the enclosed letter in our bulletin from Fr. Alex Wroblicky, a Ukrainian Catholic Priest in Pittsburgh, Delegate Leader for Southwestern PA for this event. He can be reached by cell or email at 412-880-1099 OR alex.wroblicky@americancoalitionforukraine.org.

Lenten Project: support Ukrainian people

During this time of Great Lent, our church is seeking opportunities to serve those in need. We are all witnesses to the devastating war in Ukraine, and many people there require our support. We stand with them because every human life is precious, for which Jesus sacrificed Himself on the cross.

Our church has decided to collect medical supplies that can help save lives in Ukraine. We will collect Hemostatic Wound sprays: [BC3 Technologies 2.5oz SEAL Aerosolized Hemostatic Wound Spray – Rapid Bleeding Control - Emergency Preparedness Product - Perfect for Hotels, Emergency Workers, Military & Law Enforcement](#) These items have been specifically requested, and you can purchase them at any time if you would like to contribute to our Easter church project.

The items will be sent to St. George address (3455 California Avenue, Pittsburgh, PA 15212), and we will ensure they reach those in need. Thank you for your support.

Our Lenten project started last week. We want to continue our tradition of having soups and haluski for sale. There is a sign-up sheet if you wish to make some Lenten soups to support this mission.

Nut roll Sale:

Our delicious nut rolls are now available for sale. They are \$10 each while the supplies last. We hope you enjoy, and we appreciate your support.

Prayer List:

Make a point of praying for everyone on the prayer list. If you don't have one, contact the office and we'll send you one. In a special way, at this time, remember the following members of our parish family: **Barbara Fedora, Thomas Kunsak, Kathee Shabla, Dorothy Waslo and Msgr. George Appleyard** (The Willows, 1215 Hulton Rd, Oakmont, PA 15139).

Pyrohy

The total income from our pyrohy sale was **\$1,985.00**. Sincere thanks to all our dedicated pyrohy workers for their hard work and dedication to this ongoing activity. Please come down and give us a hand with this important fundraiser. Thank you!

Fresh and frozen pyrohy are available for sale after divine liturgy. This week's fresh flavors are: Potato/cheese and sauerkraut. Loaded baked potato and jalapeno (frozen) are available as well.

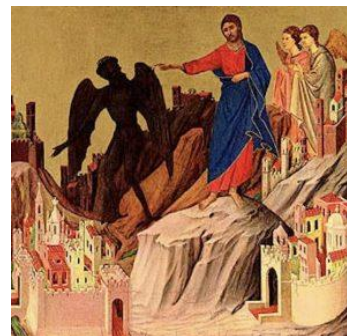
Collection- May God bless you...

Total for Sunday, February 23, 2025 was **\$692.00 + \$1,985.00**
(Collection - \$653.00, Loose & candles - \$39.00)

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

What is the Great Lent? The Purpose, Fasting, and Carrying Our Cross in Eastern Catholic Tradition

As we enter the sacred season of Great Lent, the Eastern Catholic Church invites us to embark on a profound spiritual journey of prayer, fasting, and almsgiving. This time of preparation leads us to the greatest feast of all—Pascha, the Resurrection of Christ. But what does Lent truly mean for us as believers? How can we embrace it in a way that transforms our hearts and deepens our faith?



The Biblical Foundation of Lent

The concept of fasting, repentance, and spiritual renewal is deeply rooted in Sacred Scripture. Christ himself fasted for 40 days in the desert, preparing for his public ministry: “Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry” (Matthew 4:1-2).

Similarly, the Church invites us to walk this path, strengthening our faith through spiritual discipline. The 40 days of Great Lent mirror not only Christ's fast but also the 40 years the Israelites spent in the desert, relying on God's providence (Deuteronomy 8:2-3).

Fasting with Purpose – More Than Food Restrictions

Fasting is often misunderstood as simply abstaining from certain foods, but its purpose runs much deeper. The true essence of fasting is not about deprivation but about transformation.

The Church Fathers teach that fasting should be accompanied by an increase in prayer and acts of charity. As St. John Chrysostom reminds us: *“Do you fast? Give me proof of it by your works. If you see a poor man, have mercy. If you see an enemy, be reconciled. If you see a friend enjoying success, do not be jealous.”*

Why Do We Fast?

1. To detach from worldly distractions – We refrain from indulgences so that we can focus more on God's presence in our lives.
2. To strengthen our souls – True fasting includes guarding our thoughts, words, and actions.
3. To purify our hearts – As the Prophet Joel proclaims: *“Return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments”* (Joel 2:12-13).