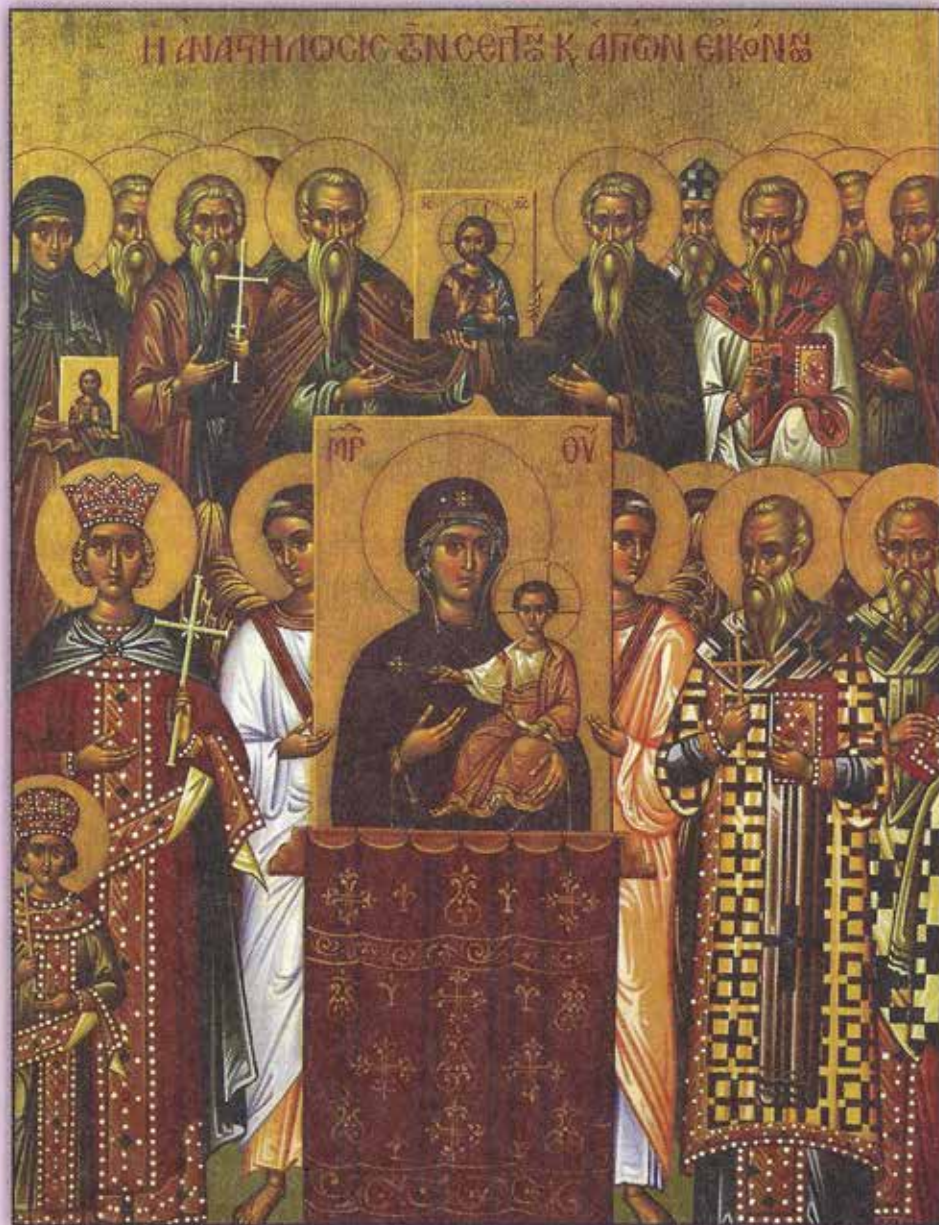


FIRST SUNDAY OF THE GREAT FAST
SUNDAY OF THE HOLY IMAGES



Icon of Holy Images

March 1, 2020: First Sunday of the Great Fast

Epistle: Heb. 11:24-26.32-12:2

Gospel: Jn. 1: 43-51

Mon., March 2	8:00 + Christine Danylak (Leo Danylak)
Tues., March 3	8:00 + Anna Mae Schurko (Nell Elnitsky O'Connor)
Wed., March 4	6:30 pm Presanctified Liturgy
Thurs. March 5	8:00 + John Yeck, Sr. (Bob & Joan Yeck & Family)
Fri., March 6	6:30 pm Stations of the Cross
Sat., March 7	No Morning Divine Liturgy 10:30 Confessions 2:00 pm Confessions 4:00 pm + Msgr. Stephen Hrynuck (Kushner Family)
Sun., March 8	9:00 For Our Parishioners 11:30 +Harry & Olga Pish; + Mildred Polacek (Family) 3:00 pm Sorokousty

MESSAGE OF FORGIVENESS FROM METROPOLITAN BORYS

Dear Sisters and Brothers,

Beginning Great Lent, I ask forgiveness from the clergy, religious and faithful of the Philadelphia Metropolia, the UCU community, and family, friends and collaborators in different corners of the world.

Forgive me for the offenses or disappointments, the unfulfilled expectations, for everything by which I have sinned against God and you in thought or word, commission or

omission, undue pressure or lack of attention, criticism or silence.

Let us ask for forgiveness of each other. Let us ask and forgive deeply, emptying and expunging the cup of negative passions that may have been filled over the last year so that we may begin nimbly our common journey of the next forty days— the holy pilgrimage to the Lord's Pascha.

The Risen One is close! He's coming, approaching embodied in

our brothers and sisters, especially in those with whom we have issues, with whom something is not right.

Lent is a tool for focusing so that we may open up to God, focusing in order to free ourselves of passions: anger, envy, lust, avarice, and pride. It is a time when we symbolically mortify our bodies. Things settle down a bit. Prayer, fasting, and almsgiving cleanse us and prepares us spiritually for the Passover — our transition from death to life.

Lent is not a time of sadness, although we should weep over our sins. We know how Lent ends — with the Resurrection, when our sins and death are trampled and crushed.

Today we are all bombarded by so much information and propaganda. It difficult for us to find rest from visual stimulation. In this context certain

disciplines of a contemporary Lent can bring peace and joy. This year I will repeat a practice of previous years: unplugging from social networks and limiting time on the Internet. If you can, I encourage you to do so too. Free time for prayer, works of charity, fellowship. Free time simply for silence before God.

May repentance and forgiveness open our eyes, our senses, to see the face of Him who takes the moral burden of all our afflictions, betrayals, and compromises, small and great, carrying them to Calvary and transforming them with His sacrifice.

In peace, joy, and gratitude for each other, let us immerse ourselves in prayer, fasting, and works of mercy!

Christ is Risen!
+Borys

SPIRITUAL REGULATIONS FOR THE GREAT FAST

Although our Church traditionally prescribed abstention from meat and dairy products in days gone by for the entire duration of the Great Fast, the following are the minimal Lenten regulations today:

Abstinence from meat and all dairy products on the First Day of the Great Fast and on Good Friday.

Abstinence from meat only on all Fridays of the Great Fast as well as Holy Saturday. It is also traditional to abstain from meat on Wednesdays during the Great Fast.

Everyone should receive the Holy Mysteries of Reconciliation and Holy Eucharist during the period from the onset of Great Fast to the Wednesday

before Ascension Thursday.

The 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 physically very hard labor. However, all are urged, if able to do so, to observe the fasting and abstinence regulations.

All the faithful are urged to attend the Lenten services such as the Presancti-

fied Liturgy, Akafist of the Passion and the Commemoration of the Deceased (Sorokousty).

Such good deeds as almsgiving, visitation of the sick, Bible reading and praying for vocations to the priesthood and religious life are most earnestly recommended to all the Faithful. This year, families are especially urged to pray together in the mornings and evenings.

REFLECTION ON “FASTING”

Q: Why do we fast? Just as the children of Israel ate the “bread of affliction” (Deuteronomy 16:3) in preparation for the Passover, so Christians prepare themselves for the celebration of Pascha by observing the fast of Great Lent.

Moses fasted on Mount Sinai (Exodus 34:28), and Elijah on Mount Horeb (I Kings 19:8-12). But most importantly Our Lord fasted in the wilderness for 40 days and 40 nights (Matthew 4:1-2) and we imitate His example.

CONTROL YOUR TEMPER (ANGER)

There once was a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the fence. On the first day, the boy hammered 37 nails into that fence. The boy gradually began to control his temper over the next few weeks, and the number of nails he was hammering into the fence slowly decreased. He discovered it was easier to control his temper than to hammer

those nails into the fence. Finally, the day came when the boy didn't lose his temper at all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

“You have done well, my son, but look at the holes in the fence. The fence

will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say "I'm sorry", the wound is still there."

Moral of the story: Control your anger, and don't say things to people in the heat of the moment, that you may later regret. Some things in life, you are unable to take back.

OUR CONDOLENCES

In your Christian Charity, please remember in your prayers the souls of the following Parishioners who recently fell in the Lord:

+ **Marion Peernock** was buried on

Thursday, February 27th.

+ **Jean Stange** was buried on Friday, February 28th.

May their memory be eternal! Vichnaya Paymyat!

UKRAINIAN EASTER EGG WORKSHOP

Ss. Cyril and Methodius Ukrainian Catholic Church in Olyphant will again be offering Pysanky Classes. At this time there will be three dates, March 1, 15, & 22, 2020, from 2:00 p.m. to 4:00 p.m. The beginner class is approximately two

hours long. The cost will be \$20 and includes the supplies needed to make your egg. For more information or to sign up for the class, please call Sonia Maslar at 570-489-9608 or Tammy Budnovitch at 570-766-1919 (after 5 pm).

SPAGHETTI DINNER

Eureka Hose Co. No. 4 will host the 51st Annual "All You Can Eat" Spaghetti Dinner at the Fire Station 717 East Grant St. Olyphant on Saturday March 7th. Take Out Dinners will be from 3:00 pm

to 5:00 pm with Sit Down Dinners from 5:00 pm to 8:00 pm. Dinners will include Salad, Pasta and Meatballs, bread and butter, Dessert and Beverage. Donation is \$10.00.

ST. CYRIL'S HOLY NAME SOCIETY MEETING

St. Cyril's Holy Name Society will meet next Sunday, March 8th following the 9:00 Divine Liturgy. All members are

invited and encouraged to attend this monthly meeting.

FISH DINNER FUND-RAISER FOR ST. CYRIL'S

St. Cyril's 8th Annual "Baked Haddock Fish Dinner" will be on Friday, April 3, 2020, held at the Regal Room, 213 Lackawanna Ave. Olyphant. (Enter the Ballroom/side entrance) Time: 5:00 p.m.-7:00 p.m. You can Sit Down (be served) or Take it Out.

Pre-sold tickets are \$13.00 each

and include baked haddock, vegetable, potato, roll, and dessert. The deadline for tickets is Monday, March 30, 2020. There will a limited amount of tickets sold at the door at \$15.00 per ticket.

For reservations call Sandra at 570-383-9487. Tickets will also be sold in the Church vestibule in March.

HOLY THURSDAY SERVICES WITH THE ARCHBISHOP

All Parishioners are invited to the Holy Thursday Vespers with the Divine Liturgy of St. Basil the Great and Washing of the Feet, which will be celebrated at the Cathedral of the

Immaculate Conception on Thursday, April 9, at 10:30 am. His Grace, Archbishop Borys Gudziak, will be the main celebrant and will celebrate the ritual of washing the feet.

2020 L.U.C. LENTEN RETREAT

The League of Ukrainian Catholics of America has sponsored and held their Annual Lenten Retreat at Sloatsburg's St. Mary's Villa Educational and Retreat Center the week-end before Palm Sunday for 42 years.

This year's Lenten Retreat might be the last retreat held at The Villa as the Sisters Servants of Mary Immaculate are selling this property.

For the past forty-two years we have been so fortunate to be able to come on Retreat to Sloatsburg's St. Mary's; have been fortunate to enjoy the quiet and comfort of St. Mary's.

We have been blessed with the many graces received while on retreat and are thankful for the many clergy who have given their time to enrich our spiritual life year after year.

For this year our Retreat Master will be Msgr. Martin Canavan. The theme for this year's retreat is "Standing at the Cross with the Mother of God". As we come to the close of the Great Lent and the beginning of the Great and Holy Week, we pause, gathered together in Jesus' name to reflect on Mary's (the first disciple) place at the Cross. In the light of her "Let it be done to me according to your word" at the

Annunciation for Jesus's word from the Cross, "It is accomplished!" we attempt to better understand our place in the Love and Mercy of God poured out on us each and every day.

The dates for year's retreat are March 27, 28 and 29th. The Lenten Retreat is scheduled for beginning Friday evening at 7:30 pm..

SPRINGTIME BUS TRIP

The North Anthracite Council of the League of Ukrainian Catholics is sponsoring a bus trip to New York City on Saturday, May 16, 2020. The itinerary includes the 44th Annual Ukrainian Street Festival sponsored by New York's St. George Ukrainian Greek Catholic parish and the 14th Annual Multi-Ethnic Parade and Dance Festival both on the Lower East Side plus a ride on the Staten Island Ferry. Participants are free to do their own thing in the City for all or part of the day if they so wish.

Bus will pick up at Edwardsville's St. Vladimir Church, 70 Zerby Avenue at 8:00 am and at Scranton's St. Vladimir Church, 428 North Seventh Avenue at 8:45 am. Departure for home will be at 8:00 pm. Cost is \$45.00 per person. Full nonrefundable advance payment reserves a seat. For further information and reservations call Paul at 570 563-2275 or Dorothy at 570 822-5354. Early reservations are recommended as this is a very popular trip and the 55 passenger bus is expected to fill quickly.

COLLECTION PROCESSING TEAM

The Collection Processing Team for the month of March 2020 is Team #3:

Helen Pagnotti, Marlene Zelno, Dorothy Zinsky, and Cheryl Matuszewski.

Altar Boy and Lector Schedule for March 7 & 8, 2020

	Altar Boys	Lectors
4:00 pm	Hunter Wegforth -- Brett Lowe	Andrew Augustine
9:00 am	Brennin Marcinko -- Cole Marcinko	Pat Marcinko
11:30 am	Samuel Szczesniak -- Jordan Radle	Frank Lesnefsky

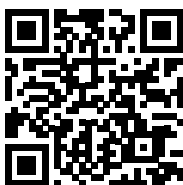
Ss. Cyril & Methodius Ukrainian Catholic Church

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Rev. Nestor Iwasiw, Pastor

The Image of God Within Us

A story is told that when Leonardo da Vinci painted "The Last Supper" he sought out men who could be living models for Our Lord and the apostles for his painting. Each model had to have a face that expressed da Vinci's vision of the particular man he would represent. One day, da Vinci saw a young man who had the features of love, tenderness, caring, innocence, compassion, and kindness. This man would be his model for Jesus.

However, years went by and the painting was still not complete. Da Vinci could not find the right face for Judas. He was looking for a man whose face was streaked with despair, wickedness, greed, and sin. Ten years after starting the picture, he found a man in prison whose face had all the qualities for which he had been search-

ing. This prisoner, then, would be the model for Judas.

As da Vinci worked, he noticed the prisoner growing more and more uneasy. He asked the prisoner, "What seems to trouble you so much?" The man began sobbing and said, "Don't you remember me? Ten years ago I was your model for Jesus!" The once innocent youth had turned his back on Christ and had begun living a sinful life. The face that had once radiated love, now showed misery. The expression of hope was replaced by despair. The light of Christ within him had grown dim.

On this first Sunday of the Great Fast, let us ask ourselves, "What do others see in our face?" Is ours a face of kindness and love, or of despair and misery?