



## **ST. GEORGE'S DIVINE SERVICES**

### **Sunday, Feb. 26**

#### **Sunday of the Chees Fear**

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+ **Stella Shedno (by Michael Petrushka)**

Supplications will be offered for+ **Joseph Salo (by David & Orysia Barshowski)**

### **Monday, Feb. 27**

#### **St. Theodore the Great Martyr**

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

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

First Day of the  
Great fast

### **Wednesday, Mar. 1**

#### **St. Charalampus, Martyr**

Readings: Gen. 1:24-2:3; Prov. 2:1-21

**9:30A.M. Ash Wednesday Service**

**7:00 P. M. Liturgy of Presanctified Gifts (North side, Pittsburgh)**

### **Saturday, Mar. 4**

#### **The Holy Martyr Conon**

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

**5:00 A.M. No Great Vespers**

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

### **Sunday, Mar. 5**

#### **First Sunday of Great Fast/Sunday of Orthodoxy**

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

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

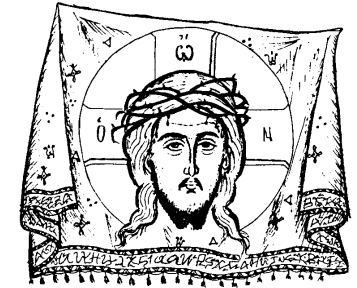
**9:30 A.M. Divine Liturgy**

Supplications will be offered for+ **Stella Shedno (by Errol Sehnke)**

Supplications will be offered for+ **Mary & Peter Hall (by Wayne P. Hall)**

## ***2017 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 27, 2017) and on Good Friday (April 14, 2017).
2. Abstinence from meat on all Fridays of Lent as well as Holy Saturday (April 15, 2017). 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.

### **PRAYER OF SAINT EPHREM**

*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)*





## THE TOP 10 LENTEN TIPS

1. Regardless of how you fast, fast every single day. This type of fasting helps wear down the passions and build spiritual endurance.
2. Know exactly what the fasting regulations are and try to approximate them as best you can. Each Lent, try to be more strict yet humble.
3. Particular concerns about fasting? Age, health issues, never fasted before, mixed-marriages? Speak with your parish priest.
4. Be sure to recite the Lenten prayer of Saint Ephrem (published in today's bulletin). If you cannot make prostrations just make bows or cross yourself.
5. On weekends, we do not make prostrations and our fasting is slightly relaxed since Saturday and Sunday are holy days.
6. The Lenten services and tones are offered only during the week – strive to participate as much as possible in these services and the spirit of Lent will rub off on you.
7. Sports and outdoor activities are not contrary to the Lenten spirit.
8. Strive to avoid going to movies, parties, vacations, and other entertainments. This we do so we can have more time to devote to spiritual things.
9. Confession and Holy Communion are central to securing the benefits of Lent. Without fail, we should receive the Sacraments during the period of the Great Fast- Lent.
10. Be mindful of what we look at and how much time we spend on TV and computer. Some give up TV for all of Lent. Others strictly limit their time and watch only educational and news programs. Surfing on the web? Hit the Church or theological sites.

*Let your mind fast from vain thoughts; let your memory fast from remembering evil; let your will fast from evil desire; let your eyes fast from bad sights, let your ears fast from wicked songs and slanderous whispers; let your tongue fast from condemnation, blasphemy, falsehood, deception, foul language and every idle word; let your hands fast from theft; let your legs fast from walking evil paths.*

*St. Tikhon of Zadonsk*



**February 26, 2017**

*Sunday of the Chees Fare,*

*Octoechos Tone 8;*

*Our Holy Father Porphyrius, Bishop of Gaza (420)*

**Changeable Part:** *Page 7 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 as a parish family we will celebrate this ancient Rite of Forgiveness. This is an opportunity for us to begin the Fast by making a fresh start with the Lord and one another. To reap the full benefits of this day, the Church calls us to share this spirit of forgiveness and reconciliation with all those in our lives: at home, at work, at school, in our extended families, and everywhere.

### **Today: Soup Sale**

Following the Divine Liturgy the parents and children of our St. George's Church School are having in the Church hall their Soup Sale. You will have the opportunity to purchase **7 delicious, vegetarian types of soups: Borsch, Broccoli Cheddar, French Onion, Barley, Tomato Soup, Chili, and Vegetarian.** The price for a 16 ounce container is \$3.00. All proceeds go towards the children of St. George's Church School. Make sure to support our children who are the future of our parish family.

Easter Candy Order forms are available. They are due March 5, 2017

### Today: Forgiveness Vespers

To properly begin the journey of the Great Fast-Lent we are invited to join our brothers and sisters from our local parishes for Forgiveness Vespers at St. John the Baptist Ukrainian Catholic Church in Southside Pittsburgh. This prayerful event will take place on this Sunday afternoon starting at 12:30 p.m.

### Welcome New Members!

As a parish family we welcome Oleh & Motria Hodowanec to St. George's parish family. We ask Our Lord to bless them as we together continue this journey of faith with many happy and blessed years! Mnohaja Lita!

### Welcome Lana!

On Saturday, February 25<sup>th</sup>, we welcomed into our parish family Lana Kosovec, the daughter of Peter and Katia Kosovec who received the Holy Mysteries of Christian Initiation (Baptism, Chrismation and Holy Eucharist). As a parish family we ask Almighty God to bless Lana and her entire family for many happy and blessed years!

"Christ among us" - Ukrainian Catholic radio program on station WPIT at 730AM dial can be heard each Sunday from 2:00 – 2:30pm, a program brought to you each Sunday at this time to reach those who are elderly or ill, and those who are not able to attend their church for Sunday worship. **You can also listen to the radio program on-line at [www.wpitam.com](http://www.wpitam.com) or <http://stjosaphateparchy.com/listen/>.** This program is sponsored by the Diocesan Resource Committee of the Ukrainian Catholic Eparchy of Saint Josaphat in Parma, OH, and by your contributions. Please support this radio!

### Pyrohy

Our total income from last week's sale was **\$715.00**. Thanks to all our dedicated women and men that come faithfully to be part of this parish activity. **We will need a lot of help during Lent!**

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

The grand total for Sunday of February 19, 2017 was **\$2,822.00**

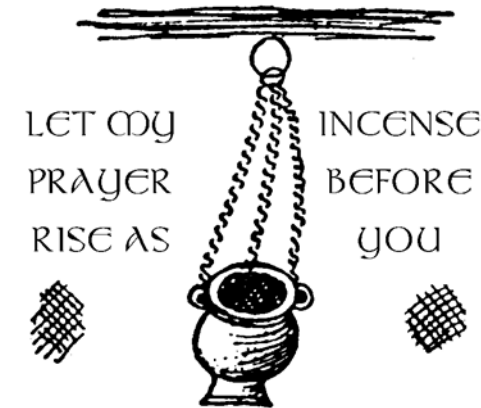
(Collection: \$1021.00, Loose & candles: \$86.00, Pyrohy: \$715.00, Special donation from Wayne P. Hall in memory of his parents Mary and Peter Hall: \$1,000.00)

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

### ***We celebrate during the Great Fast-Lent the Liturgy of Presanctified Gifts.***

#### ***Have you ever experienced it?***

As you know from previous homilies and bulletin articles, in the Eastern Church the Eucharistic Divine Liturgy is not celebrated on Lenten weekdays. In order for the faithful to sustain their Lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. This Divine Service is an ancient one in the Eastern Church. We officially hear about it in the canons of the seventh century, which obviously indicates its development at a much earlier date.



This Liturgy of the Presanctified Gifts is an evening service. It is the solemn Lenten Vespers with the administration of Holy Communion added to it. There is no consecration of the Eucharistic gifts at this Liturgy. Holy Communion is given from the Eucharistic gifts sanctified on the previous Sunday at the celebration of the Divine Liturgy, unless, of course, the feast of the Annunciation should intervene; hence its name of "Presanctified." The Liturgy of the Presanctified Gifts is served on Wednesday and Friday evenings, although some Churches may celebrate it only on one of these days. It comes in the evening after a day of spiritual preparation and abstinence.

The Liturgy of the Presanctified Gifts is traditionally considered to be the work of the sixth-century pope, Saint Gregory of Rome. It is one of the great masterpieces of piety and Liturgical creativity. It reveals the central Christian doctrine and experience in its form and content; namely that our life must be spent in prayer and fasting in order to be in communion with Christ. Please come and experience this Liturgy of the Presanctified Gifts which is one of the most beautiful and meaningful Liturgies in our Holy Church.

*On all days of the holy fast of Lent, except on the Sabbath (Saturday), the Lord's Day (Sunday), and the holy day of the Annunciation (March 25), the Liturgy of the Presanctified is to be served.*

-From Canon 52 of the Quinisext Council (692 AD)