

**CATHEDRAL OF ST MICHAEL THE ARCHANGEL**

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**973-777-2553**

**Live streaming Liturgy: <https://www.youtube.com/channel/UCfGN9bRHQ2BbVvj15sLQPIg>**

**DIVINE SERVICES LIVE STREAMING ONLINE THIS WEEK**

<b>PALM SUNDAY APRIL 5</b>	9:00am	+Pauline & Michael Tkach by Karl & Helen Fentross <i>and</i> +Joseph & Anna Gala by daughter, Ann Sedlak <i>Blessing of Palm and Willows for distribution later</i>
GREAT AND HOLY WEDNESDAY April 8	12 noon	Liturgy of the Presanctified Gifts: +Marian Kosz by the Zielonka Family
GREAT AND HOLY THURSDAY April 9	7:00pm	Vespers with Divine Liturgy of St Basil: +Eleanor A Schmidt by Olga Kandravy
<b>GREAT AND HOLY FRIDAY April 10 (strict fast)</b>	9am	"Strasti" Matins with Twelve Gospels of the Passion
	3:00pm	Vespers with the Burial Shroud / Plaščanica
GREAT AND HOLY SATURDAY April 11	9:00am	Jerusalem Matins: Lamentations at the Tomb of our Lord
<b>PASCHA APRIL 12</b>	9:00am	<b>RESURRECTION OF OUR LORD</b> Resurrection Matins followed by Divine Liturgy of Pascha Health & Blessings for Terezia Barna (90 <sup>th</sup> birthday) by her family

**WE REMEMBER IN PRAYER: *The Ill and homebound:*** Fr. Marcel, Fr. Jody, Mary Kurucz, Marion Beck, Paul Kozmoski, Michael Gimon jr and 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, Beth Savage, John Mihalecsko.

**Preparing for Baptism:** Maximus Andrew Groszew.

**Our Seminarians:** Deacon Paul West, Subdeacon Timothy Fariss and Alan Blehl (Archd. Phila.).

**YOUR SACRIFICIAL OFFERINGS FOR MARCH 29: \$2979.00.** 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. 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). **THANK YOU to everyone who has taken the trouble to get their offerings to St Michael's!**

**ST MICHAEL'S IS NOW ACCEPTING YOUR SACRIFICIAL OFFERINGS ONLINE:** Go to our website, [www.stmichaelsarchangel.org](http://www.stmichaelsarchangel.org), click on the "Donate" button, and you will be directed to a safe, encrypted site. You may use a bank account or a credit card to make your offering. So far 5 parishioners have done so successfully. You can also set up a recurring (weekly or monthly) offering amount. All online donations will be recorded for tax purposes, just like your envelopes.

**VIČNA LAMPA DEDICATIONS:** April 5 - 28 *At the Cathedral:* +Karen Hrina by the Szluka family. *At the Chapel:* +Joseph Kapusta by Elaine & Ronald Kapusta. **Our Lord remains present in His Church even when we cannot be there. The Vična Lampa continues to burn as a reminder of His presence and our prayers.**

**OUR FOOD PANTRY REMAINS OPEN** to serve our needy neighbors. We thank everyone who has brought food throughout the week. You may bring food offerings weekdays between 9:30am and 1:30pm.

**COVID-19 MEASURES:** By mandate of our Bishop, St Michael's Cathedral is closed for public liturgical services. **ST MICHAEL'S CATHEDRAL PARISH REMAINS OPEN FOR PRAYER, WORSHIP, LEARNING AND SERVICE.**

1. Divine Liturgies and other weekday services are being live-streamed. Copy and paste this URL to your browser: <https://www.youtube.com/channel/UCfGN9bRHQ2BbVvj15sLQPIg>
2. The Office is open weekdays from 9:30 to 1:30 for all your needs.
3. The Cathedral is open for private prayer, confession and communion by appointment. Just call ahead.
4. Set aside a prayer time and prayer place in your home. This is an opportunity to rediscover family prayer.
5. Do you have children? Congratulations! You're now a home-schooler! Set aside some time each week to work through your child's ECF text, the lives of the saints, or one of our parish's home school texts. Call or email the Office to obtain the Home School text for Lent and Pascha if you don't yet have one from 2017. Call or email the Office for more recommendations of available books for study with children. Watch for ECF classes via Zoom. Parents will be contacted.
6. The Food Pantry is open and continues to serve our neighbors. Please continue to support the Food Pantry. We always need peanut butter, grape jelly, canned meat, rice, dry beans, spaghetti, chef Boyardee, mac and cheese, and cereals (including oatmeal). You may deliver to the Food Pantry during office hours or by appointment.
7. Watch our Website and Facebook page for updates and links to spiritual enrichment and information.
8. Stay connected!!!! If you are not receiving emails from your parish, email us and you will be added to the list.
9. Please set aside your weekly sacrificial offering just as you would if you were physically coming to worship. Hand delivery, US Mail, or online giving are all possible.
10. Pray for each other and support each other by phone calls, emails and offers of help.
11. Father Jack is available for communion calls to housebound parishioners. For the moment, nursing homes are off-limits, and hospital visits may be restricted to absolute emergencies. Catholic hospital chaplains should be available on-site for such emergencies. Call the Office and Father will do as much as he is allowed to do.

**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 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.

**FLOWERS FOR PASCHA ARE OFFERED IN MEMORY OF:** Anthony Migliaccio, Edward Petrasek, Rose Migliaccio, Frank Migliaccio, the Mayernik family, the Puskar family, Anthony & Florence Trentacost, Mary Tancin Holovochko, Sal & Vic Trentacost. William Barna, Viera Barna, Ladislav Kušník, Maria Kušnírová, the Gimon family, the Trizzo family, John Chanda, Olga & Abraham DeBonte, Anna & Lawrence Ditzig. The Chastek family, the Galiger family, Fred, Anna, Nancy, Fred jr. Chastek, John Elizabeth, Betty Galiger.

**FLOWERS FOR PASCHA ARE OFFERED FOR HEALTH AND BLESSINGS FOR:** Terezia Barna, Scott Berry, Patricia Berry, all those suffering from Covid-19. (*flower offerings received by April 1*).

**Flowers will be arranged in the Cathedral** to beautify our online services. Thank you to all who donated.

### **SOME RESOURCES FOR FOLLOWING ALONG WITH HOLY WEEK SERVICES ONLINE.**

The full texts of all liturgical services are available online from the website of the Metropolitan Cantors' Institute: [mci.archpitt.org](http://mci.archpitt.org). Go to Liturgical Calendar and click on the relevant date.

You may stop by the parish office during regular hours to pick up service books.

**The Daily Selections from Scripture** are listed on your wall calendar. Please read them each day.

**The following Troparia and other liturgical hymns** summarize in a short, memorable form the main themes of the Liturgy for every occasion. At the very least, you and your family should pray these daily troparia and special hymns during Great and Holy Week:

**Palm Sunday:** (*Tone 1*): Christ our God, before your passion you confirmed our common resurrection when you raised Lazarus from the dead. Therefore, like the children, we carry the symbols of victory and cry out to you, the Victor over Death, 'Hosanna in the highest! Blessed is he who comes in the name of the Lord.'

(*Tone 4*): Through baptism we were buried with you, O Christ our God, and we have become worthy of immortal life by your resurrection. Therefore, we raise our voices in praise to you: Hosanna in the highest! Blessed is he who comes in the name of the Lord.

**Great and Holy Monday, Tuesday and Wednesday:** (*Tone 8 special melody*): Behold the Bridegroom is coming in the middle of the night. Blessed is the servant he shall find awake but the one he shall find neglectful will not be worthy of him. Beware, therefore, O my soul! Do not fall into a deep slumber lest you be delivered to death and the door of the Kingdom be closed to you. Watch instead and cry out: Holy, holy, holy are you O God. Through the intercession of the Theotokos have mercy on us.

**Matins Hymn of Light:** I see your bridal chamber all adorned, O my Savior. And I have no wedding garment that I may enter. Make the robe of my soul to shine, O Giver of Life, and save me.

**Great and Holy Wednesday evening** (*sticheron, sung at Psalm 140; Tone 8 samohlasen*): O Lord, the woman who had fallen into many sins sensed your divinity and joined the ranks of the Myrrh-bearers, offering you fragrant myrrh before your burial. Alas, she says, the dark and moonless night incites me to licentiousness and the love of sin. Accept the fountain of my tears, for you make the waters fall from the clouds into the sea. Incline your ear to the cry of my heart for you incline the heavens in your ineffable condescension. I will kiss your most pure feet, drying them with the locks of my hair, those feet whose dreadful step Eve heard in Paradise and hid herself in fear. Who can search out the number of my sins or the depths of your judgments? O Redeemer and Savior of our souls, your mercies are immeasurable; do not despise your servant.

**Great and Holy Thursday** (*Tone 6 irmos*): Let me this day, O Son of God, be a partaker of your mystical supper. For I will not reveal your mysteries to your enemies nor will I betray you with a kiss as did Judas; but like the thief I profess you: Remember me O Lord, when you come in your kingdom.

**Great and Holy Friday Matins** (*Tone 4*): You redeemed us from the curse of the law by your precious blood. When you were nailed to the cross and pierced with a spear, immortality poured forth for all mankind. O Savior, glory to you.

**Great and Holy Friday Vespers** (*Tone 2*): The noble Joseph took down from the cross your most pure body. Anointing it with spices, he wrapped it in pure linen and placed it in a new tomb.

**Great and Holy Saturday Matins:** (*Tone 2*): When you descended to death, O immortal Life, you destroyed Hades by the brilliance of your divinity, and when you raised the dead from the depths of the earth, all the heavenly powers cried out, 'O Giver of Life, Christ our God, glory to you.'

**PASCHA:** *Here are some of the main hymns of Matins which are repeated throughout the Paschal season.*

**Tropar:** (*Tone 5*): Christ is risen from the dead. By death he trampled death and to those in the tombs he granted life.

*Christos voskrese iz mertvykh, Smertiju smert' poprav, I sušam vo hrob'ich žvot' darovav.*

**Psalm verses:** (*sing "Christ is risen" after each*)

Let God arise and let his enemies be scattered and let those who hate him flee from before his face.

As smoke vanishes, so let them vanish; as wax melts before the fire.

So let the wicked perish at the presence of God but let the righteous ones rejoice.

This is the day the Lord has made; let us rejoice and be glad in it.

**Paschal Canon Irmosy:** It is the day of Resurrection! O people, let us be enlightened by it. The Passover is the Pascha of the Lord, since Christ our God has brought us from death to life and from earth to heaven; therefore we sing the hymn of victory.

Come let us partake of a new drink not miraculously produced from the barren rock but from the fountain of immortality springing up from the tomb of Christ. In him is our firm strength.

Let Habakkuk speaking in behalf of God stand with us at the divine watch. Let him show us the brilliant angel who proclaims: 'Today salvation comes to the world for Christ, being almighty, is risen.'

Let us rise at early dawn and bring to our Master a hymn instead of myrrh and we shall see Christ, the Sun of Righteousness, who enlightens the life of all.

You descended into the realm of death O Christ, and have broken ancient bonds which held the captives.

You arose from the tomb on the third day like Jonah from the whale.

God, who saved the Three Youths from the furnace has become man and suffered as any mortal but his Passion clothed his mortality with the splendor of incorruption. He is the only Blessed One, God of our fathers, and is worthy of all praise.

This is that chosen and holy day, feast of feasts, most solemn day, only king and lord of all Sabbaths, on which we ever praise Christ.

The Angel exclaimed to her, 'Full of grace, rejoice O pure Virgin. Again I say rejoice! Your Son is risen from the grave on the third day and has raised the dead. Rejoice, all you nations! Shine in splendor, O new Jerusalem, for the glory of the Lord is risen upon you. O Zion, now dance and be glad; and you, pure Theotokos, rejoice in the resurrection of your Son.'

## HOW TO BLESS YOUR PASCHAL FOODS

Step 1: Arrange your food on the table (no need for a basket; it's not traveling!)

Step 2: Get holy water ready

Step 3: Light a candle

Step 4: Choose a leader

Step 5: Leader says the prayers; all respond with "Lord have mercy" and "Amen."

Step 6: Sing Christ is risen three times at the conclusion.

### BLESSING OF BREAD:

Leader: Through the prayers of our holy fathers, O Lord, Jesus Christ, have mercy on us.

All: Amen.

Leader: Let us pray to the Lord. All: Lord Have Mercy!

Leader: O holy Master, almighty Father and eternal God, through our Lord Jesus Christ, who came down from heaven, giving life and salvation to the world, bless this bread by your holy and spiritual blessing so that it may be to all who will eat of it for the salvation of soul, the health of body, and the protection against every illness and hostile attack.

All: Amen.

### BLESSING OF MEATS:

Leader: Let us pray to the Lord. All: Lord Have Mercy!

Leader: O Lord Jesus Christ or God, look down upon these meat products and bless them as you sanctified the ram which the faithful Abraham offered to you, and the lamb which Abel presented to you as a holocaust, and as you also sanctified the fattened calf which you ordered to be slain for your prodigal son who returned to you. As he was considered worthy to partake of your goodness, may we also enjoy these meats which you blessed and sanctified for the benefit of us all.

All: Amen.

### BLESSING OF DAIRY, EGGS AND OTHER FOODS:

Leader: Let us pray to the Lord. All: Lord Have Mercy!

Leader: O God, our Lord and Master, Creator and Maker of all things, bless this cheese, butter, eggs and all the other foods here present. Keep us in your goodness so that, as we partake of them, we may be filled with your generous gifts and indescribable goodness.

All: Amen.

*The leader sprinkles the foods with holy water, while saying:*

May these Paschal foods be blessed and sanctified by the sprinkling of this holy water, in the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

## THE BLESSING OF PASCHAL FOODS

"Basket blessing" is an important custom for many Slavic families, both Byzantine and Roman. It is a beautiful Christian tradition that ALL Christians could share. This is because it is not just an ethnic tradition—it is a BIBLICALLY BASED TRADITION. Its origins lie in the laws of sacrifice revealed by God to Moses on Sinai, and particularly the law regarding the Passover sacrifice (Exodus 12).

Sacrifice is the worship that God reveals and commands in the Old Testament. Every Old Testament sacrifice points the way to the one and only sacrifice which sufficed to make atonement for the sins of all humanity: Jesus' self-sacrifice on the Cross. The Epistle to the Hebrews, which we have been hearing throughout the Sundays of the Fast, explains in detail how Jesus offered Himself on the Cross as both priest and victim in perfect fulfillment of the Old Testament laws for sin offerings (see Hebrews 9). We participate in Christ's unique sacrifice at every Divine Liturgy.

Along with offering animals, grain, bread, wine and incense to God through burning, many Old Testament sacrifices were also meals. The participants ate some of the sacrificed foods and shared them with the priests and with the poor. Sacrifices were the only occasions on which most people ate meat. The Divine Liturgy offers us ongoing participation in Jesus' once-and-for-all sacrifice on the Cross, and so we share in His sacrificed body and blood in Holy Communion. But on Pascha, the holiest day of the year, we are also invited to bring the sacrifice home and celebrate a particularly holy meal in our families.

Jesus offered His sacrifice on the Cross during the Jewish feast of Passover. The centerpiece of this feast was a sacrificial meal featuring paschal lamb and unleavened bread. Jesus identifies Himself with this sacrificed Lamb (John 1:29; John 19:36) and it was at meals that He appeared to His disciples after His resurrection (Luke 24; John 21). The earliest Christians understood the celebration of Pascha as the fulfillment of the Jewish Passover (1 Corinthians 5:7) and some even continued to celebrate the Jewish Passover meal. We should not be surprised, then, that two important items in the Paschal Basket are meat and bread. Southern Slavs, Greeks, Romanians, Italians and Albanians favor lamb, in direct continuation of the Passover symbolism. Northern Slavs tend to prefer pork products. The symbolism is the same.

The bread – which Byzantine Slavs still call "Paska" (from the proper name for "Easter") – is no longer unleavened Jewish matzah, but rich, sweet, raised bread which symbolizes the Risen Christ. Greeks and Italians prefer a braided sweet bread with dyed eggs baked in. A specialty from the Byzantine south of Italy, "pizza chiena" or "pizza rustica", combines eggs, meats and cheese inside a bread crust. Tradition calls for including salt in the basket but few people realize why: the Old Testament commands that every sacrifice be accompanied by salt (Leviticus 2:13).