ST.GEORGE'S DIVINE SERVICES

Saturday, Feb. 28 **Second All Souls Saturday**
Readings: Heb. 1:10-2:3; Mk. 2:1-12
9:00 A.M. Divine Liturgy/Sorokousty-Hramoty
4:00 P.M. NO SERVICE (McKees Rocks)

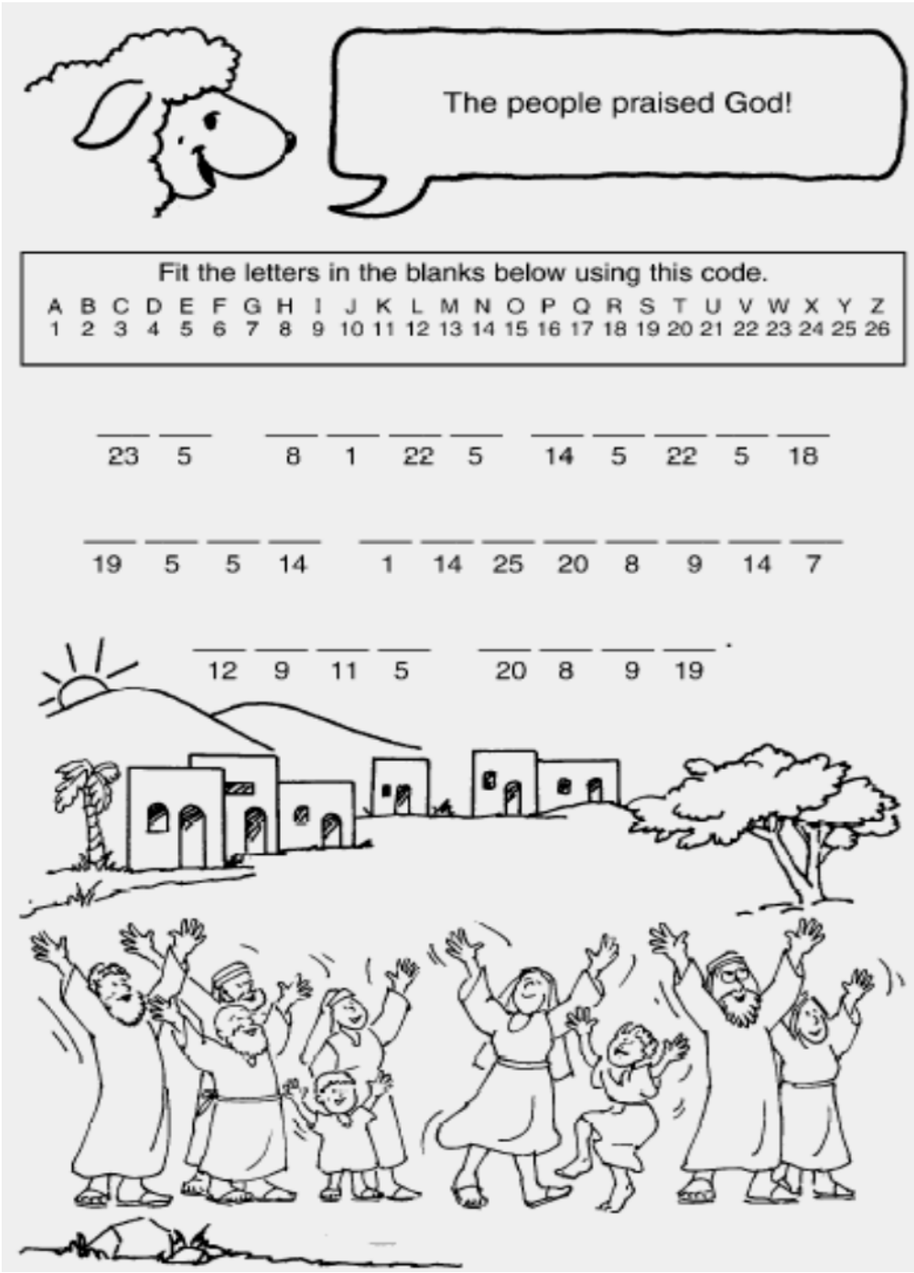
Sunday, March 1 **Second Sunday of the Great Fast**
Readings: Heb. 1:10-2:3; Mk. 2:1-12
9:30 A.M. Divine Liturgy
Supplications will be offered for**+Nicholas Mikovitz, given by Helen & Irene Pyptyk.**
Supplications will be offered for**+Natalia Humenetska, given by Iryna Yehorova.**

Thursday, March 5 **St. Conon, Martyr**
Readings: Gen. 7:11-8:4; Prov. 10:11-22
6:30 P. M. Liturgy of Presanctified Gifts (North side, Pittsburgh)

Saturday, March 6 **Third All Souls Saturday**
Readings: Heb. 10:32-38; Mk: 2:14-17
9:00 A. M. Divine Liturgy/Sorokousty-Hramoty
4:00 P.M. Vigil Divine Liturgy/Sorokousty-Hramoty (Rocks)

Sunday, March 8 **Third Sunday of the Great Fast/Veneration of the Cross**
Readings: Heb 11:24-26.32-12:2; Jn: 1:43-51
11:30 A.M. Divine Liturgy
Supplications will be offered for **+Mike Senko, given by Victoria & Michael Senko.**
Supplications will be offered for **+Jane Adamiak, given by Roger & Jacque Adamiak.**
Supplications will be offered for **+Robert Novak, given by Family.**

Eternal light Candle offering for March 1, 2026
Blessed Memory of +Nick Mikovitz requested by Ann Kaltreider.



The Bible verses and prayers below emphasize a desire for healing and remind us of God's power and compassion in restoring not just our physical but also our spiritual health.

What Is Spiritual Healing? Spiritual healing refers to God's work of restoring wholeness to our inner being. It's healing from emotional wounds, inner struggles, guilt, fear, anxiety, and spiritual dryness. Spiritual healing addresses the heart and soul, bringing peace, clarity, forgiveness, and renewed faith.

Bible Verses

Jeremiah 17:14: "Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for You are my praise." This verse expresses a heartfelt plea for healing and acknowledges God's role as the source of salvation and health.

James 5:15: "And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven." This verse highlights the power of prayer and faith in the healing process.

Psalm 30:2: "O Lord my God, I called to You for help, and You healed me." This verse reflects the personal relationship between the believer and God, emphasizing trust in His healing power.

Jeremiah 30:17: "But I will restore you to health and heal your wounds,' declares the Lord." This verse reassures believers of God's promise to restore health and heal emotional and physical wounds.

Isaiah 53:5: "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed." This verse speaks to the redemptive power of Christ's suffering and its role in our healing.

Psalm 147:3: "He heals the brokenhearted and binds up their wounds." This verse emphasizes God's compassion and care for those who are hurting, both physically and emotionally.

Healing Prayers Many turn to Spiritual healing prayers to seek God's touch over their minds, bodies, and souls. Healing is not only about the body; it also reaches deep into emotions, thoughts, and our inner life.

- Father in heaven, I come before You with an open heart. Change me from the inside out. Remove everything in me that does not please You and shape me into the person You created me to be.
- Lord, break every chain that has held me back. Deliver me from fear, doubt, and every limiting belief. I receive the freedom You have prepared for me.
- God, renew my mind. Help me think thoughts that align with Your truth. Replace negativity with faith and confusion with clarity.
- Heavenly Father, heal every hidden wound in my heart. Where there has been pain, plant peace. Where there has been rejection, pour out Your love.
- Lord, teach me discipline and self-control. Help me to choose what is right even when it is hard and strengthen my will to follow through.

March 1, 2026

Second Sunday in Great Lent – Our holy father Gregory Palamas, Archbishop of Thessalonica (1296-1359).
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Changeable Parts *– See the special insert available in the church vestibule.*

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.

Coffee Social and Exhibit:

Thanks to Motria Hodowanec for providing the delicious treats for the coffee social and to Karen Rubolino for providing excellent information from the exhibit on the Saints. Parts 2 and 3 of this exhibit will follow during future coffee socials. Dates to be confirmed.

Our Lenten project is in full force. This week we have delicious broccoli/cheddar soup, vegetable soup and halushki for sale at $10 per quart. If you are able to make a pot of home-made soup to support our Lenton mission, there is a sign-up sheet in the vestibule. If you can't make a pot of soup, please consider buying some soup to enjoy! Any help you can provide is much appreciated.

Lenten Mission:

Our parishioner, Marta Shchur is going to Ukraine again next month. Marta works closely with the military and has discovered that they are in need of donations of bandages and first aid supplies. We have chosen to support his effort as our Lenten Mission for 2026. if you are interested in supporting this project, please make your check payable to: St. George. Any amount is appreciated.

Pyrohy Project:

We will be busy this week and we can use your help – whether it's for a few hours or the full day! Pyrohy production starts at 9 a.m. We would love to have you join this ministry which is our main fundraiser. This week, we have fresh potato/cheese. We also have frozen potato/cheese, sauerkraut and loaded baked potato pyrohy available.

Mark your calendar: Our next Adult Religious education class is scheduled for Thursday, March 12th. The title is "The Desire to Be Loved & The Desire to Love." A special thank you to Don Fontana for leading these classes.

Collection- May God bless you…

The grand total for Sunday of February 22, 2026 was **$6,085.00 + $2,095.00**

(Collection: $6,000.00, Loose: $85.00, pyrohy: $2,095.00)

Sincere thanks to all of you for your kindness and generosity!

Happy March Birthday to our parishioners:

Helen Pyptyk	March 15	Belinda Spak	March 20
Jim Papinchak	March 18	John Alston	March 25

Wishing them many happy and blessed years!

Reflection on Mark 2:1-12

God Calls Us to Renewal; Forgiveness the First Step to Healing

In today's Gospel, Jesus heals a paralytic man not by first restoring his physical strength, but by forgiving his sins. This is a profound teaching: the deepest healing begins in the heart, in the forgiveness of past wrongs and the removal of inner "garbage" that weighs us down.

Healing of the Paralytic

The man's friends brought him to Jesus, placing him on a stretcher so he could be lifted to the Lord. Jesus, seeing their faith, said, "Son, your sins are forgiven" (Mk 2:5). The scribes, who understood that only God could forgive sins, were scandalized. Jesus responded, "Which is easier: to say, 'Your sins are forgiven,' or to say, 'Get up and walk'?" (Mk 2:9). Then He commanded, "Get up, take your mat, and go to your home" (Mk 2:11). The man immediately stood, took his mat, and walked — and all were amazed.

Spiritual Meaning

This miracle is not just a physical cure; it is a sign of the Kingdom of God. The healing of the body follows the healing of the soul. Forgiveness is the first act of grace, removing the spiritual "paralysis" caused by sin and bitterness. Jesus takes away all the rubbish the man had built up over the years so that he can walk again — both literally and spiritually.

Connection to our Faith Life

In our own lives, we often carry burdens — unresolved conflicts, unconfessed sins, or the weight of past hurts. These can paralyze us, making it hard to move forward in faith. The Gospel invites us to bring these burdens to Jesus, to let Him forgive and heal. When we do, we are freed to live as new creations, empowered to serve God and others.

Call to Action

- **Confess and forgive** — Open your heart to God's mercy and let go of what binds you.
- **Repent and renew** — Let the forgiveness of sins open the door to spiritual and physical healing.
- **Serve with joy** — Once healed, live as a sign of God's mercy to those around you.

May we, like the paralytic, be amazed at the power of God's grace — and may we walk in His light, healed from within, ready to share His healing with the world.

Reflection by Fr. Tommy Lane, S.S.L., S.T.D. (License in Sacred Scripture, Doctorate in Sacred Theology)