

SECOND SUNDAY OF THE GREAT FAST
SUNDAY OF GREGORY PALAMAS



Icon of Saint Gregory Palamas

March 13, 2022: Second Sunday of the Great Fast		
Epistle: Heb. 1:10 - 2:3		Gospel: Mk. 2: 1-12
Mon., March 14	9:00	+ Michael Hermanovitch, Sr. (Family)
Tues., March 15	9:00	+ Susan Sestili (John & Mary Ann Turko)
Wed., March 16	6:00	Stations
Thurs., March 17	9:00	+ Nicole Yeck Crimard (Parents & Family)
Fri., March 18	6:00	Presanctified Liturgy
Sat., March 19	No Morning Divine Liturgy. 2:00 pm Confessions 4:00 pm + Elinor Chowanec (Family)	
Sun., March 20	10:30	For Our Parishioners; Sorokousty

PRAYER FOR PEACE IN UKRAINE



Heavenly Father, your Son taught us "Blessed are the Peacemakers for they shall be called Children of

God." At this hour, we fervently pray that your Holy Spirit may inspire men and women in Ukraine to

become Peacemakers. May they seek reconciliation and dialogue and end the violent confrontation and killing. May they restore tranquility to their nation and restore human rights, democratic principles and religious liberty to their troubled land.

God, our Father, we beseech You to comfort the suffering, heal

the wounded and accept the souls of the departed into Your Heavenly Kingdom. And may the Most Holy Mother of God extend her Blessed Mantle of Protection over Ukraine. And may each of us always live our lives as instruments of Your Peace. Amen.

MEDITATION FOR THE SECOND SUNDAY OF GREAT LENT

A meaningful journey through Great Lent ought to unsettle our comfort zones. One of these comfort zones might be an attitude of living with an attitude of entitlement. Recall how some of the apostles were arguing among themselves as to who was the most important. Jesus sat them down and said, "If anyone wishes to rank first, he must remain the last one of all and the servant of all" (Mk. 9:36). How do we approach Jesus?

Recall how the Gospels tell of us people jeering, insulting and mocking Jesus on the cross. When we judge others, laugh or bully others for what we perceive as different in the way they do things or present themselves, are we not like those unpleasant persons at the foot of the cross? Are

we setting ourselves as more important than others just as the apostles did? The friends of the paralytic in today's Gospel reveal to us how we ought to witness to Jesus Christ. They were so motivated that they even made a hole in someone's roof to get their friend to Jesus for healing. Jesus tells them that the paralytic is healed because of the faith of these friends. They vividly reveal what being a servant to one another calls us to do. Others around us are thirsting to hear the healing words of Jesus Christ, and not demeaning, critical or bullying words. Dare to be a servant of others, presenting them to Jesus Christ for healing in our prayers, with our words of love and encouragement, and forgiveness. Take the challenge!

IDENTITY - PART 5

Finally, how are we made a king? Simply because only a king, other than a prophet and a priest, was anointed in the Old Testament. In that case, it can be said that as we are made a priest and a prophet by our anointing at Baptism then we are also made a king at our anointing in baptism.

How are we made a baptized king? We live out our baptismal kingship in service. Our Lord Jesus, King of kings says, "I have come not to be served, but to serve." When I asked a youth group member, "what does a good king do." He responded, "He protects his people." It was a good answer but not an all-encompassing answer. A good king serves his people.

One of the most beautiful titles our Holy Father the Pope is called is "Servant of Servants" referring to the words of Christ, "I have come not to be served, but to serve."

In our anointing at Baptism, our whole being was anointed, set aside to

live out the words of Jesus "To Serve." In this very real sense we are made a baptized king.

When we contemplate or reflect deeply on the Mystery of Baptism we cannot help but realize the profound and rich identity that we possess.

Through Baptism we become no more than just a creature of our Creator, but also an adoptive son or daughter of God the Father and Creator. We saw that we become a Jesus person. At the anointing rite in Baptism, we saw how we are made a baptized Prophet, a baptized Priest, a baptized King. What an astounding, beautiful, and rich identity we have as followers and disciples, and missionaries of Jesus Christ. Because of this profound identity, it is most important to know and celebrate the day of our baptism.

*by Fr. Walter J. Wysochansky
Part 5 of 5*

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, 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.

DONATE TO HUMANITARIAN AID FUND FOR UKRAINE

The Metropolia of the Ukrainian Catholic Church that covers the territory of the United States invites you to make donations to the Humanitarian Aid Fund for Ukraine. This can be done as follows:

Write a check to the "Ukrainian Catholic Archdiocese of Philadelphia" and send it to the office at 810 North Franklin Street, Philadelphia PA 19123. Please write on the check "Humanitarian Aid Fund for Ukraine."

You can also write a check to St. Cyril's Church, leave your donation in the Collection Box, or drop it off at

the Parish Rectory. All funds collected at the Parish will be transferred to the Philadelphia Metropolia.

You can donate on the Philadelphia Archdiocese's website www.ukrarcheparchy.us, and click on Donate through PAYPAL and select "WAR VICTIMS AND HUMANITARIAN CRISIS IN UKRAINE."

There are no small or large donations. But your donation can change someone's life for the better. The Lord God will repay the happy donor a hundredfold. Pray for the people of the war victims! May the

Lord bless you and our brothers and sisters in Ukraine!

REFLECTION ON “FASTING”

Q1: 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.

Q2: Did Jesus really teach fasting? Yes, He instructs us, “When the Bridegroom is taken away, My disciples will fast” (Matthew 9:15). And He presumes His followers will

fast, in His Sermon on the Mount when He teaches, “When you fast ...” not if you fast. He goes on to say, “Anoint your head and wash your face so that you do not appear to be fasting before men ... your Father who sees in secret will reward you openly.” (Matt. 6:16-18).

Q3: When did fasting on certain days originate? As early as the first century, in the Teaching of the Twelve Apostles, we read: “He (Christ) commanded us to fast on Wednesday and Friday.” The Saints explain, we fast “on Wednesday because on this day Our Lord was betrayed; and on Friday because on this day He suffered death for our salvation.”

OUR CONDOLENCES

In your Christian Charity please remember in your prayers the soul of + **Delores Wargo** who recently fell asleep in the Lord. + Delores was

buried from St. Cyril’s last Saturday, March 5, 2022. May her memory be eternal! Vichnaya Pamyat!

PRAYER SERVICE FOR UKRAINE

Fr. Myron Myronyuk invites everyone to a Moleben to the Mother of God for

the intention of peace in Ukraine. This service will take place at Ss. Peter and Paul Church, 635 N. River St., Wilkes Barre, today (March 13th) at 5

pm. We will host the Prayer Service next week (March 20th) at 5 pm. All are invited to come and pray.

LENTEN FOOD SALE

This year's menu has some additional delicious options: pizza from Roseanna's and pierogy from Little Spuds. Soups prepared by the chef of Bistro on the Hudson restaurant. BellaRose Food Truck will be offering several menu items. The flyer is attached to the bulletin. Due to the prohibitive cost of postage, we

will not be mailing the flyers, but are asking everyone to help distribute them. Please take some flyers to give to neighbors, take some to your workplace, your beautician's shop, dentist's/doctor's office, etc. With everyone's help, we can make this a very successful fundraiser.

ST. JOSEPH DAY BREAKFAST

The Women's Society of St. Joseph Melkite Catholic Church on North St. Frances Cabrini Avenue, West Scranton, is sponsoring its annual Takeout St. Joseph Day Breakfast, Sunday, March 20, 2022. Our abundant meal includes Eggs, scratch pancakes, Home Fries, Olives, HoneyBaked Ham & Breads.

9am-1pm. Adults \$10.00 and children age 6-10 \$6.00. Our fragrant St. Joseph Bread available in two loaf packages for \$5 until sold out. Tickets at the door. Pre-order preferred 570-468-0529, rectory 570-343-6092 or melkite.scranton@gmail.com. More info on facebook or melkitescranton.org.

COLLECTION PROCESSING TEAM...

The Collection Processing Team for the month of March 2022 is Team #3:

Marlene Zelno, Dorothy Zinsky, and Cheryl Matuszewski.

Sunday Collection for March 5 & 6, 2022: \$

Ss. Cyril & Methodius Ukrainian Catholic Church

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Rev. Nestor Iwasiw, Pastor

Confidence in God

A story is told of a very tired traveler who came upon the banks of a river. There was no bridge by which he could cross. It was winter, and the surface of the river was covered with ice. He wondered whether or not the ice would bear his weight. Finally, after much hesitation and fear, he got down on his knees and began, very cautiously, to creep across the surface of the ice, hoping that the ice would support him.

When he was about halfway across the river he heard the sound of bells behind him. From the other side of the river there came a sled filled with people and pulled by four horses. They whisked across the frozen river, passing right by the traveler who was still crawling across the river on his hands and knees.

This story illustrates how some people go through life. Some stand on the banks of indecision, unable to make up their minds about the course to take. Others crawl along in constant fear, unable to find the courage to carry a cross or face a challenge. There are those, however, who allow their Faith to be their guide. They face challenges, problems, and uncertainties knowing that God directs every step.

When we face rivers of difficulties, we do not have to be indecisive, nor do we have to creep through life in fear. God has promised to help, and with God's help we can make our way to the other side, safely.