

SECOND SUNDAY OF THE GREAT FAST
SAINT GREGORY PALAMAS



Icon of the Healing of the Paralytic -- Mark 2:1-12

March 1, 2015
TONE 5

2ND SUNDAY OF THE GREAT FAST – *ST. GREGORY PALAMAS*
THE VENERABLE MARTYR EUDOKIA OF HELIOPOLIS

SCHEDULE OF SERVICES FOR THE WEEK OF MARCH 2 – MARCH 8

WEDNESDAY, MARCH 4

6:30 PM – Liturgy of the Presanctified Gifts

THURSDAY, MARCH 5 – *THE HOLY MARTYR CONON THE ISAURIAN*

9:30 AM – Parastas ✚ Bohdan Odezynskyj (2010); Req: Odezynskyj/Bankston families

FRIDAY, MARCH 6

9:30 AM – Liturgy of the Presanctified Gifts

SATURDAY, MARCH 7 – 3RD ALL SOULS SATURDAY; THE HOLY HIEROMARTYRS WHO WERE BISHOPS IN CHERSON: BASIL, EPHRAIM, CAPITO, EUGENE, AETHERIUS, AND OTHERS; PASSING INTO ETERNAL LIFE (1935) OF BLESSED LEONID FEDOROV, EXARCH OF THE RUSSIAN CATHOLIC CHURCH, AND MARTYR

9:30 AM – Divine Liturgy & Panakhyda + For all our beloved deceased

6:00 PM – Great Vespers

SUNDAY, MARCH 8 – 2ND SUNDAY OF THE GREAT FAST; THE VENERABLE MARTYR EUDOKIA OF HELIOPOLIS

9:30 AM – Divine Liturgy For All Parishioners

*If you are reading the bulletin during the Liturgy (including the homily),
please **stop** and be attentive – будьмо уважні!*

CHURCH-GOERS



DON'T EXPERIENCE
THE HORROR OF
ARRIVING TO CHURCH
AS EVERYONE IS
LEAVING!

**Before going to bed
next Saturday**

CHANGE YOUR CLOCK



CHANGE YOUR BATTERY

The Bible in the Liturgy

Come join us as we begin a “Journey through the Liturgy” by examining the scriptural foundation of the Anaphora from the Divine Liturgy of St. Basil the Great. Each Wednesday, following the Liturgy of the Presanctified Gifts, enjoy a lenten meal and bible study.

Lenten Services at

Holy Angels Byzantine Church

On Fridays, the Presanctified Liturgy is celebrated at 7:00 PM. Holy Angels is located at 2235 Galahad Road San Diego, CA 92123-3931

LENTEN MISSION

FR. PAVLO POPOV FROM ST. SOPHIA PARISH IN DALLAS WILL BE GIVING A LENTEN MISSION FOR THE SAN DIEGO AREA. THE FIRST TALK WILL BE

FRIDAY EVENING, MARCH 20

IN CONJUNCTION WITH THE PRESANCTIFIED LITURGY.

ON SATURDAY, MARCH 21

WILL BE A SECOND TALK IN THE MORNING FOLLOWED BY THE AKATHIST SERVICE, A LIGHT MEAL AND FINALLY A THIRD TALK. THIS PROMISES TO BE A VERY VALUABLE EXPERIENCE FOR US ALL.

**PLEASE MAKE EVERY
EFFORT TO ATTEND!**

Every man worthy of it participates differently in the great gift of the Spirit; this corresponds to the degree of his own purity, mingling with the harmony of that Beauty.

St. Gregory Palamas

All Souls Saturdays

Next Saturday is the Third All Souls Saturday. There will be a Divine Liturgy at 9:30 AM for all our beloved departed followed by a Panakhyda. If you need to, please update your list with Fr. James. If you haven't already give Father a list, please write the names of all those you wish to be remembered and place in the basket in the back of the church today.

Choir Practice

Each Sunday, there will be choir practice to prepare for Lent and Pascha as well as to introduce new melodies for the Divine Liturgy. Practices will begin at approximately 11:40 and last for about 20 minutes. If you haven't sung with the choir, consider joining!

Please consider adding "donate blood" to your "to-do" list – you'll save 3 lives! Today the demand for blood is increasing while blood donation levels are decreasing. The GIFT OF LIFE is a present that cannot be bought and wrapped. An hour of your time can give someone a LIFETIME.

Did You Know??

- A donation is one unit. The average person has 10-12 units.
- The body begins replenishing the lost fluid and red cells at once after donating.
- Blood has a shelf life of 42 days and donors can give only every 56 days. As a result, there is a critical lapse between the time when blood expires and donors can donate again.

March Birthdays:

Danylo Drogobysky	–	3/1
Lubomyra Yoldas	–	3/2
Olena Bankston	–	3/5
Askold Haywas	–	3/10
Roman Drogobysky	–	3/17
Oksanna Hirniak	–	3/21
Maria Odezynskyj	–	3/24
Artem Drogobysky	–	3/27

*Многая і благая літа!
Many blessed years!*

WHAT IS “A CATHOLIC IN GOOD STANDING?”

In a poll conducted by Bishops in the U.S. which was released in April of 2008:

- 68 % of all Catholics surveyed believed that they could be in good standing with the Church without going to Mass / Divine Liturgy weekly.
- 30% said they go to Confession (Reconciliation-Penance) less than once a year and
- 45% said they never go at all.

The truth of what “a Catholic in good standing” must do is summed up in the following six items known officially as **“Precepts of the Catholic Church” (Церковні заповіді):**

The five precepts of the Church are set in the context of a moral life bound to and nourished by liturgical life. The obligatory character of these positive laws decreed by the pastoral authorities is meant to guarantee to the faithful the indispensable MINIMUM in the spirit of prayer and moral effort, in the growth in love of God and neighbor.

1. The first precept “You shall attend Mass (Divine Liturgy) on Sundays and holy days of obligation” requires the faithful to participate in the Eucharistic celebration when the Christian community gathers together on the day commemorating the Resurrection of the Lord. In 1996 the Vatican’s Instructions for Applying the Liturgical Prescriptions of the Code of Canons of the Eastern Churches (<http://www.ewtn.com/library/curia/eastinst.htm>) recognized in paragraph 64, that “The Code of Canons of the Eastern Churches thus provides for the possibility, inspired by n. 15 of the *Orientalium Ecclesiarum*, to satisfy the precept of Sunday either by participating in the Divine Liturgy, or by taking part in the Divine Office.” Thus, the 1999 PASTORAL GUIDE OF THE UKRAINIAN CATHOLIC CHURCH IN THE USA, states: “Art. 170 - Although every Catholic may fulfill his obligation of assisting at the Divine Liturgy, Vespers or Matins on Sundays and holy days in any Catholic church, our faithful should as a rule attend their own parish church,” and

Article 460 further reiterates this: “Art. 460 - The celebration of the Canonical Hours, especially Matins and Vespers must be introduced where they have fallen into disuse in parishes, especially since the decision of the Holy See (of Rome) now allows these canonical services to satisfy the Sunday and Holydays obligation of the faithful by their participation in them.” So if – on a particular Sunday - the Divine Liturgy is being celebrated at an inconvenient time, one may attend the Matins or the Vespers, rather than not attending any service at all.

2. The second precept “You shall confess your sins at least once a year” ensures preparation for the Eucharist by the reception of the sacrament of reconciliation (confession-penance), which continues Baptism’s work of conversion and forgiveness.
3. The third precept “You shall humbly receive your Creator in Holy Communion at least during the Easter season” guarantees as a minimum the reception of the Lord’s Body and Blood in connection with the Paschal feasts, the origin and center of the Christian liturgy.
4. The fourth precept “You shall keep holy the holy days of obligation” completes the Sunday observance by participation in the principal liturgical feasts which honor the mysteries of the Lord, the Virgin Mary, and the saints. Ukrainian Catholics have all Sundays and Twelve Major Feasts to strive for, while the minimum requirement for being a “Catholic in good standing” includes Sundays and January 6, March 25, Ascension Thursday, June 29, August 15 and December 25. So if, for example, you ask a priest to issue a sponsor certificate for you, claiming in effect that he is a credible witness to your being a “Catholic in good standing,” and he refuses to do so, that probably means, for starters, that you are not living up to precepts one, two, four and six in such a way that he can say, without lying, that he personally witnesses you as doing so. You may either see if another priest can honestly be your witness; or, have courage and take the hint for what it

is: you are subtly being invited to become a Catholic in good standing. Try and see it from his point of view: are you perhaps asking a priest “to participate in your sins”? Why are you surprised he doesn’t want to do so? Do you really want your priest to lie for you or to cheat for you?

5. The fifth precept “You shall observe the prescribed days of fasting and abstinence” ensures the times of asceticism and penance which prepare us for the liturgical feasts; they help us acquire mastery over our sinful instincts (passions) and acquire freedom of heart.
6. The sixth precept also states that the faithful have the duty of providing for the material needs of the Church, each according to his/her abilities. Each of us should volunteer our time, offer our talents without a salary, or donate from our “treasure”, for the good of the Church.

For the official texts please refer to # 2041-2047 of the *Catechism of the Catholic Church* - *Катехизм Католицької Церкви*

English:

<http://www.vatican.va/archive/catechism/p3s1c3a3.htm#ten>

Ukrainian:

http://catechismus.org.ua/index.php?option=com_content&task=view&id=92&Itemid=42

Let the mouth too fast from disgraceful speeches and railing. For what does it profit if we abstain from birds and fishes; and yet bite and devour our brethren? The evil speaker eats the flesh of his brother, and bites the body of his neighbor.

– St. John Chrysostom, on fasting

Shevchenko Commemoration

Mark the date: The local Shevchenko commemoration will take place Sunday, March 15 at 12:30 PM in our church hall. A light lunch will be available for purchase prior to the program.

THE SACRAMENT OF CONFESSION

is one of reconciliation with God, bringing about not only a clearing of the conscience through the remission of sins, but also a healing of the soul through our recommitment to Christ. This Sacrament should therefore be received frequently by all Catholic Christians but especially during each of the fasting seasons, including the Great Fast. For those who wish to receive Holy Communion, the Sacrament of Confession is indispensable and absolutely necessary to maintaining our spiritual health and well being. Fr. James is available to hear confessions following any service or at any other time by appointment.



ON KEEPING A SPIRITUAL FAST

There is both a physical and a spiritual fast. In the physical fast the body abstains from food and drink. In the spiritual fast, the faster abstains from evil intentions, words and deeds. One who truly fasts abstains from anger, rage, malice, and vengeance. One who truly fasts abstains from idle and foul talk, empty rhetoric, slander, condemnation, flattery, lying and all manner of spiteful talk. In a word, a real faster is one who withdraws from all evil.



– St. Basil the Great

FLOWER COLLECTION

Special envelopes are available in the back of the church do help with the purchase of flowers for the Feast of Pascha.

"THE COMMANDMENTS ARE NOT IMPOSITIONS FROM SOME DESPOT, BUT RATHER THE THERAPEUTIC CURE FOR A COMPLETE RECOVERY FROM THE CORRUPTION OF OUR NATURE. THE LORD DID NOT GIVE COMMANDMENTS FROM THE HEIGHT OF HIS DIVINE GREATNESS, BUT RATHER CAME DOWN AMONG US AND OBSERVED THESE COMMANDMENTS HIMSELF, FIRST, EXHORTING US TO IMITATE HIM AS HIS TRUE FRIENDS (SEE JOHN 15:14). THEREFORE, CHRISTIANITY IS NOT AN ABSTRACT IDEOLOGY, BUT A PRACTICAL AND CONCRETE CONFESSION. IN THE FACE OF EVERY SENSUAL ENTICEMENT OF SIN ENCOUNTERED BY MAN FROM THE SPIRIT OF THE WORLD, THE FLESH AND THE DEVIL, THE CHRISTIAN CONFESSES HIS FAITH IN CHRIST OUR GOD BY REJECTING THE SIN, AND THUS SHOWING HIS LOVE FOR GOD BY THE KEEPING OF HIS COMMANDMENT. 'HE WHO HAS MY COMMANDMENTS AND KEEPS THEM, HE IT IS WHO LOVES ME' (JOHN 14:21) CHRIST TAUGHT US TO FULFILL THE WILL OF THE HEAVENLY FATHER, JUST AS TO THE FATHER HE BECAME 'OBEDIENT UNTO DEATH, EVEN

UNTO DEATH ON A CROSS' (PHIL. 2:8). THE KEEPING OF THE COMMANDMENTS IS THE PRECISE MEANS OF COMMUNION BETWEEN THE PERSONAL GOD AND MAN.

TODAY'S MAN HAS BEEN BROUGHT UP ON MATERIALISTIC IDEOLOGIES AND HAS LITTLE OR NO IDEA OF THE INNER PEACE AND CALM BESTOWED BY THE HOLY SPIRIT UPON THOSE WHO LIVE IN HARMONY WITH HIS COMMANDMENTS. THUS THE GENERAL SELF-DISCIPLINE WITH REGARDS TO THE SENSUAL PLEASURES AND THE LABORIOUS ATTEMPT TO ACQUIRE THE HOLY VIRTUES - WHICH HAVE AS A BASIS THE SACRIFICE OF OURSELVES FOR THE SAKE OF OTHERS - ARE REGARDED BY MOST AS 'FOLLY'. THIS 'FOLLY' OF THE CROSS AND THE GOSPEL IS SUMMED UP IN THE WORDS OF OUR LORD, 'IF ANY ONE WOULD COME AFTER ME, HE MUST TAKE UP HIS CROSS, AND FOLLOW ME'."

- ELDER EPHRAIM OF VATOPEDI
FROM THE PROLOGUE OF THE BIOGRAPHY
OF ELDER JOSEPH THE HESYCHAST

FOR CONSIDERATION

On one of the stones in the Church of Hagia Sophia, the following words were engraved: "Wash your sins, not only your face." Whoever entered this glorious church read this inscription and remembered that the Christian Faith requires of him moral purity: purity of the soul, purity of the heart and purity of the mind. Just as in the heart of man is concentrated the complete spiritual man, this is what the Lord also said, "Blessed are the pure of heart" (*St. Matthew 5:8*). Total external cleanliness does not help at all in gaining the kingdom of heaven. Oh, if only we would invest as much effort in washing ourselves from sins as we invest daily in washing our faces, then God would truly be seen in our hearts as in a mirror!

TO THINK ABOUT

The three temptations by which Satan tempted the Lord Jesus after His Baptism in the Jordan River:

1. Gluttony: The temptation with bread;
2. Pride: Lifting Him above the Temple;
3. Greed: Offering Him the possession of the entire world.



From January 8th of the Prologue of Ochrid By Saint Nikolai Velimirovich

WHAT IS A FIRST-PORTION GIVER?

A First-Portion Giver is a believer who offers a first-portion of his time, talent, and financial resources out of grateful recognition of the fact that all he has, he holds in trust from God.



TIME

A First Portion Giver offers a first portion of his *time*.

“Let us spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing. But let us encourage one another...”

Hebrews 10:24-25



TALENT

A First Portion Giver offers a first portion of his *talent*.

“There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord. There are different kinds of working, but the same God works all of them in all men.”

1 Corinthians 12:4-6



RESOURCES

A First Portion Giver offers a first portion of his *treasure*.

“Concerning the collection for the saints..., on the first day of the week, each one of you should set aside a sum of money in proportion to the income God has given you...”

1 Corinthians 16:2

Remorse is always a prisoner of the past; it does not shrug its shoulders and forget it. The past is present; the fault is ever before the eyes, but there is no way to undo it....

Repentance is also self-reproach, like the other states, but it is never sterile; it lays hold of the past by undoing it through penance. Both Judas and Peter denied Our Lord, but Judas repented unto himself, which was regret and remorse, and took his own life; Peter repented unto the Lord, which produced a new man

Abp. Fulton J. Sheen

Parishioners That Are Home Bound

If you or a loved one cannot make it to Church, Fr. James would be more than pleased to visit at your home, in the hospital, at a nursing home, or any other place. Please schedule a visit with Fr. James.

Pastor:

Fr. James Bankston: (619) 905-5278

Pastoral Council:

Fr. Deacon Frank Avant: (760) 805-1667

Vladimir Bachynsky: (619) 865-1279

Mark Hartman: (619) 446-6357

Luke Miller: (858) 354-2008

Jeanine Soucie: (718) 674-4529

Social Committee Chairperson:

Megan Hartman (619) 540-4291

Finance Committee:

Bohdan Knianicky: (619) 303-9698

Fr. Deacon Frank Avant: (760) 805-1667



**Українська Греко-Католицька Церква
Святого Йоана Хрестителя
St. John the Baptizer
Ukrainian Greco-Catholic Church**

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Fr. Dcn Frank's cell phone: (760) 805-1667

Sabbath Renewal

Another reason why the Sabbath day was blessed is that He who formed this world in six days foresaw that man would turn towards evil and would, as a result, go back to the ground, descend to Hades, and be imprisoned there; and this whole world would grow old and useless because of man, but would be renewed by God becoming man. This renewal was effected when God incarnate descended into Hades through death and declared there on the Sabbath the recall of souls. It was because He foresaw that this would happen on the Sabbath that He rightly deemed it the only day worthy to be blessed. However, although this work was secretly made ready on the seventh day, the Sabbath, everything was clearly brought to light and accomplished when the body too

had been summoned to immortality through the Lord's Resurrection on the eighth day. This is why we call it the Lord's Day. As Friday, the day of preparation, stands in relation to the Sabbath, so is the Sabbath in comparison with Sunday, which is obviously superior to it. As perfection and reality surpass beginning, pattern, and shadow, so is Sunday more excellent and honorable, because on it the exceedingly blessed work was finished, and on it we await the General Resurrection of all, the perfect entry of the saints into the divine rest and dissolution of the world into its elements.

St. Gregory Palamas

**For more information on Eastern spirituality, visit
www.theosismedia.com**