

SUNDAY OF CHEESFARE
FORGIVENESS SUNDAY



Icon of Christ Pantocrator

March 6, 2011
Sunday of Cheesefare

Tone 8

SCHEDULE OF SERVICES FOR THE WEEK OF MARCH 7 – MARCH 13

WEDNESDAY, MARCH 9 – MARTYR URPASIANUS

6:30 PM LITURGY OF THE PRESANCTIFIED GIFTS

SUNDAY, MARCH 13TH – FIRST SUNDAY OF THE GREAT FAST

9:30 AM DIVINE LITURGY

FOR ALL PARISHIONERS



Let us Begin the Fast with Joy!

The Rite of Forgiveness

Today we will ask each other's forgiveness following the Divine Liturgy. This Rite of Forgiveness is not without meaning – in fact it is one of the most important acts of Great Lent, as the Christian is one who forgives and is forgiven.

Wednesdays and Fridays of the Great Fast

On Wednesday, March 9th at 6:30 PM we will have the Liturgy of the Presanctified Gifts followed by a lenten meal and spiritual talk. Since Father James will be away on Friday and Saturday there will be no Presanctified Liturgy on Friday and no Vespers on Saturday. Beginning on Wednesday, March 16th and continuing on the following Wednesdays and Fridays during the Great Fast, the Liturgy of the Presanctified Gifts will be celebrated at 6:30 PM. Each Friday following the Presanctified Liturgy there will be a Lenten meal and a spiritual talk. We need volunteers to prepare the soup for the dates of 3/18, 3/25, 4/1, 4/8 and 4/15. Please talk to Olena Bankston to volunteer.



Shevchenko Commemoration

Mark the date: The local Shevchenko commemoration will take place on Sunday, April 3rd at 4:00PM in our church hall.

Did You Know?

Geese fly in the V-formation because when each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in the V-formation, the whole flock can fly at least 71% further than if each bird flew on its own. Christians who share a common direction and sense of community can also get where they are going quicker and easier because they are traveling on the thrust and uplift of one another. What a great image for Great Lent!

Looking Ahead:

- ❖ March 7th – The Great Fast Begins
- ❖ March 19th – 2nd All Souls Saturday
- ❖ March 25th – Feast of the Annunciation
- ❖ March 27th – Sunday of the Holy Cross – Presentation by Fr. Simeon Corona on outreach to the poor through "God's Extended Hands." Fr. Simeon will describe his parish's involvement in this ministry and talk about opportunities for our participation.

2nd All Souls Saturday

On Saturday, March 19th will be Second All Souls Saturday. On that day, there will be a Divine Liturgy at 9:30 AM for all our beloved departed followed by a Panakhyda. If you haven't already done so, please write the names of all those you wish to be remembered and place in the basket in the back of the church.

CHANGE YOUR CLOCK



CHANGE YOUR BATTERY

Daylight Saving Time!

This coming Sunday (March 13) is the beginning of Daylight Saving Time. Don't forget to set you clock **AHEAD** 1 hour before you go to sleep on Saturday, March 12.

The Liturgy of the Presanctified Gifts

Great Lent is a season of repentance, fasting, and intensified prayer, and so the Byzantine Church regards more frequent reception of Holy Communion as especially desirable at this time. However, since the Divine Liturgy has a festal or celebratory character not in keeping with the season of repentance, the Liturgy of the Presanctified Gifts is served instead. This special Lenten service is offered on Wednesday and Friday evenings at 6:30 PM after a day of spiritual preparation and if possible, according to the ancient tradition, total abstinence. According to the ancient practice of fasting, the faithful who wish to receive Holy Communion but are unable to keep a total fast because of medical reasons, weakness, or work responsibilities, normally eat a light lenten meal in the early morning, or by 12 noon at the latest. Though this fasting regimen is not binding under current canon law, it is encouraged as a recovery of our proper practice. Should you have any questions or concerns, please speak with Fr. James.

THE LENTEN PRAYER OF SAINT EPHRAIM



**O Lord and Master of my life,
take from me the spirit of
sloth, faint-heartedness, lust
of power and idle chatter.**

(Prostration)

**But grant rather the spirit of
wholeness of being, humility,
patience, and love to Thy**

servant. (Prostration)

**Yea, O Lord and King, grant me to see my own
transgressions, and not to judge my brother;
for blessed art Thou unto the ages of ages.**

Amen. (Prostration)

O God, cleanse me a sinner. *(12 x's, with as many bows, and then again the whole prayer from the beginning to end, and after that one great prostration) Note: If one cannot make prostrations, then make bows, or the sign of the Cross.*

THE TOP 10 LENTEN TIPS

1. Regardless of how you fast, fast every single day. This type of fasting helps wear down the passions and build spiritual endurance.
2. We are encouraged to recover our ancient fasting traditions – try to approximate them as best you can. Each Lent, try to be more strict yet humble.
3. Particular concerns about fasting? Age, health issues, never fasted before, mixed-marriages? Speak with your priest.
4. Be sure to recite the Lenten prayer of Saint Ephraim. If you cannot make prostrations just make bows or cross yourself.
5. On weekends, we do not make prostrations and our fasting is slightly relaxed. (We still do not kneel on Sundays.)
6. The Lenten services and tones are offered only during the week – strive to participate as much as possible in these services and the spirit of lent will rub off on you.
7. Sports and outdoor activities are not contrary to the Lenten spirit.
8. Strive to avoid going to movies, parties, vacations, and other entertainments. This we do so we can have more time to devote to spiritual things.
9. Confession and Holy Communion are central to securing the benefits of Lent. Without fail, we should receive the Sacraments during the period of Great Lent.
10. Be mindful of what we look at and how much time we spend on TV and computer. Some give up TV for all of Lent. Others strictly limit their time and watch only educational and news programs. Surfing on the web? Hit the theological sites.

Our lack of compassion, hardness of heart, and mercilessness towards others form an impenetrable curtain between ourselves and God. It is as if we had covered a plant with a black hood, and then complained because it died from lack of sunlight.

– Fr. Alexander Elchaninov



Українська Греко-Католицька Парафія
Різдва Пресвятої Богородиці
у Лос Анджелесі

ласкаво запрошує Вас на

***Святкування 50-ти ліття
Єпархії Св. Отця Миколая***

в неділю 13-го березня, 2011 о 10:00 рано

Процесія навколо церкви з ювілейною іконою
Виставлення ювілейної ікони
Св. Літургія очолена Владикою Ришардом Семенюком
Святочний обід (12:00 п.п.)

Квитки на обід просимо замовляти наперед у Володимира Матли 626-357-4780

**5154 De Longpre Ave
Los Angeles, CA 90027
323-663-6307**

**Nativity of the Blessed Mary Ukrainian Catholic Parish
cordially invites you, your family, and friends to the**

***50th Anniversary Celebration
of St. Nicholas Eparchy***

Sunday, March 13, 2011, 10:00 a.m.

Procession around church with Jubilee Icon
Presentation and veneration of Jubilee Icon
Divine Liturgy served by His Grace, Bishop Richard Seminack
Festive Dinner (12:00 p.m.)

Please order dinner tickets in advance from Wolodymyr Matla 626-357-4780

UKRAINIAN CATHOLIC APPEAL SHARE 2011

УКРАЇНСЬКИЙ КАТОЛИЦЬКИЙ

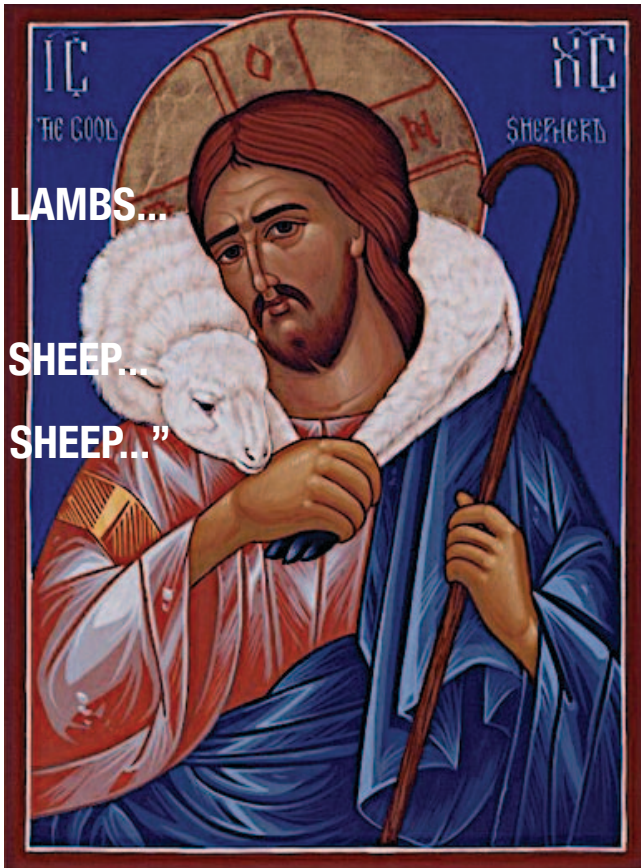
MARCH 13-JUNE 30 2011

“...FEED MY LAMBS...”

**...TAKE CARE
OF MY SHEEP...**

...FEED MY SHEEP...”

JOHN 21, 15-17



FEEDING THE FLOCK



50 YEARS AS CHURCH!
ST. NICHOLAS UKRAINIAN CATHOLIC EPARCHY

SHARE 2011 SUPPORTS:

- SEMINARIANS
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**YOUR GIFT MATTERS!
DONATE TODAY!**

UKRAINIAN CATHOLIC APPEAL SHARE 2011

УКРАЇНСЬКИЙ КАТОЛИЦЬКИЙ

13 БЕРЕЗНЯ -

30 ЧЕРВНЯ 2011

“...ГОДУЙ МОЇ ЯГНЯТА...”

...ПАСИ МОЇ ВІВЦІ...

...ГОДУЙ МОЇ ВІВЦІ...”

ІВАН 21, 15-17



ГОДУЮЧИ ДУХОВНУ ПАСТВУ



ПРОТЯГОМ **50 РОКІВ ЯК ЄПАРХІЯ!**
УКРАЇНСЬКА КАТОЛИЦЬКА ЄПАРХІЯ СВ. МИКОЛАЯ

ЗІБРАНІ КОШТИ ІДУТЬ НА ПІДТРИМКУ:

- СЕМІНАРИСТІВ
- ПАСТОРАЛЬНОГО СЛУЖІННЯ
- КАТЕХИЗАЦІЇ
- ЗАХИСТ ДІТЕЙ І МОЛОДІ
- МІСІЙНИХ ПАРАФІЙ

**ЦІНУЄМО І ДЯКУЄМО
ЗА КОЖНУ ВАШУ ПОЖЕРТВУ!**

House of Ukraine presents



Pysanka Festival

Saturday, March 26, 2011

10:00 am – 4:00 pm

Hall of Nations, Balboa Park, San Diego

Discover the Ukrainian pysanka (Easter egg)

View pysanka exhibits.

Observe demonstrations by skilled pysanka artists.

Learn the mysteries of pysanka symbols and designs.

*Purchase a pysanka to decorate your home or supplies to make
your own pysanka.*

Enjoy traditional Ukrainian pastries.

Children's activity corner.

For more information- 760 689-2852



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

Святкуємо 50-років!

Celebrating 50 Years!

4400 Palm Avenue
La Mesa, CA 91941
Parish Office: (619) 697-5085

Website: stjohnthebaptizer.org

Pastor: Fr. James Bankston

Парох: о. Яків Бенкстон

frjames@mac.com

Fr. James' cell phone: (619) 905-5278

True Fasting

“Why do we fast, and you do not see it? afflict ourselves, and you take no note of it? Lo, on your fast day you carry out your own pursuits, and drive all your laborers. Yes, your fast ends in quarreling and fighting, striking with wicked claw. Would that today you might fast so as to make your voice heard on high! Is this the manner of fasting I wish, of keeping a day of penance: That a man bow his head like a reed, and lie in sackcloth and ashes? Do you call this a fast, a day acceptable to the Lord?

This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke; Sharing your bread with the hungry, sheltering the oppressed and the homeless; Clothing

the naked when you see them, and not turning your back on your own.

Then your light shall break forth like the dawn, and your wound shall quickly be healed; Your vindication shall go before you, and the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry for help, and he will say: Here I am!

If you remove from your midst oppression, false accusation and malicious speech; If you bestow your bread on the hungry and satisfy the afflicted; Then light shall rise for you in the darkness, and the gloom shall become for you like midday.”

The Prophet Isaiah (58:3-9)