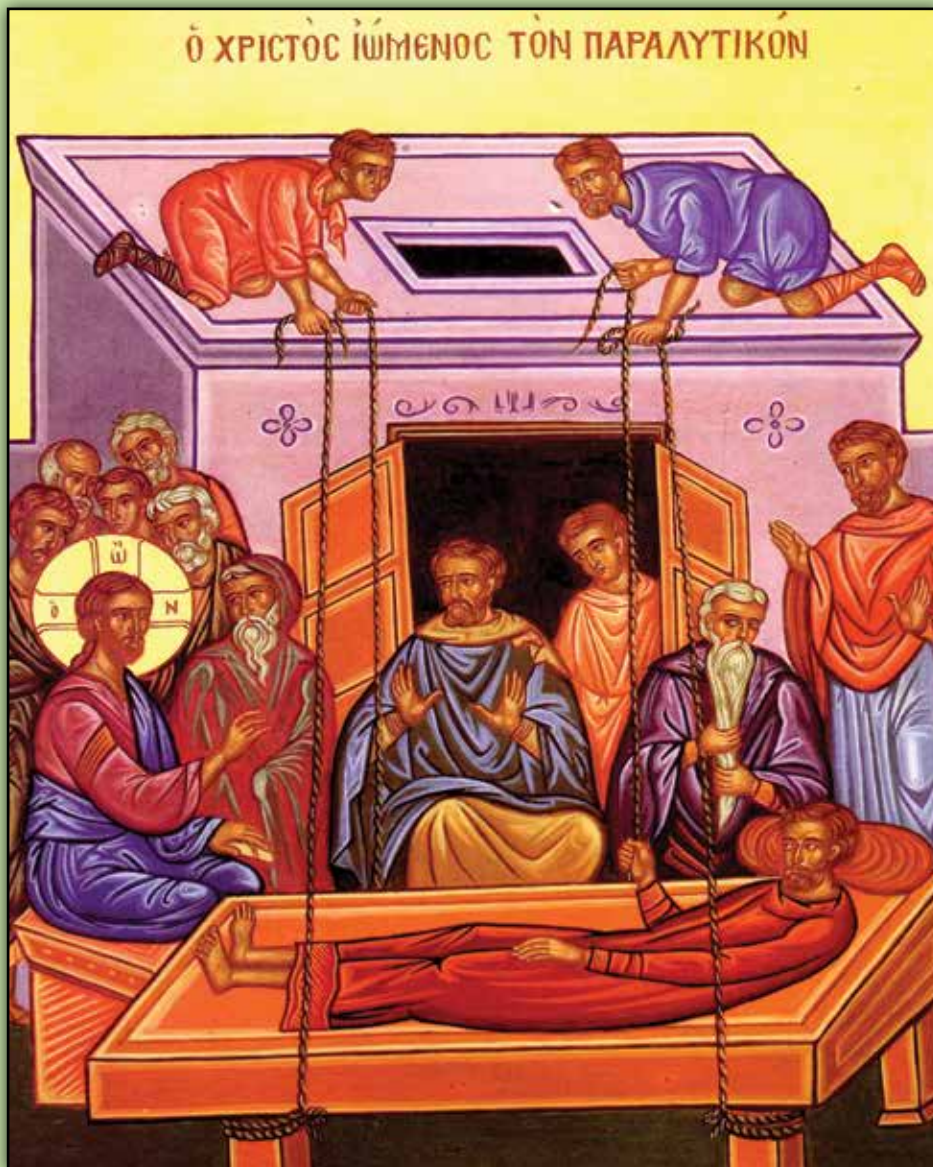


SECOND SUNDAY OF THE GREAT FAST
SAINT GREGORY PALAMAS



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

March 5, 2023: Second Sunday of the Great Fast

Epistle: Heb. 1:10 - 2:3

Gospel: Mk. 2: 1-12

Mon., March 6	9:00	+ John Sokirka (Wife, Johanna)
Tues., March 7	9:00	+ Deceased of the Surkey Family (Gloria Jablonski)
Wed., March 8	6:00	Stations
Thurs., March 9	9:00	+ Stella Sherman (Lauren Telep)
Fri. March 10	6:00	Presanctified Liturgy
Sat., March 11	No Morning Divine Liturgy	
	2:00	Confessions
	4:00	+ Robert & Mary Ilene Harris (Jule Harris)
Sun., March 12	10:30	For Our Parishioners; Sorokousty

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!

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.

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. 6:1618).

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.”

UPDATE: CLOTHING AND FOOD DRIVE: MARCH 11TH AND 12TH

In October 2022, we reinstituted the Clothing and Food drive as a Church Community Service Project. It was a fast turnaround due to the emergency need for clothes for the “United Neighborhood - Angels Attic”. Items were not accepted from any of our events (rummage sale) during the pandemic at many of the organizations.

The Project was initiated in November 2013. Once again we are conducting a Clothing and Food Drive for March 2023. Clothes will be accepted for men, women, and children, including accessories and

shoes for all seasons. All items should be clean and wearable. This is not a dumping ground for old, and dirty clothing. Clothes can be kept on hangers, or put in bags or boxes.

All non-perishable food will be accepted. If every parishioner brings at least 2 food items, we can fill the bread box at the “Restore and Rescue” Church on Willow Street, as Father Nestor suggested.

Items can be dropped off on Saturday, March 11th (3:30 p.m.- 5:30 p.m.) and Sunday, March 12th (10:00 a.m. - 12:30 p.m.) before, or after the Divine Liturgy, at St. Cyril’s

School Gym. Volunteers will accept the clothes/food. You have 20 days to gather clothes and non-perishable food. We thank you for your support and donations.

Volunteers will be needed to help transport the clothes to “The United

Neighborhood” in Scranton. On Monday, March 13th at approximately 10:00 a.m. the clothes will be loaded into cars or trucks. Come and lend a helping hand on March 6, 2023. Contact Lauren Telep at 646-241-9443 for any questions.

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 in an injury. Any left-over decorations can be retrieved by the Cemetery garage.

PUSSY-WILLOWS

Flowery (Palm) Sunday is just four weeks away! Once again this year, we turn to our Parishioners to 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!

PARISH MEETING

There will be a Parish Meeting Saturday, March 4th immediately following the 4:00 liturgy. All parishioners are invited to attend this half-hour meeting, which has a very brief agenda:

1. Schedule of upcoming Parish fundraising events.
2. Clearance Rummage Sale details.
3. Ideas/feedback/suggestions regarding the above two items.

FLOWER FUNDRAISER

We are sponsoring an Easter Flower Sale and Hanging Basket Flower

Sale, partnering with Jerry's For All Seasons. Attached to this week's bulletin is the Flower Flyer with ordering information. Additional flyers are in the church vestibule. Please take

some to help out by distributing them to friends and neighbors. Call Jule (570) 357-6171, Michaelene (570) 209-2026, or Mary Ann (570) 489-4648 with any questions.

TRUE PRESENCE NIGHT

Saint John Vianney Parish would like to take this opportunity to invite you to our Lenten Event on Friday March 10th at our Corpus Christi Church, 704 Montdale Rd., Scott Twp. PA 18447. The free event will begin with a soup and pierogi dinner from 5-6 pm in our Parish Center. The main event

performed by The Vigil Project will begin at 6:30 pm. This will be a night of live music, dynamic speaking, and Eucharistic Adoration. Please register for the dinner by March 7th. Call/text 570-445-7167 or visit our website www.stjvp.org/TPN by March 7th.

ST. JOSEPH DAY BREAKFAST

The Women's Society of St. Joseph Melkite Catholic Church on N. St. Frances Cabrini Avenue, West Scranton, is sponsoring its annual St. Joseph Day Breakfast, Sunday, March 19, 2023. Eat In or Take Out. Our abundant meal includes Eggs, scratch pancakes, Home Fries, Olives, HoneyBaked Ham, Breads, juice &

coffee. 9am-1pm. Adults \$12.00 and children age 6-10 \$6.00. Take Out \$10/\$6 with no beverages. Our fragrant St. Joseph Bread available in two loaf packages for \$5 until sold out. Tickets at the door. For more information, rectory 570-343-6092, melkite.scranton@gmail.com, facebook or melkitescranton.org.

COLLECTION PROCESSING TEAM...

The Collection Processing Team for the month of March 2023 is

Team #3: Marlene Zelno, Dorothy Zinsky, and Cheryl Matuszewski.

Sunday Collection for Feb. 25 & 26, 2023: \$



Lisbon is calling...

Are you ready?

World Youth Day
August 1-6, 2023
Lisbon, Portugal

Are you interested?
Are you 18-35 years old?
Do you want to learn more?

REGISTER HERE
FOR MORE INFO



Ukrainian Catholic
Archeparchy of Philadelphia



Ss. Cyril & Methodius Ukrainian Catholic Church

135 River St., Olyphant, PA 18447-1435

Telephone: 570-291-4451 Fax: 570-489-6918

Web Site: stcyrils.weconnect.com

E-Mail: sscyrilandmethodius@comcast.net



Rev. Nestor Iwasiw, Pastor

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.ecpubs.com**