



Welcome to our Visitors: We are honored to have you come to worship with us. You may find the worship of the Ancient Church rather different. If you are unfamiliar with the worship of the Byzantine Church, simply listen to the Liturgy and allow the rest of the congregation to carry you in worship. We understand Communion to be an act of the unity of our Faith; however, while we work towards it, this unity regrettably does not now exist. Therefore, only baptized Catholics in the State of Grace are permitted to participate in Holy Communion.

EPISTLE READER / CANTOR REHEARSAL SCHEDULE

3/15/2015 REHEARSAL 9:00 - 9:45 am
Ron Pasmant Hebrews 6:13-20

Tithes, Gifts & Finances: 15 March, 2015

Adult Offering	\$2,745.38
Youth Offering	7.15
T-Mobile	2,300.00
Bishop's Appeal	600.00
Wedding Donation	500.00
Bake Sale	1,694.00
<u>Principal Reduction</u>	<u>410.00</u>
Total	\$8,256.53

DIVINE LITURGY AND PARISH CALENDAR

Sunday 15th FOURTH SUNDAY OF THE GREAT FAST

10 am Living & Deceased Parishioners

Mon. 16th

Tues. 17th

Wed. 18th 7:30 PM Pre-Sanctified Divine Liturgy

Blessed Repose + Sally Pasmant (Ron & Carol Pasmant)

Thurs. 19th

Fri. 20th 6:00 PM Pre-Sanctified Divine Liturgy

Blessed Repose + Sally Pasmant (Ron & Carol Pasmant)

Sat. 21st Akathist Sunday

Sunday 22nd FIFTH SUNDAY OF THE GREAT FAST

10 am Living & Deceased Parishioners

Welcome to Bishop Gerald, Frs Wes and Juraj!

We are Famous!!!! Sister Vassa gave us a "Shout-out" in her latest video. Thanks to Moon Gilbert for giving her this lovely gift.

Weeklong Candle Intentions

ETERNAL LIGHT: Special Intentions of Fr. James

CHRIST: Sally, Jessica & Kyra (Kay Terry)

CHRIST:

THEOTOKOS:

THEOTOKOS:

CHRIST NARTHEX:

Candle Intentions can be requested by filling out an envelope found in the Narthex. Donation is \$4.00



Please remember in your prayers: David (brother of Marilyn Cooper), Mons. Vida and Mons. Moran, Richard Sesma, Deanna Keefe, Jean Mayo (Rita's Mother), Rita and Robert Pipta, Ron Lowery & Family, Libby Distefano, Alex Vida, Susan Dovin, Evdokiya Obushko, Kay Weil, Janet Lambert, and Ron, Carol and Gilbert Pasmant, Ethan McArthur. That the Lord have mercy and save His people undergoing persecution in Pakistan, Iraq, Iran, Syria, Egypt and other lands. Eternal Memory to Dolores Demko.

PLEASE PRAY FOR THOSE IN OUR MILITARY: Dennis Lloyd, Scott Nale, Michael Perko, Matt Reynolds, Robert Sko-peck Jr.

OUR ALTAR SERVERS

Erik Cline, Anthony Gath, Greg Gath, Ian, Nigel and Liam Ward, Jonny Weil & Andrew Sarsam



THE HOLY FATHER'S PRAYER INTENTIONS FOR MARCH: Universal: That those involved in scientific research may serve the well-being of the whole human person .

Evangelism: That the unique contribution of women to the life of the Church may be recognized always.

Our Deepest Sympathy to Marsha & Michael Farinech. Marsha's mother, Geneva Mutton past away last week. Eternal Memories!

Вечная память

MID-LENT FROM THE PERSPECTIVE OF A YOUNG BYZANTINE MOM:

There is so much on the internet it seems impossible to keep track of what might be good and what to avoid. A young woman from our Eparchy has started contributing to the blog site *CatholicMom.com*. Brittany Blake writes under the caption: *Byz-y Mama (Isn't that clever)* Her latest contribution is a nice explanation of the meaning and spiritual significance of Mid-Lent (celebrated last week on March 11th.) in our Tradition. Below is an excerpt of her article and a link to the whole article. (<http://catholicmom.com/2015/03/11/byz-y-mama-mid-lent-and-where-we-go-from-here/>) There are many links imbedded in the article that if you go to the article on the web pager you can access by clicking on the words.)

Today marks "Mid-Lent," the beginning of the second half of the Great Fast. In the first portion of the fast, there tends to be a focus on ourselves—how we were created, our fallen nature, our particular personal sins and efforts—and this hopefully leaves us feeling how much we lack and how much we desperately need a savior. **This second portion of the fast ushers in the hope for such a savior by focusing on God and on his role in our salvation and redemption.**

(If you're reading along with Father Schmemmann's book *Great Lent*, which I recommended in [my last article](#), he gives a much more thorough explanation of Mid-Lent and the second half of the Great Fast on pages 76-78).

Too many times, we go through Great Lent, not to mention our entire lives, forgetting that Christ is the true savior and not us. **It would be pretty tragic to arrive at the end of Lent feeling accomplished at our self-improvements, or upset by our failures, but virtually unaware of the true source and cause of our salvation.**

To avoid this, the Church Fathers—who came up with a good idea every once in a while—organized the season's liturgies and traditions in such a way as to help us arrive at the end of Great Lent with hope for God's saving help in Christ's incarnate life, death, and resurrection.

Below I've listed some of these liturgies and traditions. There are also a few contemporary ideas (Lord have mercy, I joined Pinterest...) that seemed in tune with the message of this second half of the season. **I hope you can use what works and ignore for now what doesn't.** For the liturgical prayers, I have included links to their Ruthenian versions.

LITURGICAL AND PRAYER TRADITIONS:***Matins of the Great Canon of St. Andrew of Crete:***

This is my absolute favorite prayer of the season. This is traditionally prayed in the morning (Matins is morning prayer) on Thursday during the fifth week of Lent, which is March 19th for Eastern Catholics this year. I would highly recommend attending this liturgy at a church for the richness of that experience. But it can still be very fruitful to pray the Canon at home or even break it up into small chunks if you're very busy. Another worthwhile option is to purchase [this album](#), which is also available on iTunes.

Moleben for the Great Fast: A shorter (by shorter, I mean, only 30 pages) prayer based on the Great Canon of St. Andrew.

Moleben for the Precious and Life-giving

Cross: Although this was originally created for the feast of the Holy Cross in September, this moleben is a fitting and popular devotion for the Great Fast that keeps one's mind on the cross.

Terce-Sext: The midday offices of the Great Fast, a way to step back from the craziness of the day and remember God's saving help.

The Jesus Prayer: A very short prayer, but one aims to pray this constantly. For a brief explanation, I really appreciate the section titled "Keep Inner Stillness" as well as the section "The Prayer of

Stillness" found in [this essay](#). The second section immediately follows the first. (The entire essay is a wonderful read, by the way).

Pre-sanctified Divine Liturgies: The Divine Liturgies prayed on Wednesdays and Fridays as a means of offering spiritual sustenance for those days of most intense fasting. Given that we fast from the consecration of the Eucharist during the week, Pre-sanctified Divine Liturgies follow a somewhat different format from the normal Divine Liturgy, and the Eucharist that is distributed is what was consecrated on the previous Sunday. (See chapter 3 of *Great Lent* for more information on the Pre-sanctified Divine Liturgies).

OTHER IDEAS: Make a salt-dough crown of thorns: It could be very powerful to make a salt dough crown of thorns, keep the toothpicks in, and then place the crown in an appropriate place where it can remind the family of Jesus' sacrifice. (This might be too graphic for some children. As always, please use your parental discretion).

Lenten Sacrifices Bring Easter Flowers: A friend of mine (you can visit her website related to her awesome music and speaking ministries [here](#)) wrote about this activity on Facebook and is graciously allowing me to share it here. What I appreciate about this activity is that it is motivating for little ones while also supporting a conversation on how *God* makes our sacrifices something beautiful.

"I used a white poster board and drew outlines of a flower for each member of my family, writing each person's name in the center of the flower. I cut up squares of various colored tissue paper for the petals and put them in a baggie taped to the board. To put a petal on, I simply put the square of tissue paper on my child's finger tip, use a glue stick on the tissue paper on the tip of the finger, then have the child press the petal on to the flower. The tissue paper should look bunched up, almost like a cupcake wrapper!

"On some other slips of paper, I wrote down age appropriate sacrifices for my kids to choose from. What are the prayers they know? What are the chores that they can do?"

Sticky notes for the faint of heart: By yourself or as a family, put some Bible verses, phrases from the Philokalia, or short prayers on sticky notes and then put them in appropriate places. For example, you could jot down a prayer against temptation and put it on the refrigerator.

Make pretzels: [According to one legend](#), the shape of a pretzel was originally invented over a thousand years ago to resemble



arms folded across the chest during prayer, a position that is maintained in the Eastern churches. Here's [an easy recipe](#) that involves no waiting for the dough to rise and no boiling water! And it tastes great! We brushed on melted Earth Balance (a vegan butter substitute) instead of egg for the wash, but if you're really hardcore with your

fasting and <http://anoregoncottage.com/wp-content/uploads/2011/01/homemade-pretzels.jpg> got eating oil during the week, you could leave off a wash of any kind and still have good pretzels. Either way, you have a delicious reminder to pray.

Paint (or otherwise craft) a cross with your kids: [This Wikipedia article](#) has a great, brief explanation of the format for the Byzantine cross as well as a picture that you can use as a model. Older kids can get really creative with media. The artistic process will allow for some meditation on the beauty of Christ's sacrifice, and the final product will serve as a reminder of that beauty. *Copyright 2015, Brittany Balke*

