

February 26, 2017 , T one 8

E pistle: Romans 13:11-14:4; Gospel: Matthew 6:14-21

Glory to Jesus Christ! Glory to God Forever!

Our Journey to Pascha begins

<p>Cheesefare <b>FEBRUARY 26th</b> FAREWELL TO CHEESE TODAY</p>		<p><b>Adam and Eve are cast from Paradise!</b> <b>FORGIVENESS SUNDAY</b> Reading: Romans 13: 11-14:4 Gospel: Matthew 6: 14-21</p>	<p>Ask each other for forgiveness each evening this week before bed.</p>
<p>1st Sunday of Lent <b>MARCH 5th</b></p>		<p><b>SUNDAY of ORTHODOXY</b> Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51</p>	<p>Bring an icon to church for a procession.</p>
<p>2nd Sunday of Lent <b>MARCH 12th</b></p>		<p><b>ST GREGORY PALAMAS</b> Reading: Hebrews 1:10-2:3 Gospel: Mark 2: 1-12</p>	<p>Bring a Chotki (prayer rope) to be blessed today! Use it and pray the Jesus Prayer each day this week.</p>
<p>3rd Sunday of Lent <b>MARCH 19th</b></p>		<p><b>VENERATION OF THE HOLY CROSS</b> <i>HALF WAY TO PASCHAI</i> Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8:34-9: 1</p>	<p>Wear your cross to church and kiss the cross each morning with a bowl</p>
<p>4th Sunday of Lent <b>MARCH 26th</b></p>		<p><b>ST JOHN of the LADDER</b> Reading: Hebrews: 6:13-20 &amp; Eph 5:9-19 Gospel: Mark 9: 17-31 &amp; MT 4:25-5: 12</p>	<p>Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!</p>
<p>5th Sunday of Lent <b>APRIL 2nd</b></p>		<p><b>ST MARY of EGYPT</b> Reading: Hebrews 9: 11-14 Gospel: Mark 10: 32-45</p>	<p>Ask the Theotokos to offer you and the world pure thoughts and ideas this week.</p>
<p><b>FLOWERY (PALM) SUNDAY!</b> <b>April 9th</b> GREAT WEEK BEGINS</p>		<p><b>ENTRY OF OUR LORD INTO JERUSALEM</b> Reading: Philippians 4: 4-9 Gospel: John 12: 1-18</p>	<p>Place your palms and pussywillows behind an icon at home and in your car!</p>
<p><b>GREAT AND HOLY FRIDAY</b> <b>APRIL 14th</b></p>		<p><b>GREAT AND HOLY FRIDAY</b> <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE</p>	<p>Refrain from TV, Internet, &amp; Phones to honor Christ's Death.</p>
<p><b>FEAST OF FEASTS!</b> <b>APRIL 16th</b> NO FASTING!</p>		<p><b>HOLY PASCHAI (CHRIST IS RISEN!)</b> Gospel: John 1: 1-17</p>	<p>Greet everyone with "CHRIST IS RISEN!" &amp; say it before good morning and good night!</p>



**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix  
Bishop: His Grace John Pzak C.Ss.R**

**Our Lady of Perpetual Help Byzantine Catholic Church**

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Fitzpatrick, Luba Kmetyk, Dan Riley

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**Finance Council**

Matthew Blain, Tom Ellefson, Maria Alden

**SCHEDULE:**

SUNDAY: Rosary 8:30 am  
Festal Matins 9:00 am  
Divine Liturgy 10:00 am

Daily Liturgy (Schedule of Services, Page 3)

Saturday: Great Vespers 4:00 pm  
Divine Liturgy 5:00 pm

**OFFICE HOURS:**

Monday—Friday 10:00 am—4:00 pm  
Thursday OFF

**THEOSIS:** 2nd & 4th Thursday  
pot luck dinner 6:00 pm  
Bible Study 7:00 pm

**Eastern Christian Formation Program:** All  
grades meet every Sunday after Liturgy for 45  
minutes (September through May)




**Confession (Mystery of Reconciliation):**  
9:15—10:00 am on Sundays, before or after  
weekday Liturgies, or by appointment with  
Father

**Mysteries of Baptism/Chrismation/  
Eucharist:** Must be arranged three months  
in advance. (Pre-Jordan requirement)

**Mystery of Crowning:**  
Must be arranged six months in advance  
(Pre-Cana requirement)

**Sick and Shut-Ins:** It is the family's respon-  
sibility to notify the parish office when a parish-  
ioner is in the hospital or confined to home  
because of sickness or old age. Father will  
bring the confined person the Holy Mysteries  
on a regular basis. It is recommended that  
one receive the Anointing of the Sick before  
any major surgery. Please don't let the priest  
be last to know that someone is ill!

Welcome to our Church! If you are looking for a spiritual home, contact Father Artur or the office staff for more information. God bless you.

<b>Today</b>	8:30 am	Rosary
<i>Forgiveness Sunday</i>	9:00 am	Matins/Confessions
	10:00 am	Divine Liturgy for Parishioners, Benefactors & Friends
		Rite of Mutual Forgiveness
		ECF Classes
	6:00 pm	Great Vespers
<b>February 27 Monday</b>	<b><i>First Day of the Great Fast/Porphyry of Gaza—Bishop</i></b>	
	<b><i>Readings: Genesis 1:1-13; Proverbs 1:1-20</i></b>	
<b>Strict fast</b>		
	10:30 am	Shut-ins Visits
	6:00 pm	Presanctified Liturgy
<b>February 28 Tuesday</b>	<b><i>Basil Venerable-Confessor</i></b>	
	<b><i>Readings: Genesis 1:14-23; Proverbs 1:20-33</i></b>	
	12 noon	Lenten Hours
	6:30 pm	CAFÉ meeting at UNM
<b>March 1 Wednesday</b>	<b><i>Eudoxia Venerable-Martyr</i></b>	
	<b><i>Readings: Genesis 1:24-2:3; Proverbs 2:1-21</i></b>	
		
	5:30 pm	OLPH Devotions
	6:00 pm	Presanctified Liturgy
<b>March 2 Thursday</b>	<b><i>Theodotus Bishop-Martyr</i></b>	
	<b><i>Readings: Genesis 2:4-19; Proverbs 3:1-18</i></b>	
<b>March 3 Friday</b>	<b><i>Eutropius &amp; Others Martyrs</i></b>	
	<b><i>Readings: Genesis 2:20-3:20 Proverbs 3:19-34</i></b>	
		
	9-10:30 am	Prayer & Witness For Life in front of Planned Parenthood on San Mateo with Our Lady Helper of Mothers Icon
	6:00 pm	Presanctified Liturgy followed by meatless potluck
<b>March 4 Saturday</b>	<b><i>Commemoration of the Miracle of the Great-Martyr Theodore</i></b>	
	<b><i>Epistle: Hebrews 1:1-23; Gospel: Mark 2:23-3:5</i></b>	
	9:00 am	Divine Liturgy/Blessing of Kolyva
		Blessing on Tessa Pettit by Pam Pettit
<b>March 5 Sunday</b>	<b><i>First Sunday of the Great Fast</i></b>	
	<b><i>Epistle: Hebrews 11:24-26.32-12:2; Gospel: John 1:43-51</i></b>	
<i>Canned Goods Collection for Friars</i>	4:00 pm	Great Vespers
	5:00 pm	+Benjamin Frederick by Jileks
	8:30 am	Rosary
	9:00 am	Matins/Confessions
	10:00 am	Divine Liturgy for Parishioners, Benefactors & Friends
		ECF classes
	4:00 pm	Great Vespers

Physician and Help of Those in sickness, Redeemer and Savior of the infirm; O Master and Lord of all, grant healing to your servants. Be clement, show mercy to those who have sinned much, and deliver them, O Christ, from their Iniquities, that they may glorify Your might divine

Sharif Rabadi  
Stephen Horner  
Katrina Anderson  
Abraham Haddad  
Tim & Jenny Ford  
Threima Leech  
Priscilla Hughes  
Steve Jakymiw  
Lillian Murphy  
Marilyn Fore  
Demetrius Yackanich  
Sven & Barbara Svensson  
Keith Romero

Fr. Julian Gnall  
Henry Zuger  
John & Margie Disque  
Phillip Fall  
Laura Dominquez  
Olga Bodnar  
Frances Brannan  
John Deflice  
Mary Ann Kosty  
Jordan Smith  
Maggie Batsel  
Jean Pesce  
Henry Burnette  
Tracy McTernan

William Frank  
Mary Nell Preisler  
Mike Harahuc  
Robert Zadel  
Jack & Lorraine Hubbell  
Quintin Santmaria & Family  
Heather Mattax  
Larry Bennett  
Paola Terlaza  
Ruth Sousa  
Frank Gerace  
Linda Granci  
Barbara Irving  
Mary Danyluk  
Richard Hornung

Prayers in honor of and to the Blessed Virgin are a powerful weapon against sin, and for healing. If you recite the Rosary at home, please offer these intentions, and join us on Sunday at 8:30 am. Those who recite the Akathist to the Mother of God or the Rosary receive a partial indulgence when they do so in private, plenary indulgence when they do so as a group

### Intentions of the Rosary

1st Decade: Help for persecuted Catholics, especially in communist and Islamic states

2nd Decade: Spiritual and physical growth of our parish and the Byzantine Catholic Church

3rd Decade: Increase in vocations to priesthood, diaconate, and consecrated life to serve the Byzantine Catholic Church

4th Decade: Repose of the souls who have no one praying for them

5th Decade: Healing of the sick in body, mind and soul



Vocation Icon

Today: Gloetzner

Next Sunday: Dodson-Sands

### Holy Father's Intentions for February

#### Comfort for the Afflicted.

For all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities

February 19, 2017; Attendance: 112

**Our ANNUAL BAZAAR this year IS on Saturday, May 20, 10AM-4PM!!!** Kick off meeting is scheduled on **Monday March 27 at 6 pm in the conference room.**

All "Bazaar Helpers" are invited. We need a good team which will include following assignments: Book Store, Greeters, Money collection for food, Baking, Raffle, Food sales/food preparation, drinks, set up decorations, outside signs, tables, umbrellas, chairs e.c.t. Our Annual Bazaar is always an opportunity to make our wonderful church known to other people, to reach out, to evangelize, to advertise our Gift Shop, an excellent fundraiser.

Above all it is a blessing and fun when we work together!!! Thank you and see you there.

**Adoration for Women** at Annunciation with Dinner/Dessert at Flying Star is officially rescheduled for Thursday 3/2 from 6-8pm. Ladies of all ages, please come join us for some quiet reflection in Adoration of the Blessed Sacrament & some down time to spend together in fellowship after! Nurslings welcome. Please RSVP Alicia at 720-280-0710 or [aliciawellspt@gmail.com](mailto:aliciawellspt@gmail.com)

**Friar's needs**

Requested food & kitchen supplies:olive oil peanut butter & jelly/jam/preserves, coffee, bulk, 55-gal (or larger) black garbage bags tall white kitchen garbage bags, clamshell to-go boxes.

**Bishop's Appeal 2017** Dear Parish Family! You should be receiving by now your 2017 Bishop's Appeal letter, brochure and pledge form. Bishop John is asking each Domestic church to pray over their special offering to the Appeal this year and make a decision what that gift will be. Please, complete the pledge form and return it in the Sunday collection with your first payment or the entire amount if possible.

Our parish goal is **\$15,675.00** which breaks down to **\$275 per household**. If we reach our goal, our parish will receive a **30% rebate which is \$4,702.5!** Many can contribute \$275, some less, others more. The important thing is that each household makes an effort to show Bishop John our support to help with varied ministries our Eparchy offers : Seminarian & Clergy education, Vocation and Youth Ministry, Missionary outreach, Evangelization and Pro-Life and many others. Working together we can easily make our goal!

Thank you to families/parishioners that completed their pledges: Fr. Artur, Fr. Chris, Tim & Jenny Ford, Marilyn Fore, Helga Dzek. **Collected to date: \$1,200.00.** May God bless you for your generous and sacrificial response. Thank you!

DATE	READER	TROJCA	GREETER	COUNTER	HOST
March 5	Brook Jilek	Alaina Riley	Dorothy Curl	Rafael Plut Dorothy Curl	Open

**Barbara's Hall Report**

Thanks to Dan and Andrea Riley for hosting the Sunday social to celebrate Nicholas ' 2nd birthday. They served up delicious meatball sandwiches, salad, chips, and a delicious cake. Yum! Nicholas was not fazed by all the attention. He just wanted cake! Happy Birthday, Little One!

## Coming Events—Mark Your Calendars Now

EVERY Friday	9:00—10:30 am—an hour of Prayerful witness For Life in front of Planned Parenthood (abortion clinic) on San Mateo with Our Lady Helper of Mothers Icon
March 11 Saturday	<b>Second All Souls Saturday</b> 9:00 am Divine Liturgy / Panachida and the reading of the names of our Deceased 12:30—3:30 pm Home School Group Meeting
March 13 Monday	6:00 pm Advisory Board Meeting
March 13, 27 Monday	10:30 am Shut-ins Visits 5:45 pm Explorers Meeting
March 7, 14, 21, 28 Tuesday	6:30 pm CAFÉ meeting at UNM
March 9, 23 Thursday	6:00 pm pot luck dinner 7:00 pm THEOSIS: Mystery of the Byzantine Liturgy
March 16—19 Thursday—Sunday	Parish Lenten Retreat
March 18 Saturday	<b>Third All Souls Saturday</b> 9:00 am Divine Liturgy / Panachida and the reading of the names of our Deceased
March 25 Saturday	<b>Annunciation of the Theotokos / Solemn Holy Day 9:00 am Divine Liturgy</b>
March 27 Monday	6:00 pm Bazaar meeting in the conference room

### Lenten Book Resources in Our Store

**Presanctified Liturgy \$8:** This indispensable book contains both the Presanctified Liturgy and all of the Propers and music for the central service of Great Lent, with prayers.

Prayer booklets for your pocket, purse, or backpack: **Great Lent with Bl. Theodore Romzha (\$3)** psalms and prayers for each day of the week and a meditation on Bl. Theodore ; **Journey Through Great Lent and Holy Week (\$3)** daily psalms and prayers for the week; **O Lord Hear My Prayer (50 cents)** contains The Anaphora of St. Basil, the Penitential Psalms, and excerpts from Lenten Hours.

**Hours of the Great Fast** - This has the psalms and meditations for the four Hours, which you can read together or at 6 am, 9 am, Noon and 3 pm. Includes the special additions for Great Lent.

**Great Canon of St. Andrew (\$3)** - Recited during the first days of Lent and again on Thursday of the fifth week, this can be used daily to meditate on one's sinfulness and God's great mercy to us.

**The Zacchaeus Tree: A Family Guide Through the Season of the Great Fast (\$27).** It goes through every day of Pure Week, with a meditation for adults and one for children, and craft activities (card for Grace at Meals, making Kutija for Saturday's blessing of wheat).

*Families: make your Zacchaeus Tree today in order to do the craft projects.*

## Forgiveness Sunday

In ancient times in Eastern monasteries a beautiful custom existed in which the rite of mutual forgiveness on Cheesefare Sunday was performed. This rite of forgiveness was carried out in the evening, following the modest repast. All the monks in the presence of the faithful asked pardon of one another for past offences, then embraced, and gave each other the kiss of peace. The faithful did the same among themselves. While this rite of forgiveness was carried out, the stichera of the Pasch was sung. The singing of the Paschal sticheras was to signify that just as during the season of Pasch, so now at the threshold of the Great Fast we should mutually ask pardon for offences for the sake of Christ who fasted, suffered, and rose for our sake.

## The Holy and Great Fast

According to our ancestral traditions in the Great Fast, abstinence from meat, fish, dairy products, alcohol was prescribed for all days, except days of mitigation. All Saturdays and Sundays, March 9, Wednesday to Friday of the Fifth Week, the Prefestive Day and Leave-taking of Annunciation were mitigations for wine and oil. The feast of Annunciation (March 25) and Palm Sunday were general mitigations.

### Rules of Abstinence and Fasting in the Eparchy of the Holy Protection of Mary of Phoenix:

#### 1. Abstinence

The law of abstinence forbids the use of meat, but permits the use of eggs and dairy products.

Abstinence is to be observed on all Wednesdays and Fridays of the Great Fast.

All the faithful of the Eparchy who receive Holy Communion are obliged to abstain.

#### 2. Strict abstinence

The law of strict abstinence (fast) forbids the use of meat, eggs and dairy products.

Strict abstinence is to be observed on the First Day of the Great Fast, Monday February 27, Good Friday April 14.

All Adult faithful - 18 years and older who receive Holy Communion are obliged to observe strict abstinence.

#### 3. Dispensations

Pastors may, for just cause, grant to individual families dispensations or commutations of abstinence and strict abstinence into other pious practices.

This week is known as Pure Week. It is a week in which we should strive to be vigilant about our interior life. Remember that while we undertake fasting, penance, Scripture reading, and prayer, Satan looks to stir things up. Pray for patience so as to avoid hasty comments or judgments on any unpleasant situation that pops up during Lent or Holy Week. Remember that we must always be armed against the devil.

The Great Fast is our penitential preparation for the great feast of Pascha (Easter). As such, it is one of the most ancient parts of the liturgical year. Its **forty days** symbolize the **forty years the Israelites** wandered in the desert of Sinai, while the *Liturgy of the Presanctified Gifts* is the fulfillment of the promise of the manna, as St. John wrote, "So Jesus said to them, Amen, Amen I say to you, it was not Moses who gave bread from heaven; my Father gives you the *true bread from heaven* (John 6:32)." In the Great Fast, we imitate **Our Lord, Who fasted for forty days** in the wilderness following His baptism. The Feast of Pascha was the time for baptisms, and so the Great Fast was also a time of preparation for baptism. Our observance of the Great Fast, therefore, is a renewal of our baptismal fervor. *During the First Week, at Vespers we read the story of Creation and the Fall of Adam and Eve.*

**Calendars with the daily Old Testament** readings will be given out today for you to use at home. The readings from Isaiah are taken at the Sixth Hour (Noon), and those from Genesis and Proverbs in the evening at Vespers or Presanctified.

Today we give out a prayer card with the icon of Jesus on the front, and the *Prayer of Saint Ephrem* on the back. This Prayer is *the* major prayer of Great Lent, and can be recited throughout the day. Prostrations are done according to one's ability: flat out on the ground, kneeling with head to floor, or standing and bowing deeply. At each prostration, make the sign of the Cross. You can recite these words to yourself from the Communion Prayer: "*O God, be merciful to me, a sinner. O God, cleanse me of my sins and have mercy on me. O Lord, forgive me, for I have sinned without number.*"

**The Divine Liturgy is not celebrated on weekdays** of Great Lent, as it is considered a joyful service. Instead, Holy Communion is consecrated on Sunday and is reserved in the tabernacle for both Communion to the sick and for distribution at the **Liturgy of the Presanctified Gifts**. This evening service is characterized by "bright sadness": on the one hand, the music is especially solemn and the service itself marked with prostrations and penitential prayers, but on the other hand it is filled with beautiful prayers anticipating Holy Week and Easter. Please make an effort to attend the Lenten Services: **the Liturgy of the Presanctified Gifts on Wednesday and Friday at 6 pm. On Friday night, we will meet for meatless pot-luck in the hall.**

Fasting and/or abstinence from meat are core to the observance of the Fast. Whether you are doing strict or less, here are some helpful Lenten recipes online at [http://catholicism.about.com/od/catholicliving/tp/Lenten\\_Recipes.htm](http://catholicism.about.com/od/catholicliving/tp/Lenten_Recipes.htm) which gives many meatless dishes. This site <http://aggreen.net/food/recipes.html> gives recipes that accord to both meatless and dairy-free. But, **remember the warning of Saint John Chrysostom: It is possible for one who fasts not to be rewarded for his fasting. How?** When indeed we abstain from foods, but do not abstain from iniquities; when we do not eat meat, but gnaw to pieces the homes of the poor; when we do not become drunkards with wine, but we become drunkards with evil pleasures; when we abstain all the day, but all the night we spend in impure shows. ***Then what is the benefit of abstention from foods, when on the one hand you deprive your body of a selected food, but on the other offer your soul unlawful food?***

We are encouraged to do what we can as penance for Great Lent. The traditional fasting is no meat or dairy products from now until Pascha/ Easter Sunday. The American norm is abstinence on Wednesday and Friday and this is the bare minimum that is required.