

OUR TITHING AND GIFTS TO THE LORD'S HOLY TEMPLE

Our Stewardship for February 27

25 Souls in Attendance

Tithes: \$726.00, Candles: \$15.00, Parking Lot by Knights: \$500.00 & Rodriques Baptism Donation: \$200.00

We depend on you to support our parish. We also need your time and talents to grow as disciples of the Lord and to form a Parish Family for you and your family. Thank you for mailing your tithes to the parish office

About Saint Ephrem's Prayer

The traditional lenten prayer of Saint Ephrem the Syrian summarizes our entire struggle during the forty day fast – that of turning from vice to virtue, sin to holiness, and self-love to love of God and neighbor.

This powerful prayer is said every day of Great Lent, except on Saturdays and Sundays. It should be part of our morning and evening prayers, but may also be said at any other time throughout the day – especially in time of temptation.

THE LENTEN PRAYER OF SAINT EPHREM

Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter. **(Prostration)**

Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love. **(Prostration)**

Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for you are blessed forever and ever. Amen. **(Prostration)**

O God, be merciful to me, a sinner. O God, cleanse me of my sins and have mercy on me. O Lord, forgive me for I have sinned without number.

(Repeat these 3 petitions 4 times, with as many bows, and then again the whole prayer from the beginning to end, and after that one great prostration)

Note: If one cannot make prostrations, then make bows, or the sign of the Cross.

THE BYZANTINE CATHOLIC EPARCHY OF PHOENIX

subscribes to the *Charter for the Protection of Children and Young People* adopted by the United States Catholic Conference of Bishops.

The Eparchy, within all its parishes, institutions and programs, is committed to assuring a safe environment in ministry for its children and young people that conforms to the Charter requirements. For information regarding the Eparchial Safe Environment Program, please contact:

Dcn. Michael Hanafin Safe Environment Program Coordinator -

Cell: [\(480\) 387-5182](tel:4803875182) Email: dcnhanafin@ephx.org

Sbdcn. Paul F. Kilroy Asst. Safe Environment Program Coordinator Office:

[\(602\) 861-9778](tel:6028619778) - Cell: [\(702\) 498-5972](tel:7024985972) - Email: sbdenkilroy@ephx.org

Dr. Caroline Bonham Victim Assistance Coordinator -

Cell: [\(505\) 314-3943](tel:5053143943) Email: victimassistanceofphoenix@gmail.com

Saint Nicholas of Myra

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Served by Fr. Stephen G Washko

[714-533-6292](tel:7145336292)

abcc72069@gmail.com

Fr. James Lane in Residence

Parish Advisory/Finance Council John

Coffman, Lance Flambures, Lora Lopez

Carson



SUNDAY OF ORTHODOXY

Tone 8

March 6, 2022

GLORY TO JESUS CHRST! GLORY TO HIM FOREVER!

EPARCHIAL APPEAL2022 has started this week. You should have received in the mail Bishop Olmsted's letter and pledge form. Kindly read and pray with the letter and make your decision to support our Churches Goal to serve and build the future of our Church.

To the kind lady who changed the altar linens for the Great Fast.
To the gentlemen who maintains our church facilities.

SIGN UP for a week to host the Coffee Social. A special service to our parish family and visitors to our Church and a great way to meet our parishioners.

Fasting, neither above nor below your ability...

Fasting, neither above nor below your ability, will help you in your vigil. One should not ponder divine matters on a full stomach, say the ascetics. For the well-fed, even the most superficial secrets of the Trinity lie hidden. Christ Himself set the example with His long fast; when He drove out the devil He had fasted for forty days. Are we better than He? Behold, angels came and ministered unto Him (Matthew 4:11). They are waiting to minister to you, too.

– *From Tito Colliander's*

The Way of the Ascetics

SPECIAL PRAYER REQUESTS: We join with the Saints in heaven to pray for those in need. Request Prayers: abcc72069@gmail.com
Special Intentions: John Coffman, Sophia Gaydus, Victor & Patricia Olmos Family, John Phillips, Sylvia Flamburse, Martha Yniquez, Paul Bruckler, Gloria Brissette, Paul Basay, Margaret Geluso, Edward Lopez, Lupe Nevaré, Beatriz Perez

HOLY SERVICES FOR THE GREAT FAST
SUNDAY @ 10 AM & DAILY SERVICES @ 9 AM ARE LIVE
STREAMED FROM ANNUNCIATION IN ANAHEIM ACCESS IT
THROUGH [facebook.com/stephen.washko](https://www.facebook.com/stephen.washko)
OR [facebook.com/annunciation.byzantine](https://www.facebook.com/annunciation.byzantine)

For better viewing results use Chrome Browser instead of Safari, Edge or Firefox.

CONFESSIONS are heard behind the Altar one half hour before all Holy Services. 9:30 am for Sunday.

5 Saturday Commemoration of the Miracle of the Great-Martyr Theodore with the blessing of Boiled Wheat & Honey(Koliva) Recipes can be found on the internet. P. 379
 Divine Liturgy — Special Intention.....9:30 am

HEBREW SCRIPTURES FOR SUNDAY
 Deuteronomy 5: 1-5 & Isaiah 42: 1-12

6 FIRST SUNDAY OF THE GREAT FAST, SUNDAY OF ORTHODOXY & MEMORY OF THE HOLY PROPHETS, P. 220
 Confession (in the chapel).....9:00 am
 The Third Hour.....9:40 am
 Liturgy of Saint Basil the Great (Bright Vestments)
 For our Parish Family and Friends.....10:00 am



COFFEE SOCIAL in the hall

SECOND WEEK OF THE GREAT FAST

7 Monday Holy Martyrs & Bishops of Cherson
 Sixth Hour with Holy Communion.....9:00 am

8 Tuesday Venerable Father Theophylact
 Sixth Hour with Holy Communion.....9:00 am

9 Wednesday 40 Martyrs of Sebaste(Meatless), p. 67
 Liturgy of the Presanctified Gifts.....7:00 pm
 Kelly Mount

10 Thursday Parish Office Closed
 No Service Scheduled

11 Friday Parish Office Closed (Meatless)
 No Service Scheduled

12 Saturday SECOND ALL SOULS, P. 428 with the Panachida and Reading of the names of our Beloved Deceased
 Divine Liturgy.....9:30 am

HEBREW SCRIPTURES FOR SUNDAY
 Jeremiah 31: 27-34, Jonah 3: 1-10 & Isaiah 58: 1-11
Daylight Savings Time, "spring ahead one hour"

13 SCOND SUNDAY OF THE GREAT FAST, TONE 1P.,
 Confession in the Chapel.....9:00 am
 The Third Hour9:40 am
 Liturgy For our parish family and friends.....10:00 am



COFFEE SOCIAL in the hall

Why do we fast?

- Jesus tells us to: (Matthew 6:16ff, Matthew 9:15, Mark 2:20, Acts 13:2-3, Acts 14:23)
- It's effective: (Matthew 17:21)
- The Church, the Bride of Christ asks us to: (See above)
- Eating only vegetables is the food of paradise: (See above)
- Anticipation of the Resurrection: While fasting, our bodies yearn for food while our souls yearn for a Savior. We will feast on Pascha! (Easter)
- Penance: This is a season of repentance and sorrow for our sins. We voluntarily refrain from the finer things (we don't deserve them), and then enjoy them when we receive redemption at the Resurrection.
- Solidarity with the poor: We choose to be hungry because there are many who are victims of hunger.
- Growth in Virtue through asceticism (prayer, fasting and almsgiving): By engaging in smaller and easier sacrifices, we will grow in the ability to make larger sacrifices and resist even greater temptations.

"True fasting lies in rejecting evil, holding one's tongue, suppressing one's hatred, and banishing one's lust, evil words, lying and betrayal of vows."
-Basil the Great