

THIRD SUNDAY OF THE GREAT FAST
VENERATION OF THE HOLY CROSS



Icon of the Veneration of the Holy Cross

March 15, 2020: Third Sunday of the Great Fast		
Epistle: Heb. 4:14 - 5:6		Gospel: Mk. 8:34 - 9:1
Mon., March 16	8:00	+ Susan Horwath (Family)
Tues., March 17	8:00	+ Emmett & Zenia Hooper (Dolly Daniels)
Wed., March 18	6:30 pm	Presanctified Liturgy
Thurs. March 19	8:00	+ Andrew & Anna Smagula (Joseph Smagula)
Fri., March 20	6:30 pm	Stations of the Cross
Sat., March 21	No Morning Divine Liturgy 10:30 Confessions 2:00 pm Confessions 4:00 pm + Elinor Chowanec (Family)	
Sun., March 22	9:00	+ Daniel & Olga E. Telep (Lauren Telep) 11:30 For Our Parishioners 3:00 pm Sorokousty

**FROM OUR AUXILIARY BISHOP,
THE MOST REV. ANDRIY RABIY...**

Dear Fathers, Deacons and Faithful of the Archeparchy of Philadelphia,

As you are well aware, the entire world watches the spreading of COVID-19 (also known as coronavirus) with much fear, anxiety and worry. It already affected many countries as they struggle to control the virus and heal the infected with a great success rate. And while we mourn the loss of many lives and extend our sympathies to the bereaving families, we will remain steadfast in our hope and

with unshaken faith in our Lord and God, the Provider of every good thing and Healer of the infirm.

In addition to our continued prayers for the infected and curbing the virus, we also should contribute to the general effort by closely following these recommendations:

- 1.If you notice any flu-like symptoms, please limit your interaction with other people to a minimum, do not attend church services and see your doctor at

- the earliest convenience;
2. While you are in church (especially now in the time of the Great Fast), concentrate more on spiritual union with the Lord. Venerate the icons, relics and objects of piety but not necessarily touching them physically (for example, kissing);
 3. Make sure that you will not touch the golden spoon at the time of receiving Holy Communion but patiently wait until the priest drops the Precious Body and Blood of Jesus Christ into your mouth;
 4. Observe the already known rules of personal hygiene and washing your hands more frequently especially after being in public spaces;
 5. Do not share any information that may cause further anxiety, worry and panic.

Pastors are also asked:

1. Make sure that surfaces of icons, religious articles and pews are disinfected in our

churches;

2. Remove or cover containers with Holy Water sometimes found at the entrance doors;
3. Put a clear plastic cover over the window in confessionals (from the side of a confessing priest) in order to prevent a direct physical contact with a penitent.

We need to take every precaution to ensure that the virus does not spread in our communities and bring grave consequences. For more and the most updated information, please visit the Centers for Disease Control and Prevention (CDC) website www.cdc.gov and the World Health Organization (WHO): www.who.int.

With prayers for your health, physical and spiritual well-being during this blessed Great Lent,

/s/ Most Rev. Andriy Rabyi

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 Presanctified 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.

MEDITATION FOR THE THIRD SUNDAY OF THE GREAT FAST

Daily we are bombarded with messages which reveal the steadfast rivalry between various political and social groups. Each contends that they are acting in the interests of all in society. Panels of media “experts” debate the merits of what people in power say and do. Yet, there is a reluctance to surrender to some common ground. Where is the gift of sacrifice in the interests of the other, the common good? St. Paul, in his Epistle to the Philippians, exhorts us to “do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but also everyone for those of others.

Have among yourselves the same attitude that is also yours in Christ Jesus” (Philippians 2:3-5).

The veneration of the Holy Cross on the third Sunday of Great Fast reminds us of Jesus’ sacrifice on the cross for you and for me. Jesus died voluntarily for our salvation. As you venerate the Holy Cross, resolve to live with greater humility. Let go of rigid attitudes and perceptions. Resolve to show greater understanding for the benefit of the common good. Participate in the special Lenten services, being a part of a community of faith. A Blessed Journey in Great Fast!

REFLECTIONS ON “FASTING” (CONT.)

Question #4: What is the purpose of fasting? Although fasting has many health

benefits, the primary aim of fasting is to make us conscious of our dependence on

God. We voluntarily experience physical hunger in order to become aware of our true spiritual hunger. Another reason we fast is to subdue our passions and self-will. The Saints tell us there is no way we can control our urges for pleasure, money or power, if we cannot control our stomach. Fasting is the first step toward self-control. And our self-will is cut off by being obedient to the Church and her rules.

Question #5: Is fasting only a matter of diet? No, it is moral as well as physical. True fasting is to be converted in heart and will; it is to return to God, to come home like the Prodigal son to our Father's house. In the words of Saint John Chrysostom it means "abstinence

not only from food but from sins." He says, "The fast should be kept not only by the mouth but also by the eye, the ear, the feet, the hands and the other members of the body." The eye must abstain from impure sights; the ear, from malicious gossip; the hands, from acts of injustice. Saint Basil says "it is useless to fast from food and yet indulge in cruel criticism and slander: You do not eat meat but devour your brother." And although we may return to eating meat and cheese after Pascha comes, we should of course strive NOT to return to the sins from which we struggled to abstain during the course of the Fast. We give up rich foods for Lent ... We should give up gossip and laziness and greed, forever.

INSTRUCTIONS FOR RECEIVING HOLY COMMUNION

To receive Holy Communion, please come forward, tilt your head back slightly, open your mouth wide, (do NOT stick out your tongue and do not say

"Amen"). AFTER the Priest gives you the Holy Eucharist, close your mouth, consume the Holy Eucharist, and return to your seat.

WHEN WASHING YOUR HANDS... SAY A PRAYER

One of the preventative measures against the COVID-19 virus is to thoroughly wash your hands, long enough to complete one verse of "Happy Birthday!" Perhaps, a better verse to

say... is a prayer, maybe the "Our Father" or the "Hail Mary" (while washing your hands). We could all use the prayers, and especially prayers for our country. God Bless America!

CEMETERY GRAVE DECORATIONS

Our Cemetery Care-Takers are beginning to prepare our Cemetery in anticipation of the Spring season. They ask that all Christmas and artificial decorations be removed from the graves. These

decorations can get in the way of grass-cutting, damage our equipment, or even result an injury. Any left-over decorations can be retrieved by the Cemetery Garage.

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).

2019 FINANCIAL REPORT

The 2019 Financial Report is available in the Vestibule of the Church, next to the

Church Bulletins.

LENTEN SOUP SALE FUND-RAISER

Orders are being taken for Manhattan Clam Chowder (red)--\$8 per quart. So that you can enjoy this Lenten meal on a fast day, the soup will be available for pick up at the school kitchen on Friday, March 13th from 3:30 to 4:30. In addition, it will

be available after each liturgy Saturday, the 14th and Sunday, the 15th. Please place your order on the sign-up sheets located at the back of the church or by calling Jule at 570-489-2931 or Mary Ann at 570-489-4648.

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.

PUSSY-WILLOWS

Flowery (Palm) Sunday is just three weeks away! Once again this year, we turn to our Parishioners for help in procuring our pussy-willows. If you have any bushes,

please share them with us. You can either bring them in or arrangements can be made to have them picked up. Thank you in advance for your generosity.

HOLY THURSDAY SERVICES WITH THE ARCHBISHOP

On Holy Thursday April 9, the traditional foot washing of twelve priests by Archbishop Borys will be part of the Holy Thursday services that will be held beginning at 10:30 a.m. in the Ukrainian Catholic Cathedral of the Immaculate Conception, Philadelphia, Pa. This custom commemorates Our Lord washing the

feet of his disciples as recounted in the Gospel of John. This Divine Liturgy also commemorates the institution of the Holy Eucharist and the Priesthood. All the faithful from throughout the archeparchy are invited and encouraged to attend this Divine Liturgy on Holy Thursday in the Philadelphia Cathedral.

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 21 & 22, 2020

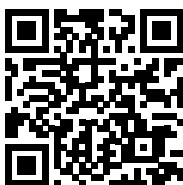
	Altar Boys	Lectors
4:00 pm	Samuel Szczesniak -- Alex Nick	Michael Shumek
9:00 am	Brennin Marcinko -- Cole Marcinko	Pat Marcinko
11:30 am	Nicholas Muchisky -- Tyler Muchisky	Frank Lesnefsky

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Rev. Nestor Iwasiw, Pastor

Carrying Our Crosses

Once there were two monks who traveled to a monastery in the dead of winter. At one point, they heard a voice crying for help. They spotted a man lying in the snow. He had fallen and had nearly frozen to death. One monk said to the other, "We must go and help our brother." However, the other monk replied to the first saying, "If we stop to help him, we, too, will surely freeze to death. The poor man's fate is already sealed. Let us move along." Subsequently, one monk decided to stay and help the injured man, while the other monk decided to continue alone on his journey to the monastery.

Remaining behind, the monk bandaged the wounds of the injured man, hoisted him upon his shoulders, and resumed his journey. Even-

tually, they arrived at the monastery. Much to their surprise, they saw the lifeless body of the other monk just a few feet away from the door of the monastery. By choosing to travel alone, he had frozen to death. The monk, however, in choosing to help the injured man had arrived safely. Ironically, carrying the injured man upon his shoulders had insulated him from the cold.

Our Lord tells us, "those who will save their life will lose it and those who lose their life for My sake will save it." (Luke 9:24) As we venerate the Holy Cross today, let us remember that it is by carrying our own crosses and bearing our burdens in this life that we reap the greatest blessings - not only in this life, but in eternal life to come.