



Saint Michael the Archangel Orthodox Church

146 Third Avenue, Rankin, PA 15104
Pastor: Very Reverend Nicholas Ferencz, PhD
Cantor: Professor Jerry Jumba
Parish President : Carole Bushak



Glory to Jesus Christ! Glory Forever!
Slava Isusu Christu! Slava vo v'iki!

Rectory Phone: 412 271-2725. E-mail: stmichaels@stmichaelsrankin.org
Hall Phone: 412-294-7952 WEB: www.stmichaelsrankin.org

FEBRUARY 24, 2019

SUNDAY OF THE PRODIGAL SON

- Sun., Feb. 24** **Sunday of the Prodigal Son.** Martyred Bishop Blaise of Sebaste. Vsevelod, Wonderworker of Pskov
9:00 AM Divine Liturgy
Panachida: February Perpetual Remembrances: Mary Mesko, Anna Horgas. Fr. Peter Buletza.
- Sat., Mar. 2** **All Souls Saturday.** Great-martyr Theodore the Recruit
9:00 AM Divine Liturgy.
Panachida: Reading of the Lists of the Deceased (Hramoty). *Also,* Fr. Nicholas Palun – 40-day memorial
- Sun., Mar. 3** **Sunday of the Last Judgment. Meat-Fare Sunday.** Bishop Leo the Great of Rome. Bishop Colman of Lindisfarne
9:00 AM Divine Liturgy.
Panachida: Joe Mascilak - 1 year anniversary
- Mon., Mar. 4 Apostles Archippus, Philemon and Apphias of the 70
7:00 PM **Parish Council Meeting**

Holy Mystery of Confession: Before Divine Liturgy. After Divine Liturgy or any other time, just ask.

PEOPLE STUFF

Prayer List: *Deceased:* Mary Jane Alm. Fr. Nicholas Palun. Pañi Patricia Patrick. Barbara Banosky

Living: Fr. Joseph Cervo. Pani Joanna Ferencz. Pani Donna Smoley, Dana Andrade. Gloria Andrade. Michael Artim. Gregory Michael Aurilio. Jane Barclay. Donald Bodnar. Charlene Borsic. Jaime Budesza. Barbara Chappie. Steve Bournius. Rebecca, David & Bradley Noah Cozad. Mary Ann Crouse. George & Margaret Dorogy. Christina Duranko. Breanne Glass. Dorothy Glass. Eddie Gombos. Jennifer Hartrick. Shirley Hrubic. Kevin Ianni. Gary Ingelido. Alisha Krass. Carson Krass. Savanna Lee Krass. Joan Martell. Brian Masterovsky. Michael Mehalik. Zoe Mehalik. Helen Mihalik. Bill & Patti Novotnak. Frank Palmieri. Diane Phillips. Millie and Edward Phillips. Michael Platt. Anna Senich. Bernice Sindak. Terry Slezak. Margaret Stemler. Milton and Thelma Supak. Diana Terezis. Paul & Valerie Yednak. Jeanne Zajac. *Prospora Bakers:* Trudy Trifanoff. Delores Cubakovic, and their intentions.

Eternal Memory! Barbara Banosky fell asleep in the Lord this past Monday, Feb. 18 after a difficult illness. Please pray for the repose of Barb's soul, and also pray for her family and friends at this difficult time. We will celebrate a 40-day memorial for Barb on Sunday, March 31. *Blessed repose!*

Welcome! We welcome to our church this morning all visitors, guests, relatives, and friends of Saint Michael Church. We pray your visit with us is spiritually rewarding, holy and life-giving. Visit often!

F(E)ASTING

The next Feast will not be for a long, long time from now: **Annunciation on April 7.**

MEAT-FARE WEEK: The Fasting Period begins traditionally next week, on Monday, March 4. The day before is Meat-fare Sunday, when we say "farewell" to all meat. This was set up to ease us into the stricter discipline of Great Lent, since the following Sunday, Cheese-fare, is the last day for eating all dairy products. Diocesan regulations do not require such a fast, but we may want to consider it for ourselves. It is a good way of putting our toe in the waters of fasting to try it out, before we jump in. Let us ask God that He give us the strength to celebrate a GREAT Fast of our own this coming Lent!

ALL SOULS SATURDAYS: The First All Souls Saturday is this Saturday, March 2. We will celebrate Divine Liturgy with the reading of the lists of the deceased (Hramoty) at 9:00 AM. If you would like your loved ones to be remembered, please give Fr. Nik the list as soon as you can. There is an envelope in the envelope box for this purpose. You can just drop it in the basket at Liturgy.

PARISH STUFF

Reminder! Blessed Candles now available. We blessed Candles on the Feast of the Encounter. If you need a blessed candle, please see George Hrabchak.

Re-New! Sunday Deanery Lenten Missions are coming up soon All Missions begin at 3:00 PM. Confessions will be available before the Lenten Vespers begins. Make sure you put these Dates in your Calendar! *March 24:* Here at St. Michael's. *March 31:* St. John's, East Pittsburgh. *April 14:* St. John's, North Side.

Re-New! The *Lottery Jackpot* will go off next Sunday, March 3. Please get your tickets in!

Reminder! For Sale - today is the Last Day for orders! Orthodox License Plate frames. These are really nice. There are 3 different styles. They are only \$5.00 each. Order will be sent in after *Sunday, February 24*. Please see Carole Bushak to order yours.

Update! House Blessings: I continue to call to schedule House Blessings. If I ain't called, I ain't comin' (yet).

Update! Agape Offerings: *Today:* Trudy Triffanoff. *Next Sunday, Feb. 27:* OPEN. *March 3:* Sharon Mascilak. God Bless and thanks for helping out!

Update! Church Repairs: *We thank all of our parishioners* for your ongoing, active interest in the well-being of our parish. God bless us every one! So far, we have **\$3241** donated toward this new work. Total cost of this work was **\$3800**. *We thank you for your generosity. God bless!*

Our Gifts to God and our Church

February 17, 2019

Attendance	33
Communions	20

Collections

Monthly	55.00
Sunday	970.00
All Candles	137.00
Church Repairs	100.00
Diocesan Membership	374.00

Total Offerings: 1873.00

Building and Repairs Donations to Date
\$3241! God bless your generosity!

DIOCESE, DEANERY AND ADDITIONAL STUFF

Reminder! Archangel Icons Studio presents *Icon Workshops*. Iconographer- Michael Kapeluck. Three different dates: June 10-15, 2019. July 22 - 27, 2019. August 12-17, 2019. The workshop will be an intense 6 days where the student will create an icon using acrylic/gouache techniques. Learn basic color mixing, drawing and painting techniques. Be instructed in the history and theology of the icon. Receive personal instruction and demonstration for each stage of painting. Gain a deeper understanding of the mystical art of the icon and its place in the Church. For more information, contact Michael at kapeluck@verizon.net, or go to the facebook page: <https://www.facebook.com/Archangel-Icons-274475679286152/>

Reminder! ACRY Annual! This is an exciting time for the A.C.R.Y. Annual and Diocesan Yearbook. For the first time in its long history it will be available in full-color from front to back and available as a downloadable digital file. If you are an A.C.R.Y. member or have purchased a hard-copy of the A.C.R.Y. Annual, you may access and download your digital copy by visiting and entering your Free-Access Code found on Page 3 of the book: www.issuu.com/store/code. If you are not an A.C.R.Y. member and have not purchased a hard copy of the A.C.R.Y. Annual, you may purchase a downloadable version for just \$6 by visiting: https://issuu.com/acryannual/docs/2019_acry_annual_january_2019_for_o. Any questions regarding access to the digital version of the A.C.R.Y. Annual can be forwarded to Father Matthew Stagon at (973) 627-1462 or Father William Bennett at (212) 254-6685.

Reminder! Young Adult Spring Retreat. March 29–31 at Camp Nazareth. Open to Young Adults 19–35. Fee: \$75. Theme: “Staying Sane in a Troubled World.” Keynote Speaker: Dr. Al Rossi. More info on flyer in the hall.

2019 Diocesan Events Now Being Scheduled! Don’t miss out! Check it out!

- **Diocesan Parenting Workshop Series Launches** - The title of the series is "Raising Believing Children". The first Workshop in the Series will be hosted by Sts. Peter and Paul Church in Rockaway, NJ on March 2, 2019. For info, visit our Diocesan Website- acrod.org.
- **Second Annual Senior Retreat at Camp Nazareth!** From May 13-16, 2019. Online Registration begins February 1, 2019. For more information, contact Camp Nazareth: (1) visit acrod.org; (2) call 724-662-4840; (3) email campnazareth@acrod.org.
- **DIOCESAN LENTEN RETREAT**, sponsored by the National ACRY. St Nicholas Church, Homestead, PA, Sat April 6, 2019, 9:00 am – 5:00 pm. *Presenters will be* Metropolitan Gregory, “Focusing on the Ladder of Divine Ascent and Our Spiritual Journey One Step at a Time”, and Fr. David Urban, “Windows to Heaven – Icon of Divine Ascent and the Feasts of the Church.” *Registration Deadline is* March 31, 2019.

AN HISTORY OF FASTING

By The Very Rev. Protopresbyter Lawrence Barriger (*Continued from last week!*)

Although the fasting practices themselves may have varied with time and place and from person to person in the history of the Church the fact remains that fasting has always been seen as an important part of Orthodox Christian Life. However, the Tradition of the Church has always seen fasting as only a tool to combat the passions and to open the door to the renewal of the Holy Spirit: beyond this higher purpose it has no value.

One day St. Epiphanius sent someone to Abba Hilarion with this request, “Come and let us see each other before we depart the body.” When he came they rejoiced in each other’s company. During their meal they were brought a fowl; Epiphanius took it and gave it to Hilarion. Then the old man said to him, “Since I took the habit I have not eaten meat that has been killed.” The bishop answered, “Since I took the habit I have not allowed anyone to go to sleep with a complaint against me and I have not gone to rest with a complaint against anyone.” Hilarion replied, “Forgive me, your way of life is higher than mine.”

Already in the time of the Prophet Isaiah fasting in and of itself was seen as useless and even a selfish act unless it extended outside of the body to our neighbor: "Is not this the fast that I choose: to loose the bonds of

wickedness, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you, the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry, and he will say, 'Here I am.'" (Isaia 58:6-9)

St. John Chrysostom, in a text that has become classic in the Orthodox Church, has stated the necessity for "fasting with the spirit" most eloquently and his words remain just as true today as when they were spoken over sixteen hundred years ago:

The value of fasting consists not only in avoiding certain foods, but in giving up of sinful practices. The person who limits his fast only to abstaining from meat is the one who especially lowers the value of it.

Do you fast? Prove it by doing good works. If you see someone in need, take pity on them. If you see a friend being honored, don't get jealous of him or her. For a true fast, you cannot fast only with your mouth. You must fast with your eyes, your ears, your feet, your hands, and all parts of your body.

You fast with your hands by keeping them pure from doing greedy things. You fast with your feet by not going to see forbidden shows or plays. You fast with your eyes by not letting them look upon impure pictures. Because if this is forbidden or unlawful, it mars your fast and threatens the safety of your soul. But if you look at things which are lawful and safe you increase your fast, for what you see with your eyes influences your conduct. It would be very stupid to eliminate or give up meat and other foods because of the fast but feed with your eyes upon other things which are forbidden.

You don't eat meat, you say? But you allow yourself to listen to lewd things. You must fast with your ears, too. Another way of fasting with your ears is not to listen to those who speak evil or untrue things about others. "Thou shalt not receive an idle report." This is especially true of rumors, gossip, untruths which are spoken to harm another.

Besides fasting with your mouth by not eating certain foods, your mouth should also fast from foul language or telling lies about others. For what good is it if you don't eat meat or poultry, and yet you bite and devour your fellow man? (Homily III:8 On the Statutes)

SOME MODERN OBSERVATIONS

Every year since the time of Metropolitan Orestes of Blessed Memory, the Hierarchs of our Diocese have issued fasting regulations for Great Lent. Although recommending the "sterner practices of time-honored tradition" they also set forth a "minimal" standard as well for people to observe and still be keeping some sort of Lent. Our bishops have often been criticized for this but they have acted with wisdom. The Fathers tell us that a light rule that is observed is better than a heavy one that is soon broken and discarded. If the naked truth be told many, if not most, Orthodox Christian faithful simply have ceased to observe any Lenten fasting, save for "Clean Monday" and Good Friday and regard the Lent as something that concerns the clergy only. Their pastors naively continue to issue rules on such subjects as days when oil may be used or shellfish may be eaten but the faithful simply ignore them. In the context of the pressure of modern American life, where the home is no longer the place where most meals are taken, our Hierarchs have offered these rules as a guide.

In modern America, a considerable amount of Lenten effort also goes to finding tasty "Lenten recipes" and even "Lenten cookbooks" which are of gourmet status or duplicate meat dishes using textured soy protein. This way we can say, "we are keeping the Fast!" To this the Fathers might say, "Do not let the cure for passions become a passion!"

The emphasis on "Lenten foods" should be simplicity and plainness and not extravagance. The more effort that goes into Lenten food creativity and preparation is the more its value is reduced. As the Apostle Paul tells us: "For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit." (Romans 14:7)