

**GLORY TO JESUS CHRIST!  
SLAVA ISUSU CHRISTU!**

**GLORY FOREVER!  
SLAVA NA V'IKI!**

**SCHEDULE OF DIVINE SERVICES**

<b>FEBRUARY 23 CHEESEFARE SUNDAY</b>	9:00am	+John Chanda with Panachida by wife, Mary ( <i>Slavonic</i> )
	11:00am <b>3:30pm</b>	+Joseph Kapusta by Ronald & Elaine Kapusta ( <i>Chapel</i> ) <b>CHORAL FORGIVENESS VESPERS; START OF THE FAST</b> ( <i>Cathedral</i> )
Monday, February 24	9:00am	Lenten Matins
Tuesday, February 25	9:00am	Lenten Matins
Wednesday, February 26 <b>NOTE THE TIME!----&gt;</b>	9:00am <b>7:00pm</b>	Lenten Matins Liturgy of the Presanctified Gifts; Health & Blessings for Subdeacon Bryan Scotton by Samuel Strawhand ( <i>Chapel</i> ) <i>Adult Faith Formation follows</i>
Thursday, February 27	9:00am	Lenten Matins
Friday, February 28	12 noon	Liturgy of the Presanctified Gifts ( <i>Cathedral</i> )
Saturday, February 29	9:00am	For an End to Abortion by the Rosary Society
<b>MARCH 1 FIRST SUNDAY OF THE FAST; SUNDAY OF THE HOLY ICONS</b>	9:00am	+Melania Kapitula by Irena & Andrzej Kapitula
	11:00am	+Paul Sedlak by wife, Anne. ( <i>Chapel</i> ) <i>Procession with the Holy Icons by all children present</i>

**WE REMEMBER IN PRAYER: *The Ill and homebound:*** Fr. Marcel, Fr. Jody, Marion Beck, Paul Kozmoski, Michael Gimon III, Michael Hrehovčik, Diane Rabiej, RJ Fedor, Lucille Filliman, Eva Croneberger, Donald Milne, Helen Rock, Ann Gupta, Deborah Kochbarski, Mary Maier, Vilma Babin, Margie Szost, Mary Kovach, Dorothy Pelak, Eleanor Chabra, Kenny Dec, Helen Popovich, Julia Lacek, Mary Ann Halik, Carson Kenworthy, Joanne Graf, Stella Madey, Conor Haag, Miguel Marrero, Diane Borowski, Gerald Kerzetski, Nancy Salch.  
**Our Seminarians:** Deacon Paul West and Subdeacon Timothy Fariss. **Expectant mother:** Andrea Groszew.

**YOUR SACRIFICIAL OFFERINGS FOR FEBRUARY 16: \$4817.00.** Your parish relies on your regular attendance and consistent sacrificial offerings. **IT TAKES \$7000.00 each week** to operate *St Michael's Cathedral, Chapel, and Rectory* and to provide ordinary services to parishioners. Factoring in the income from the school lease we still need \$3750 in offerings each week. **This week we exceeded our goal by \$1067.00.** Our Lord challenges us to sacrifice from our substance, not skim off our surplus. "Put me to the test, says the LORD of hosts, and see if I do not open the floodgates of heaven for you, and pour down upon you blessing without measure!" (Malachi 3:10).

**VIČNA LAMPA DEDICATIONS:** February 23—March 7: *At the Cathedral:* +Frank, Mary & Allen Glagola by the DeKeukelaere Family. *At the Chapel:* +Theresa Spur by Elaine & Ronald Kapusta. Call the parish office to reserve your two-week dedication periods for an offering of \$20.00. Only a few slots remain for 2020!

**WE EXTEND CONDOLENCES TO** Diana Migliaccio and family on the recent passing into eternal life of her mother, +Ann Petrasek. May God grant her blessed repose and eternal memory. *Vičnaja jej pamjat'!*

**ST MICHAEL'S CATHEDRAL FOOD PANTRY NEEDS YOUR SUPPORT every time you come to worship.** Lately we are short on canned meat, dry beans, and cereals (including oatmeal). We are overstocked on rice. **THE GOAL: Every parishioner brings one item every Sunday.** Thank you to everyone who has responded!

**WE THANK** Fr. Andriy Dudkevych, Sr. Eliane ssmi, and the 8<sup>th</sup> graders of St Nicholas Ukrainian Greek Catholic School for making our food pantry the beneficiaries of their recent food drive. Cooperation like this between Passaic's two Greek Catholic parishes is a great thing!

**ECF CLASSES for CHILDREN** meet Sundays following the 11:00 Divine Liturgy at the Chapel. Dee Strawhand (646-436-4436 or deestrawhand@gmail.com) can answer any questions regarding ECF.

**WEDNESDAY: ADULT FAITH FORMATION FOR ADULTS** resumes following the Liturgy of the Presanctified. For our first few sessions, we will explore the prayers of the Liturgy of St Basil (celebrated on Sundays of the Fast) and discover how perfectly it summarizes the Christian message, especially as preached by St Paul. All adults, teens, and guests welcome. We will end promptly at 9pm.

**NEXT SUNDAY:** For the commemoration of the Holy Icons on the first Sunday of the Fast, all of our children are invited to participate in an icon procession during the Little Entrance of the 11am Divine Liturgy. Have your child bring his/her favorite icon from home, have them gather in the front pews by the icon of the Mother of God (your left) and join the procession from there. Don't have an icon of your child's patron saint? Look here: <https://skete.com>.

**THE BETHANY MINISTRY PROJECT** trains men and women to visit homebound or hospitalized parishioners as a ministry of consolation and Good News. **Please contact Deacon Tim for more information or to enroll in the training program:** dcntim@comcast.net or 732-423-7013. Adults of all ages are encouraged to consider this opportunity for growth and service that fulfills Jesus' expectation that we "visit the sick" (Matthew 25:36).

**ANNUAL BISHOP'S APPEAL:** So far 96 of our more than 200 parish households have responded. If you responded to the reminder letter sent out last month, **thank you!** **If you are one of the families that has not yet responded,** please consider what is an appropriately sacrificial gift for your income and respond directly to the Eparchy, making the check payable to the Eparchy of Passaic and mailing your pledge back to the Eparchy, NOT to St Michael's parish! If we meet our goal as we have always done, 40% of all pledges will revert to our parish. This will help pay for a new air conditioning system for the Chapel, so please be generous!

**THERE WILL BE PIROHI---**but only if YOU help! We are desperately short on volunteers to make the pirohi everyone loves to eat. Can you help peel potatoes on Thursday, February 27 beginning at 10am? Can you help scoop potato filling on Friday, February 28 in the morning? Can you help pinch, cook, package and clean up Saturday morning, February 29? **Then please come help . . .** or our pirohi project will not continue. Deadline for pirohi orders is Monday, February 24. To place orders or for any other information contact Vlasta at 201-370-2656 or 201-935-3395. Orders may be picked up after 2pm on Saturday. **SAVE THE DATES:** We'll make Kolači on Saturday, March 21, and Paska on Saturday, April 4.

### “IF IT DOESN'T UPSET YOUR ROUTINE, IT'S NOT LENT!”

**THE SACRAMENT OF REPENTANCE:** Please note special All Souls' Saturday hours for confessions at the Cathedral. Confessions are always heard every Sunday from 8:15 to 8:45am at the Cathedral and from 10:30am to 10:45am at the Chapel, and one half hour before the Liturgy of the Presanctified in both locations. The law of the Church requires all Catholics to confess their sins at least once a year and to receive Holy Communion at least once during the Paschal season.

**THE WEEKDAYS OF THE GREAT FAST ARE ALITURGICAL:** The Divine Liturgy is not celebrated on these days, even for funerals. Holy Communion is offered to those who are fasting on Wednesdays and Fridays at the Liturgy of the Presanctified Gifts. According to the traditional fasting discipline in place for over one thousand years, Holy Communion is not otherwise served on the weekdays of the Fast. As a concession to those who were trained to understand the Fast and the Eucharist differently, our Bishops permit them to request Holy Communion at regularly scheduled weekday services (daily Matins).

**GUIDELINES FOR FAST AND ABSTINENCE:** All the faithful who approach Holy Communion are obliged to abstain from meat products on all Wednesdays and Fridays of the Great Fast; and to fast (reduced quantity of food) and to abstain from all meat, dairy and egg products on Clean Monday (February 24) and Great and Holy Friday (April 10). The traditional Byzantine fast prescribes abstinence from all animal products, wine, and olive oil for the duration of the Fast, with relaxations for wine, oil and fish on certain feast days and Sundays. All the faithful are encouraged to find a reasonably challenging fasting plan somewhere between the legal minimums and the full traditional observance.

### LENTEN OPPORTUNITIES

**RETURN TO ME: A WEBINAR ON PRAYER:** Cultivate intimacy with your Savior with “Return to Me,” a Lenten formation program sponsored by St. Mary's Byzantine Catholic Church in Whiting, Indiana. The parish will host an online webinar series on prayer Thursdays during Lent beginning February 27 at 7 p.m. CST (8 p.m. EST). Learn how scripture, the Jesus Prayer, silence, and the liturgy offer the language you need to speak with and hear the Lord who loves you. The webinar will be led by Fr. Andrew Summerson. For more info and to sign up for the FREE webinars, go to [stmarywhiting.org/returntome/](http://stmarywhiting.org/returntome/).

**STANDING AT THE CROSS WITH THE MOTHER OF GOD** a retreat directed by Msgr. Martin Canavan at the Monastery of the Sister Servants of Mary Immaculate in Sloatsburg NY, March 27-29. You may attend the entire retreat (which includes lodging and meals) for \$180.00 or simply attend the Saturday sessions, luncheon and prayer. To participate, please contact Marion Hrubec (201-843-3960 or [mchrubec@optimum.net](mailto:mchrubec@optimum.net)).

**REJOICE ISAIAH:** a daily Lenten Bible study book on the prophecies of Isaiah by Fr. Jack, is available for purchase in the vestibule at \$5.00 each. We also have copies of Back to the Garden, reflections on the Book of Genesis by a number of our priests, at \$5.00 each.

**PYSANKY WORKSHOP:** Dr. Jeanne Sanzo has offered to lead a workshop on making Ukrainian-style pysanky (Easter eggs). Classes would be offered on a weekday at the Cathedral. If you are interested, please contact the Parish Office so that plans can be made. This workshop will only happen if interested parties respond quickly.

### SOME TRADITIONAL LENTEN PRAYERS

*Here are some prayers from our tradition that should be part of your daily prayer every day during the Fast.*

#### **Penitential Troparia** (*tone 8 samohlasen*)

Open to me the gates of repentance, O Giver of life, for my soul rises early toward your holy Temple, burdened with the temple of my body all defiled. But purify me by your tender mercy, O Compassionate One.

*Glory to the Father, and to the Son, and to the Holy Spirit:*

Lead me on the paths of salvation, O Theotokos, for I have condemned myself with shameful sins and have wasted my life in slothfulness. By your intercession, save me from all sinfulness.

*Now and ever and forever, Amen.*

When I think upon the multitude of my evil deeds, I tremble for the fearsome day of judgment. But trusting in the compassion of your mercy, O Lord, like David I cry out to you: Have mercy on me, O God, according to Your great mercy.

#### **The Prayer of St Ephrem the Syrian**

Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power and idle chatter. (*Prostration*)

Instead, bestow on me, Your servant, the spirit of humility, integrity, patience and love. (*Prostration*)

Yes, O Lord and King, let me see my own sins, and not judge my brothers and sisters, for You are holy, always, now and ever, and forever, Amen.

(*Prostration*)

#### **Daily Scripture Readings**

During the Fast, the Church reads through the books of Genesis, Proverbs, Isaiah, and Psalms in their entirety.

Consider reading your way through the Gospel according to St Mark.

At least pray Psalm 50 (51 in modern Bibles) daily: “Have mercy on me, O God, according to your great mercy. . .”