



## >ST. GEORGE'S DIVINE SERVICES

Saturday, Feb. 24

**Second All Souls Saturday**

Readings: Heb. 1:10-2:3; Mk. 2:1-12

**10:00 A. M. Divine Liturgy/Sorokousty-Hramoty**

**6:00 P.M. Vigil Divine Liturgy (McKees Rocks)**

Sunday, Feb. 25

**Second Sunday of the Great Fast**

Readings: Heb. 1:10-2:3; Mk. 2:1-12

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

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

Supplications will be offered for **+Willow Fuchs, given by Mary Siweckyj**

Supplications will be offered for **+John Pyptyk, given by family**

Thursday, Feb. 29

**Venerable Fathers of St. Sabbas Monastery**

Readings: Gen. 7:11-8:4; Prov. 10:1-22

**6:30 P. M. Liturgy of Presanctified Gifts (Pittsburgh)**

Saturday, March 2

**Third All Souls Saturday**

Readings: Heb. 10:32-38; Mk. 2:14-17

**10:00 A. M. Divine Liturgy/Sorokousty-Hramoty**

**6:00 P.M. Vigil Divine Liturgy (McKees Rocks)**

Sunday, March 3

**Third Sunday of the Great Fast/Veneration of The Cross**

Readings: Heb. 4:14-5:6; Mk. 8:34-9:1

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

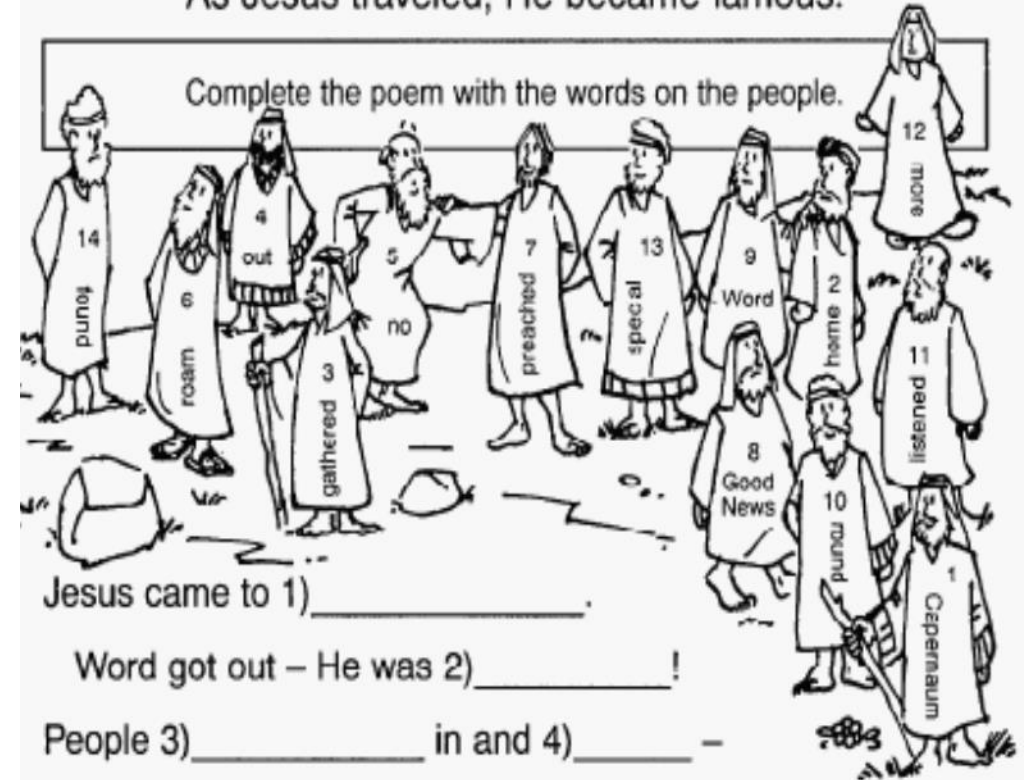
**9:30 A.M. Divine Liturgy**

Supplications will be offered for **+Sophia Hodowanec, given by Olech and Motria Hodowanec**

Supplications will be offered for **+Gregory H. Waslo III, given by wife Dorothy**

## A Paralyzed Man is Healed

As Jesus traveled, He became famous.



Complete the poem with the words on the people.

Jesus came to 1) \_\_\_\_\_.

Word got out – He was 2) \_\_\_\_\_!

People 3) \_\_\_\_\_ in and 4) \_\_\_\_\_ –

there was 5) \_\_\_\_\_ room to 6) \_\_\_\_\_!

He 7) \_\_\_\_\_ 8) \_\_\_\_\_ and the 9) \_\_\_\_\_

to those who gathered 10) \_\_\_\_\_.

They 11) \_\_\_\_\_ and they wanted 12) \_\_\_\_\_ –

from a 13) \_\_\_\_\_ man they'd 14) \_\_\_\_\_.

## 2024 Lenten Regulations

Although our Church traditionally prescribed abstinence from meat and dairy products in days gone by for the entire duration of 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 (Feb. 12, 2024) and on Good Friday (March 29, 2024).**
2. **Abstinence from meat only on all Fridays of Lent as well as Holy Saturday (March 30, 2024). We also recommend voluntary abstinence from meat on all Wednesdays of Lent.**
3. **Reception of the Sacraments of Reconciliation and Holy Eucharist during the Paschal Season (from the onset of Lent, Feb.12, 2024 to the Wednesday before Ascension Thursday, May 8, 2024)**

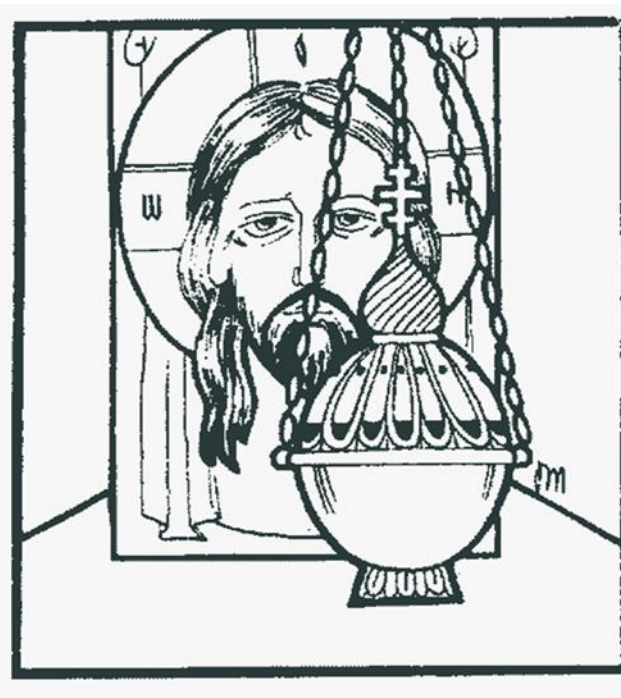


Fasting and Abstinence regulations are not binding on persons 60 or older, the very poor, sick, nursing or pregnant women, children below the age of 14, and those who engage in very hard physical labor. Prayer and almsgiving oblige all!

*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.*

***Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted worthy to see the solemn Passion of Christ Our God, and with great spiritual gladness to behold His Holy Passover.***

***(Forgiveness Vespers)***



## **February 25,** **2024**

Second Sunday of the Great Fast. Octoechos Tone 6. Our Holy Father Tarasius, Archbishop of Constantinople (806)

**Changeable Parts** – Pages 14-16  
in the Booklet of Changeable  
Parts (Small white book)

## **Announcements:**

### **Today: 2<sup>nd</sup> Sunday of the Great Fast**

We celebrate the Second Sunday of the Great Fast on which we commemorate our holy father, Gregory Palamas, the great defender of the Eastern Church's doctrine of Hesychasm. It was St. Gregory Palamas who bore witness that by prayer and fasting human beings can become participants of the uncreated light of God's divine glory even in this life.

This Sunday: **Coffee Social and Children Liturgy** on Sunday, Feb. 25, 2024. Next one is scheduled for April 28.

**Mark your calendar:** Next Adult Religious Class on: March 14, 2024, at 6:30pm. Also, please mark other scheduled classes: Apr.18, May 16, and June 13, 2024.

### **Pyrohy**

Our total income from last week's sale was **\$964.50**. Thanks to all our dedicated women and men that come faithfully to be part of this parish activity.





### Flowers for the Cross

On Sunday, March 3rd, we will celebrate the Third Sunday of the Great Fast on which we honor the Holy and Life-giving Cross of Our Savior. According to our Liturgical tradition the Cross is carried from the altar on a tray of flowers and placed in the midst of the congregation so that we may pay homage to the symbol of our salvation. The beautiful flowers surrounding the Cross signify the fragrance, sweetness and beauty that it has added to life. If you wish to sponsor flowers for the Holy Cross on this upcoming Third Sunday of the Great Fast, you may do so in honor or memory of a loved one. We ask that you use the special envelopes that are available for this purpose in the Church vestibule. Please print the names of your loved ones on this envelope and circle the proper prayer intention.

### Prayer List:

Make a point of praying for everyone on the prayer list. If you don't have one, contact the office and we'll send you one. In a special way, at this time, remember the following members of our parish family: **Barbara Fedora, Helen Fedenko, Orysia Barshowski, Kate Wyko, Thomas Kunsak, Kathee Shabla and Rose Shedno.**

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

The grand total for Sunday of February 11, 2024, was **\$873.00 + \$1188.00**  
(Collection: \$825.00, loose & candles: \$48.00, Pyrohy & halushki; \$964.50 + \$224.00)

*Sincere thanks to all for your kindness and generosity to our Holy Church!*

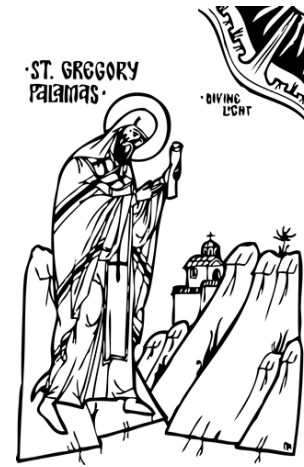


#### ***During the week why do we do PROSTRATIONS during the Divine Services?***

*Prostration is associated with penance, submission, and obeisance. Especially during the Great Fast-Lent, prostrations are signs of our repentance and sorrow.*

*According to custom and tradition, prostration is assumed (or not assumed) at different times in the Services and Church calendar. The twentieth canon of the First Ecumenical Council forbids kneeling on every Sunday and the fifty days between Pascha and Pentecost.*

### ***Second Sunday of the Great Fast***



*Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing your praises, O God-inspired Gregory. Since you now stand before the Original Mind, guide our minds to Him, O Father, so that we may sing to you: "Rejoice, preacher of grace."*

Why do we fast? Why do we make sacrifices? Why do we stand at long services? Why do we make prostrations? Why do we pray? To those of us who are beginning to doubt and waver after only two weeks of the Great Fast, the Church brings us an answer today. This answer is in the person of St Gregory Palamas, the fourteenth-century Archbishop of Salonica in Greece to whom this Sunday is dedicated.

Our holy father Gregory teaches us that since Christ the Creator had become man and part of creation, He had made human nature potentially holy - like His own human nature. By sending down the Holy Spirit, He had given us all access in our human nature to holiness. Just as the Sun is known to us through its energies of heat and light, so God can be known to us through the uncreated energies of the Holy Spirit. In his writings he affirmed that man carries in himself two tendencies, one for good, and the other for evil. However, the tendency for good can only be developed in us through acquiring the grace of God, the divine energy sent to us from God, accessible insofar as our hearts and minds are pure enough to receive that grace. But this grace which enlightens and brightens us can only come to us if we repent, if we accept the process of fasting and prayer, tears and self-sacrifice. Repent, fasting, prayer, tears and self-sacrifice...the recipe for holiness-divinization during this season of the Great Fast-Lent.

This is the reality of the Church, this is the grace of the energies of God, this is holiness, the experience and knowledge of God, not imagined, not the fruit of fantasy and the studies of the mind, but the reality of God known to and experienced by those who are pure in heart and mind. For as it is written: "Blessed are the pure in heart, for they shall see God". And this precisely is the aim of all true Christian hearts and minds.

***O luminary of orthodoxy! O staunch pillar and teacher of the Church! You are the ideal of the monastics, the invincible champion of theologians, the preacher of grace and the pride of Thessalonica! O wonder-working Gregory, pray without ceasing for the salvation of our souls.***