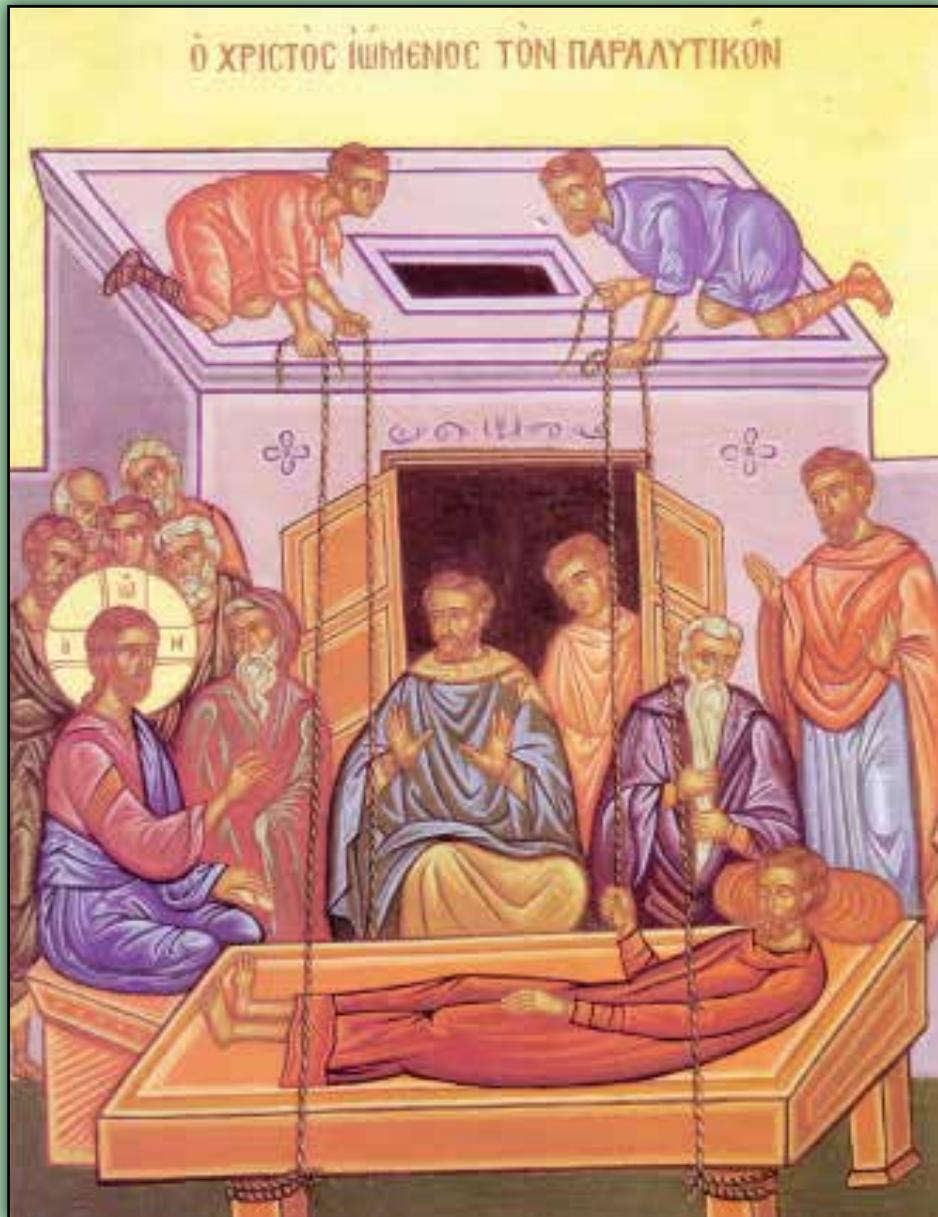


SECOND SUNDAY OF THE GREAT FAST



*Icon of Healing the Paralytic*

## **March 1, 2026: Second Sunday of the Great Fast**

Epistle: Heb. 1:10 - 2:3

Gospel: Mk. 2: 1-12

<b>This Weekend</b>	4:00 pm + Christine Danylak (Leo Danylak) 10:30 For Our Parishioners
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<b>Mon., March 2</b>	9:00 Intention Available
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<b>Tues., March 3</b>	<b>No Services Today.</b>
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<b>Wed., March 4</b>	6:00 pm Stations; Sorokousty
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<b>Thurs., March 5</b>	9:00 Bob Zelno (Marcella Gawron & Family)
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<b>Fri., March 6</b>	6:00 pm Presanctified Liturgy
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<b>Sat., March 7</b>	<b>No Morning Divine Liturgy</b> 2:00 pm Confessions 4:00 pm + Robert & Mary Ilene Harris (Jule Harris)
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<b>Sun., March 8</b>	10:30 For Our Parishioners
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### **MEDITATION FOR THE**

### **SECOND SUNDAY OF THE GREAT FAST**

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 oth-

ers, 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 regula-

tions 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. Families are especially urged to pray together in the mornings and evenings.

## **STATEMENT ON THE FOURTH ANNIVERSARY OF THE RUSSIAN FULL-SCALE INVASION OF UKRAINE**

Dear brothers and sisters,

What can be said on the fourth anniversary of the Russian full-scale invasion of Ukraine, after 12 years of war, in

a winter where the aggressor seeks to use Mother Nature as an accomplice in state sponsored terrorism? This winter, the harshest in years, has been deliberately

exploited to break the spirit of a nation — men and women, military and civilians, grandparents, parents, and children — standing for freedom, justice, democracy, and God-given human dignity. It is a war against the people. The genocidal intent is manifest.

Russia has systematically targeted Ukraine's social and spiritual infrastructure. At least 2,881 attacks on healthcare have been documented, affecting medical personnel, hospitals and clinics, ambulances, and medical warehouses across the country. 4,048 educational institutions have been damaged and 408 destroyed, affecting millions of children. More than 600 churches and places of worship, representing various denominations, have been damaged or leveled. Everywhere Russian occupation has taken hold, the Ukrainian Catholic Church has been banned, and all religious confessions except the Moscow Patriarchate are persecuted. Tens of thousands of children have been abducted and deported to Russia. Civilian prisoners, including clergy, are mercilessly tortured.

Despite countless deaths and millions of casualties, the people of God resist, trust, and pray. They stand and fight evil and tyranny to live and witness to the truth.

In a world that Pope Benedict described as living under the dictatorship of

relativism, where seemingly everything is up for sale and relationships or principles are reduced to deals or transactions, Ukrainians assert: this is not the will of God! There is a difference between good and evil, between truth and lies. For this difference they are sacrificing their lives in behalf of all of humanity.

Despite it all, they live with gratitude. First, to God. And to all people who help.

They thank Americans and all people of goodwill throughout the world for their prayers. Prayers move mountains. We may not know the name of the person whose life was saved because of our prayer, but people in Ukraine call out: "Thank you for praying."

They are grateful to all who stay informed, who counter disinformation, and who advocate for justice, a truly just peace.

Ukrainians also thank all who stand in partnership with them, because the help offered is not charity to the poor or a handout to the desperate. It is solidarity — true partnership with those who are paying the ultimate price for global freedom, for global human dignity, for global justice.

On behalf of Ukrainians in Ukraine and Ukrainian Catholics in the United States, we thank you for praying, for staying informed and advocating, and for your partnership.

In their name, we ask that you continue until God's truth prevails. It will.

Our faith and our hope are in the Lord. Praised be His holy name.

† **Borys Gudziak** (Archbishop of Philadelphia)

† **Paul Chomnycky, OSBM** (Bishop of the Eparchy of Stamford)

† **Benedict Aleksiychuk** (Bishop of the Eparchy of St. Nicholas in Chicago)

† **Bohdan Danylo** (Bishop of the Eparchy of St. Josaphat in Parma)

## 20 POWERFUL SAINT QUOTES TO KICK OFF YOUR LENTEN SEASON THE RIGHT WAY

Turning to the saints during this sacred time can strengthen and inspire our pursuit of holiness.

Their lives remind us that we are not alone in striving for sainthood—they endured suffering, temptation, and struggle just as we do.

This Lent, let us lean on their words, their example, and their intercessory prayers as we follow the path that leads us closer to Christ.

Below are 20 inspiring quotes from the saints to help you begin Lent with a renewed sense of purpose and hope:

1) “Nothing great is ever achieved without much enduring.”- *St. Catherine of Siena*

2) “Apart from the cross, there is no other ladder by which we may go to heaven.”- *St. Rose of Lima*

3) “Behold, Jesus Christ crucified,

who is the only foundation of our hope; He is our mediator and advocate; the victim and sacrifice for our sins. He is goodness and patience itself; His mercy is moved by the tears of sinners, and he never refuses pardon and grace to those who ask it with a truly contrite and humbled heart.” - *St. Charles Borromeo*

4) “If you suffer with Him, you will reign with Him. If you cry with Him, you will have joy with Him. If you die with Him on the Cross of tribulation, you will possess the eternal dwelling place in the splendor of the saints. And your name, written in the Book of Life, will be glorious among men.” - *St. Clare of Assisi*

5) “You don’t know how to pray? Put yourself in the presence of God, and as soon as you have said, ‘Lord, I don’t know how to pray!’ you can be sure you’ve already begun.” - *St. Josemaría Escrivá*

6) "The life of a Christian is nothing but a perpetual struggle against self; there is no flowering of the soul to the beauty of its perfection except at the price of pain." - *St. Padre Pio*

7) "As Lent is the time for greater love, listen to Jesus' thirst...He knows your weakness. He wants only your love, wants only the chance to love you." - *St. Teresa of Calcutta*

8) "Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity. Enter again into yourself." - *St. Augustine of Hippo*

9) "My whole strength lies in prayer and sacrifice; these are my invincible arms; they can move hearts far better than words." - *St. Therese of Lisieux*

10) "Let us set out with trust on our Lenten journey, sustained by fervent prayer, penance, and concern for those in need. In particular, may this Lent be a time of ever greater concern for the needs of children, in our own families and in society as a whole: for they are the future of humanity." - *Pope St. John Paul II, 2004 Lenten Message*

11) "Lenten fasts make me feel better, stronger, and more active than ever." - *St. Catherine of Genoa*

12) "Do you wish your prayer to fly

toward God? Make for it two wings: fasting and almsgiving." - *St. Augustine of Hippo*

13) "Lent is a time of grace, a time for conversion, a time to come home to God." - *St. Maximilian Kolbe*

14) "Lent is a time for us to empty ourselves of worldly distractions and allow God to fill us with His love, His grace, and His peace." - *St. Teresa of Calcutta*

15) "The purpose of Lent is not to force on us a few formal obligations, but to 'soften' our heart so that it may open itself to the realities of the spirit, to experience the hidden 'thirst' for communion with God." - *Pope St. John Paul II*

16) "Let the mouth fast from foul words and unjust criticism, for what good is it if we abstain from birds and fishes but bite and devour our brothers?" - *St. John Chrysostom*

17) "Fasting is directed to two things, the deletion of sin, and the raising of the mind to heavenly things." - *St. Thomas Aquinas*

18) "Unless there is a Good Friday in your life, there can be no Easter Sunday." - *Soon-to-be-Blessed Archbishop Fulton Sheen*

19) "Lent is a privileged time of interior pilgrimage towards Him who is the fount of mercy." - *Pope Benedict XIV*

20) "There are plenty of ways to practice mortification! Just patiently endure

cold, heat, sickness, troubles, people, happenings, and so forth.” - *St. John Bosco*

*churchpop.com*

-- by *Jacqueline Burkepile*,

## **ON WINTER CHURCH ATTENDANCE**

Winter sometimes brings stormy weather. We kindly ask our parishioners to use good judgment and common sense by not driving when conditions are dangerous. As weather varies from place to place, it may be that services will be held as scheduled, despite the fact that conditions in your area are difficult. Please prioritize your safety and that of others by assessing the situation before venturing out.

Also, wintertime is cold and flu sea-

son. If you are truly sick, please stay home. Refrain from attending services to avoid the risk of infecting your fellow parishioners with your illness. Rest assured, God will understand your need to take care of your health and the well-being of the community.

We appreciate your cooperation and understanding in these matters. Let us all do our part to ensure a safe and healthy winter season.

## **PORKETTA SALE**

Eureka Hose Co. No. 4, 717 E. Grant St., Olyphant, is sponsoring a porketta sandwich sale on March 7<sup>th</sup> from noon to 5 pm at the fire station. Tickets, priced at \$7 for two sandwiches, may be purchased from any

member of the station, Mondays from 6 to 7 pm. Patrons are encouraged to purchase tickets prior to the sale to guarantee availability. Proceeds will be used for station and equipment upkeep.

## **COLLECTION PROCESSING TEAM**

The Collection Processing Team for the month of March 2026 is Team #3:

Marlene Zelno, Cheryl Matuszewski, and Carol Zadarosni.

**Sunday Collection for Feb. 22 & 23, 2026: \$**

*Sincere thanks to all of you for your kindness and generosity.*

## **Ss. Cyril & Methodius Ukrainian Catholic Church**

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Rev. Nestor Iwasiw, Pastor

### ***You are Forgiven and Healed***

In Capernaum Jesus is surrounded by great numbers of people. As He preaches to the crowd, four friends of a paralyzed man lower him on his mat through the roof so that he can be close enough for Jesus to see him and cure him. Jesus responds to this act of faith, not by healing the man immediately, but by touching off the first of a series of controversial dialogues with the Scribes and Pharisees. When Jesus says, "Child, your sins are forgiven," He is as much as saying, "It is God whom you approach." In the Old Testament, only God is capable of forgiving sins; and it was expected that He would do so only at the end of time. It becomes clear why the Scribes murmur "he is blaspheming" and why Jesus brings it all out in the open. His claim to be able to forgive sins better reveals His identity as Son of God than do the miracles He performs.

Aware of the silent censure His forgiving word has caused in the crowd, Jesus proceeds to prove that "the Son of Man has authority to forgive sins on earth" by commanding the man to rise and walk in the sight of everyone. In concluding this miracle, Mark asks his readers to praise God for His presence in their midst as the forgiver-healer, just as the crowd did, even in the face of those who did not believe.

It is significant that Mark has chosen to present this miracle and teaching about Jesus' power to forgive sins so early in his Gospel drama. It shows that the need for the experience of God's forgiveness was as important to first-century Christians as it is today. Mark's readers praise God for saying clearly, and even today, "My sons, my daughters, I absolve you from your sins."