February 11, 2018

SUNDAY OF CHEESE FARE

Liturgical Schedule

Feb. 10 (Sat)	**Divine Liturgy**	**5:00pm**
	Service of Mutual Forgiveness	
	+Joseph Ianni req by Kevin & Karen Ianni	
Feb. 11 (Sun)	**SUNDAY OF CHEESE FARE**	
	ECF Classes	**9:00am**
	Divine Liturgy	**10:30am**
	Service of Mutual Forgiveness	
	Intention of our Parish Family	
Feb. 12 (Mon)	**Presanctified Liturgy**	**7:00pm**
Feb. 13 (Tue)	**Third Lenten Hour**	**9:00am**
	Enrichment Session	
	Enrichment Session	**7:00pm**
Feb. 14(Wed)	**Presanctified Liturgy**	**7:00pm**
Feb. 16 (Fri)	**Presanctified Liturgy**	**7:00pm**
Feb. 17 (Sat)	**Divine Liturgy**	**5:00pm**
	+Stephen & Margaret Muchoney req by Steve & Judi Muchoney	
Feb. 18 (Sun)	**FIRST SUNDAY OF THE GREAT FAST**	
	Divine Liturgy	**10:30am**
	+Thomas G. Wesdock req by Julee Lindberg Family	
	TOTAL PARISH ECF SESSIONS	

February 4, 2018
Our Tithe to our Parish - $2,72100

Let us remember in our prayers all of our friends and parish family members who are sick at home or in a nursing facility and for all who are in need of our prayers.

James Abraham, Tillie Abraham, Diana Abraham, Rosella Busko, Marion Campbell, John Fekete, Carl Magdic, Clarence Rizzi, Helen Rizzi, RoseMarie Rupnik, Joseph Rusinko, Sue Sabol, Ed Suzina, Mary Soltis, Terry Soltis, Margaret Weber, John Voron Sr.

The Sanctuary Lamp continues to burn before the presence of Our Risen Lord, God and Savior Jesus Christ in our church during the week of Feb. 11 thru Feb. 17 for +Peter Jackowski Sr.

ECF NEWS
(A Note from Kristen, our Co-ordinator)
Next Total Parish ECF Session

The third installment of our monthly ***Parish Eastern Christian Formation Program will be on Sunday, February 18 after the 10:30 liturgy.*** There will NOT be a 9 a.m. class for kids on this Sunday. There will be a pot-luck lunch before the break-out sessions with side dishes needed, so please see sign-up sheets in the back of the church.

Following the meal, Seminarian Paul will gather with the teens and Seminarian Tom will handle the breakout session for the adults. The kids group will meet in the education wing for a fun lesson. We have been averaging about 40 people for the parish program. Organizers hope to see even more people turn out in February since we had a January break. Please take advantage of this opportunity to grow in faith along with your fellow parishioners in Christ.

PARISH LENTEN ENRICHMENT SESSIONS

As we have in the past, we will continue to have weekly Enrichment Sessions on Tuesdays. We will try as we did last year to repeat the same session in both the morning and evening.

This year we will focus on the Gospel of the Holy Apostle and Evangelist Luke. His Gospel lends itself to a good Lenten reflection since he focuses so much on the poor, the needy, the down-trodden and the neglected. He also has a particular sensitivity to the place of women in the Christian community

Come and join us for some time of study and reflection. And be sure to bring your Bible with you.

CHEESE-FARE SUNDAY

The Sunday immediately preceding the Great Fast is known by a variety of names ..."***Cheese-fare Sunday***"... because according to the traditional norms of fasting, this is the last day to eat dairy products until Easter ... "***The Expulsion of Adam and Eve from Paradise***"... since that is the major theme that runs through the texts and prayers for this day ... "***Forgiveness Sunday***"... because this is the day on which people ask forgiveness of each other before beginning the Lenten season.

Each of these names calls to mind one of the major aspects of the Lenten season. We need to ask ourselves ... *What will be our Lenten style of life?*

The Gospel text that is read today proposes three areas for us to look at as we consider our Lenten discipline.

PRAYER: The Great Fast is first of all a time of intensified prayer. It is a good time to spend reading the Gospels, the Psalms or other parts of Scripture. We could also agree to spend some time in silent prayer and meditation each day.

Our parish schedule of prayer will follow a Lenten style also.

Wednesday and Friday evenings we will celebrate the special Liturgy of the Presanctified Gifts. Additionally, on Monday of the first week of the Great Fast, we will also serve the Presanctified Liturgy

Thus the Services of our parish will have a definite Lenten flavor throughout this sacred season. You will notice the obvious: the special Lenten melodies for the Liturgical services; the darkened vestments and altar covers; the more somber tenor of the Lenten Services.

FASTING Fasting has been a part of the Judeo-Christian tradition from the beginning. It is especially associated with intensifying our prayer, doing penance for our sins, and to aid us in changing our hearts or conversion of our habits. As a discipline, fasting also helps us to pray better .

(cont.)

The first day of Great Lent is a day of Strict Fast, that is, no meat or dairy products are to be eaten.

Each Wednesday and Friday is a day of abstaining from meat.

That is the minimum that is asked of us. Of course, most of us probably need to do more than the bare minimum! A suggestion would be to abstain from meat on Mondays also. In addition, we each need to look at some <u>personal</u> way in which we need to fast.

In our situation today, we might want to consider fasting from the time we spend on the Internet, on playing games or simply on surfing the 'Net. As most of us have discovered, this can be quite addictive, and we can spend inordinate amounts of time being glued to the screen.

By limiting the amount of time that we spend with our IPhones, IPads or desktops, we can have some serious time for personal reading, reflection and prayer.

ALMSGIVING

To complete the triad, our Lenten style of life needs to include some forms of almsgiving according to today's Gospel.

Almsgiving includes a sharing of our gifts with others, espcially the less fortunate. The money we save by fasting is used to share with the needy.

THE EXPULSION FROM PARADISE

Nostalgia ...

... a state of being homesick ...

... a deep yearning to return to some bygone place or time ...
... seeking to recover something that was lost ... usually something that is gone forever ... irretrievable ...

Most of us do have feelings of nostalgia ... for a time when life was simpler ... neighborhoods were safer ... the pace of life was slower ... family ties were stronger ... religion more comforting.

The whole Church ... as the People of God ... also has a certain sense of nostalgia.

There is something deep within us ... like a vague and half-remembered dream ... that draws us away from the periphery of life, with all our activities and enterprises ... and draws us to the core of our life.

It is a going to the heart of the matter ... and *remembering* ... remembering something that seems so elusive ... yet almost within our grasp.

It is humanity … all of us … remembering that we were created by the hand of God … yet we have sinned and rebelled … It is the Adam and Eve in each of us … wistfully recalling Paradise … and how we lost it … and yearning to return … is only the gates would be open to us.

The Great Fast … is the Church's season of nostalgia … longing for Paradise.