



The Forerunner

OCA - Diocese of the Midwest

V. Rev. Archpriest Andrew Bartek - Rector



Liturgical and Events Schedule

Sunday, February 19

9:35 AM: Hours / Divine Liturgy / Panachida for His Eminence Metro. Orestes / Pot-Luck Meat Social (Last day to eat meat)

Thursday 23

7:00 PM: Council Meeting

Saturday, February 25

9:30 AM: (Note Time)
9:50 AM: Catechumen Service
10:00 AM: Divine Liturgy / 40-day Panachida for Andy Zenko / Social followed by Forgiveness Vespers
6:00 PM: Start of the Great Fast

SERVICES FOR THE FIRST WEEK OF THE GREAT FAST

Monday, February 27

10:00 AM: Morning Lenten Prayer / Confessions
5:30 PM: Confessions
6:00 PM: Canon of St Andrew w/ Compline / Confessions followed by lite Lenten meal

Tuesday, February 28

10:00 AM: Morning Lenten Prayers / Confessions
5:30 PM: Confessions
6:00 PM: Canon of St Andrew w/ Compline / Confessions followed by lite Lenten meal

Wednesday, March 1

10:00 AM: Morning Lenten Prayers / Confessions
5:30 PM: Confessions
6:00 PM: Canon of St Andrew w/ Compline / Confessions followed by a lite Lenten meal

Thursday, March 2

10:00 AM: Morning Lenten Prayers / Confessions
5:30 PM: Confessions
6:00 PM: Canon of St Andrew w/ Compline / Confessions followed by a lite Lenten meal

Friday, March 3

10:00 AM: Morning Lenten Prayers / Confessions
5:30 PM: Confessions
6:00 PM: Liturgy of pre-Sanctified Liturgy followed by a lite Lenten meal (Please fast from noon on)

PRAYER OF ST EPHRAIM

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk. *(Prostration)*

But give rather the spirit of Chastity, humility, patience, and love to Thy servant. *(Prostration)*

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed art Thou unto ages of ages. *(Prostration)*

O God, cleanse me, a sinner. *(12 time with deep bow after each)*

Then, read the entire prayer again with only one prostration at the end. Note: If you can not do a prostration due to a medical condition, a deep bow is fine.

40 DAY REMEMBRANCE

Sunday, February 26 Andy Zenko

Sunday, March 5: His Grace Bishop Tikhon

Sunday, March 19: Archpriest Daniel Rentel

PLEASE KEEP OUR SHUT-INS IN YOUR PRAYERS

Send a “Thinking of You” card or remember their Birthday with a card. If anyone needs to be added, please contact Fr. Andrew.

Mrs. Mary Fredericks
648 Dumont Ave
Campbell, OH 44405

Mrs. Audrey Chengelis
6210 Catawba Drive
Canfield, OH 44406

Mrs. Julia Simko
Inn At Poland Way
6501 Poland Way / Rm 122
Poland OH, 44514

Mrs. Mary Jane Puskas
Maplecrest Nursing Home
400 Sexton St
Struthers, OH 44471

Emilia Yannitto
8017 Salinas Tr.
Boardman, OH 44512-5402

Matushka Helen Psinka
1040 State St / Rm 1015
Concordia Villa St Joseph
Baden, PA 15005

Mrs. Dorothy Shirilla
8362 Van Dr.
Poland, OH 44514

Mrs. Pauline Fesz
488 Harmony Lane
Campbell, OH 44405

Mrs. Marion Zwinski
526 Hyatt Ave
Campbell, OH 44405

**WEEKLY FINANCIALS FOR
FEBRUARY**

Expenses: 2nd week of Feb: \$2,218.10
Income: 2nd week of Feb: \$2,242.50
TOTAL: + 24.40

Weekly Offering: \$2,095
Assessment: \$85
Weekly Candles: \$62.50

OTHER INCOME:

Rectory Renovation \$1,111
Charity donation \$10
Perpetual Memorial \$1,000

**MONTHLY FINANCIALS FOR
FEBRUARY**

Expenses: \$7,863
Income: \$5,945
TOTAL: -\$1,918



To the Campbell “O” Club who donated \$1,111 to the rectory Restoration Fund. This money was realized from the pot-luck dinner held on the Annual Meeting Day.

To Dennis Tubic who donated \$1,000 to the perpetual Memorial Fund.

To everyone who supported the Bake Auction that the Sisterhood had last week. They realized a profit of \$240. The money from the Auction will go to the Cemetery Beautification Fund. Money received from selling the extra soup by the quarts was \$300.

May God Bless You and
Grant You Many Blessed Years!

SPONSORSHIPS FOR FEBRUARY

WINE: In memory of Steve & Eileen Elash; for Eileen Nolder & Stephan Elash; or all members of the Graban and Elash families—given by Cindy Ferrick.

INCENSE: For the Health of the Graban & Elash families—given by Cindy Ferrick.

ALTAR CANDLES: In memory of brother, Danny’s birthday—given by Melanie Yannitto

PRAYER LIST– Updated 2-16-23

PARISHIONERS: Eli (Arvan) / Audrey Chengelis / George (Horodnic) / Irene (Horodnic) / Victoria Elash / Pauline Fesz / Mary Fredericks / Paula Kennedy / Sue (Kennedy) / George (Kolesar) / Kim (Konik) / Barbara (Kolesar) / Mary Jane Puskas / Kenny (Ruff) / Dorothy Shirilla / Julia Simko / Matushka Carol Steffaro / Marion Zwinski

FAMILY & FRIENDS: Archbishop Benjamin / Bishop Matthias / Fr. David Lis / Fr. Emil Hutnyan / James Basala (Fr.) / Dominic (Centofanti) / Ellen (Clark) / Alexa & infant Stamati (Donofrio) / Katie (Garrity) / Claudia (Gemmel) / Kathy Jacob (Fr.) / Ellen (Kessler) / Eleanor Marie (Kidder) / Paul (Kolesar) / Kathy (Kolesar) / Malakai (Kolesar) / Joe Kollar (Fr.) / Laureen & infant Connor David (Koval) / Andrew LaChard (Jesko) / Walter Litzie (Fr.) / Mea (Mahan) / Mary (Mahan) / Pauline Meath (Fr.) / Karen Muzyka (Fr.) / Matushka Raissa (Nicoloff) / Ksenia and her unborn child (Petrochko) / Matushka Helen (Psinka) / Chris Quotap (Fr.) / Kristianna & infant Mary Louise (Robinson) / William Romanchak (Fr.) / Katherine (Steffaro) / Johanna (Tusinac) / Richard (Tusinac) / Joseph (Vansuch) / Eleanor Marie (Vansuch) / Paula (Voytilla) / Drew (Willison) / Emilia (Yannitto) / Zoland Zile, (Fr.)

MILITARY FAMILY & FRIENDS: Cory Deaton (Fr.) / Alena Grabavoy (Fr.)

MISCELLANEOUS: Metropolitan Paul (Orthodox Diocese of Aleppo) / Archbishop John (Archdiocese of Aleppo) / The UN & IOCC humanitarian aid workers around the world / Those suffering persecution in Syria, Iraq, Israel, Egypt, Ukraine and around the world.

NOTE ABOUT PRAYER LIST

- * The above names are those I have received thus far. As I receive more information, it will be updated.
- * Only people who are currently ill will be put on the list. As their situation improves, please let me know so I may remove them.
- * If you want to simply pray for someone on a regular basis, please give me their names and I will remember them in the weekly Proskemedia. The bulletin prayer list is only for people who are currently ill. Your name will be put in () following the person's name submitted for prayer. Please pray for those listed daily.

Thank you for your understanding of this information.

LITURGICAL ATTENDANCE

Wednesday, February 1: 22 attended Divine Liturgy for Feast of the Meeting of the Lord
Saturday, February 4: 10 people attended
Sunday, February 5: 73 attended Liturgy / 43 Communicants
Saturday, February 11: 11 people attended Vespers
Sunday, February 12: 71 attended Liturgy / 41 communicants

SPONSORSHIPS AVAILABLE

Would you like to sponsor candles or any liturgical item for the month in memory or honor of someone? Individuals will be remembered them during the Great Entrance throughout the month.

Please speak with Fr. Andrew.



LENTEN MORNING LENTEN PRAYERS

Won't you join me?

During the 40-day Lenten Fast, I have a custom of going to church every morning and reading a combination of morning prayers, Lenten hours and the Lenten Matins of the day. This is my personal prayer rule. This is not any particular service. I just read the prayers aloud. It takes about 60-90 minutes. If anyone would be interested, please consider joining me, for any amount of time you have available, even if only 30 minutes. I will begin 10:00 AM, Monday, February 27.

Fr. Andrew

His Beatitude Metropolitan Tikhon calls on the Faithful of the Orthodox Church in America to Support Earthquake Relief Efforts

In the wake of last week's earthquake which struck Turkey and Syria, His Beatitude Metropolitan Tikhon has called on the faithful of the Orthodox Church in America to support the efforts of International Orthodox Christian Charities and the Antiochian Orthodox Christian Archdiocese as they work to bring relief to the survivors.

On February 6, 2023 an earthquake struck central and southern Turkey, near the Syrian border, causing widespread destruction and loss of life. On Monday, the death toll was reported to have exceeded 35,000 people. Food is urgently needed and shelter has become a critical need as over a million people remain homeless as the crisis unfolds.

Orthodox communities have not been immune to the damage. According to Fadi Hurigil, the chairman of the cathedral of Saints Peter and Paul in Antioch, the "the bell fell, the call to prayer was silent, the church temple is under the collapse." The high number of casualties has put immense pressure on the cathedral clergy, who have instructed parishioners to bring their dead to the cemetery for funeral services every day at 5:00 PM in order to keep pace.

On the day of the tragedy, His Beatitude sent letters of condolence to His All-Holiness Patriarch Bartholomew and His Beatitude Patriarch John X. In the letters, His Beatitude expressed sadness on behalf of the faithful of the Orthodox Church in America and assured them of our prayers.

His Beatitude asks you to consider a generous donation to help the victims of this tragedy so that "we may be able to comfort those who are in any affliction" (2 Cor. 1:4).

Sunday of Meatfare of the Last Judgment Commemorated on February 19

Today's Gospel reading is Matthew 25:31-46, the parable of the Last Judgment. It reminds us that while trusting in Christ's love and mercy, we must not forget His righteous judgment when He comes again in glory. If our hearts remain hardened and unrepentant, we should not expect the Lord to overlook our transgressions simply because He is a good and loving God. Although He does not desire the death of a sinner, He also expects us to turn from our wickedness and live (Ezek. 33:11). This same idea is expressed in the prayer read by the priest after the penitent has confessed his or her sins (Slavic practice).

The time for repentance and forgiveness is now, in the present life. At the Second Coming, Christ will appear as the righteous Judge, "Who will render to every man according to his deeds" (Rom. 2:6). Then the time for entreating God's mercy and forgiveness will have passed.

As Father Alexander Schmemmann reminds us in his book GREAT LENT (Ch. 1:4), sin is the absence of love, it is separation and isolation. When Christ comes to judge the world, His criterion for judgment will be love. Christian love entails seeing Christ in other people, our family, our friends, and everyone else we may encounter in our lives. We shall be judged on whether we have loved, or not loved, our neighbor. We show Christian love when we feed the hungry, give drink to the thirsty, clothe the naked, visit those who are sick or in prison. If we did such things for the least of Christ's brethren, then we also did them for Christ (Mt.25:40). If we did not do such things for the least of the brethren, neither did we do them for Christ (Mt.25:45).

Today is the last day for eating meat and meat products until Pascha, though eggs and dairy products are permitted every day during the coming week. This limited fasting prepares us gradually for the more intense fasting of Great Lent.

Matthew 25:31-46 (Gospel)

When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.' Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' And these will go away into everlasting punishment, but the righteous into eternal life."

1 Corinthians 8:8-9:2 (Epistle)

But food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse. But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

PRAYER

In the name of the Father and the Son and of the Holy spirit. O my soul! How long will you lie in idleness? How long will you continue in evil? Why do you you not think of the Lord's fearful judgment? What defense then will you make, or what will you answer? Your works will be there to accuse you; your actions will condemn you.

O my soul, the time is near; make haste and cry out to the Savior in faith: I have sinned, O Lord, I have sinned against You; but I know Your love for us and Your compassion. O good Shepherd, deprive me not of a place at Your right hand in Your Kingdom. Amen.
(Adapted Vesper Hymn, Meatfare Sunday)

LOVE AND JUDGMENT

The themes of love and judgment are often mentioned side by side in the Bible and in Christian prayers and hymns. In 1 John 4:16-17, for example, we read: God is love, and whoever lives in love lives in union with God and God lives in union with him. Love is made perfect in us in order that we may have courage on the *Judgment Day*.

In John 3:16-18 we read: For God loved the world so much that he gave His only Son...God did not send His Son into the world to be its judge, but to be its Savior. Whoever believes in the Son is not judged; but whoever does not believe has already been *Judged*.

A hymn that is chanted at Matins throughout the *Triodion* offers the following personal prayer as a confession of faith: As I ponder in my wretchedness the many evil things that I have done, I tremble for the *fearful day of judgment*. But trusting in Your *merciful compassion* (*elosos* or loving-kindness of God), like David do I cry to You: Have mercy upon me, O God, in Your great mercy.

How can the Lord of love and goodness be also the Lord of judgment? Is there consistency in the images of God as a loving Father and God as a righteous Judge?

The Church Fathers answered this perplexing difficulty by affirming that God is always a loving Father and remains a loving Father for everyone—both righteous and sinners. The Holy Trinity by nature shines like a spiritual sun-glowing with love, light, and life. During this life, as well as in the next, people who are open to God, who have made room for Him in their hearts, who have developed spiritual attitudes and sensitivities, experience the radiance of God's love as unspeakable bliss; but people who have separated themselves from God, who have imprisoned themselves in their own selfishness and sinful passions, and have not developed spiritual attitudes and sensitivities, experience the

Same radiance of God's love as fire of judgment—"a scourge of love," as St. Isaac the Syrian put it.

God does not cause judgment at any time. He doesn't do something vengeful to evildoers nor does He prepare a *place* of punishment (hell).

God is love and by His very nature He cannot do what is evil, hateful, or destructive to anyone. Judgment and hell are spiritual conditions of sin and darkness. Judgment *results* when someone is separated from God who is the source of light and life. Judgment results when we willfully shut off ourselves from God's redeeming love. Yes, there is judgment, both temporary and eternal. But we judge ourselves.

What about the fearful descriptions of hell, fire, and brimstone in the Bible? These are warnings in pictorial representation but they are not to be interpreted literally as geographic or physical places created by God for the punishment of human beings. Rather they are admonitions with a clear and serious message: life outside of the love of God results in evil, falsehood, hatred, guilt, alienation, and pain. Life apart from God leads to an agony of darkness in which people torment themselves and each other. It is a spiritual hell created not by God but by the willful refusal to turn to God, Who is love, in order to be forgiven, cleansed, renewed and set free. Yes, there is judgment. But it is we who judge ourselves by the thoughts we think, the values we hold, the decisions we make, the things we do, the people we are both here and in the after-life. "Do not deceive yourselves", St. Paul warns us, "no one makes a fool of God. A person will reap exactly what he plants" (Galatians 6:7). Read Matthew 25:31-46.

Through the Parable of the Last Judgment Christ teaches us that heaven and hell have to do with the fulfillment of each other's physical and spiritual needs. As we seek to serve each other in His name and by His grace, or as we fail to do so, we experience degrees of true life or degrees of darkness—realities that become permanent beyond the grave. Christ has taught us both by **con't Next PG**

Love & judgment con't from previous pg

Example and teaching, that the main virtues of Christians are faithful obedience and loving service to God and to each other.

First Archpastoral Visit to Kansas City Deanery Begins with Visit to Local Urban Ministry

His Eminence Archbishop Daniel of Chicago and the Midwest is making his first visit to the Kansas City Deanery since being elected Bishop of Chicago. His Eminence's five day trip began Thursday, February 9, where he met with Priest Michael Medis and the faithful of St. Nicholas Church in Lawrence, KS.

On February 10, Archbishop Daniel toured Reconciliation Services, a local outreach program, with Archpriest Timothy Sawchak, Dean of the Kansas City Deanery, and Priest Justin Mathews, the Executive Director of the program. During the visit they viewed the facilities which are currently being renovated to better serve their local community.

According to their website, Reconciliation Services has served in the local neighbors of urban Kansas City, MO, for over 30 years. "Desiring to accept the challenge to "love thy neighbor," we approach each person with dignity and love, seeing them as made in the image of God. Our programs strategically address community needs for affordable food access, safe environments to gather to combat social isolation and build positive community connections, and increased access to social and mental health services that lead to improved health and self-sufficiency."

The Archbishop continues with a busy schedule throughout the five day tour including a deanery clergy retreat, a diocesan music workshop, a parish visit, among other appointments.

Kansas City Deanery Welcomes Archbishop at Deanery Retreat

The Archbishop of Chicago and the Midwest continued his travels in the Kansas City Deanery as part of a five-day trip to the area. The trip consisted of many visits to the various churches and ministries that reside in the Southwestern part of the diocese, as previously reported.

On Friday, February 10 and Saturday, February 11, His Eminence Archbishop Daniel lead a deanery gathering for gathering for clergy at Holy Trinity Church, Overland Park, KS. The Archbishop address the clergy with a number of topics in the life of the Church, but also had the time to respond to questions and informal conversation.

One of the highlights of the meeting was that Priest Joel Wilson, the founder and developer of "Our Diocese", held a presentation for clergy on the new diocesan app. All of the clergy of the Kansas City Deanery are signed up and inviting their parishioners to join the their parish group, and the various groups of the diocese.

The St. Andrew of Crete Music Ministry also held an event for choir directors and singer in conjunction with this deanery gathering.

The weekend soon approached and clergy began to depart for their parishes, His Eminence continued his visit at the Overland Park parish where he attend Great Vespers on Saturday evening and presided over Divine Liturgy on the Sunday of the Prodigal. Serving with His Eminence were Archpriest Timothy Sawchak, Rector, Archpriest Christopher Rowe, Priest Justin Mathews, and Deacon Stephen Beasley.

Before the vespers service on Saturday, the Archbishop met with members of the congregation to share his journey to the Orthodox Church, and gave a lesson about vestments. Later that evening His Eminence gathered the youth from the parish answering their questions on various topics of faith. A festive meal was held in the parish hall following the divine services.

The Fast Begins

The Sunday of the Last Judgment is also known as Meatfare Sunday because it is the last day before Pascha on which the eating of meat is allowed. On the next day the fast begins, first from meat and meat products and a week later from fish, milk, and eggs and their products as well. The Church prepares us gradually for the stricter discipline of Lent. What is fasting?

In a talk entitled “The Benefits of Fasting as a Spiritual Discipline,” George Christakis, Professor and Chief of Nutrition at the University of Miami Medical School, gave this simple definition of fasting: “Fasting is eating sparingly and abstaining from certain foods.” Dr. Christakis spoke about the physical as well as spiritual benefits of fasting. People today are discovering that, quite apart from religious purposes, periodic and balanced fasting has significant benefits for the whole person in terms of losing excess weight, and in terms of acquiring self-control and a sense of physical and emotional well-being. According to DR. Christakis about 45% of American adults and 15% of their children are overweight. Much of the excess weight is due to the overeating of meat products which have high animal fat and cholesterol levels. Abuse of food and drink in American society results in 60-70% of the chronic diseases, chief among them being heart disease. The human body needs a right diet to function properly. Nutritionists have discovered that a balanced fasting diet of fruits, vegetables, and grains is by far a healthier diet than the heavy cholesterol foods most of us eat.

The Orthodox Church has set aside the following prescribed fasts:

- Every Wednesday and Friday unless some important feastday takes precedence over the fast.
- Great Lent
- Holy Week
- The Christmas Fast (November 15 through December 24)
- The Fast of the Theotokos (August 1-August 14)
- The Fast of the Apostles (Monday after all Saints Day until June 28)
- The Elevation of the Cross (September 14)
- The Eve of Theophany (January 5)
- The Beheading of St. John the Baptist (August 29)

Fasting is not an end in itself but a means to an end. For a Christian there is no food that is ritually clean or unclean. Jesus said: “The things that come out of the mouth come from the heart, and these are the things that make a person ritually unclean” (Matthew 15:18). **THUS FASTING FROM FOODS IS A SPIRITUAL DISCIPLINE WHICH MUST NECESSARILY BE ACCOMPANIED BY FASTING FROM EVIL.**

One of the hymns chanted on Meatfare Sunday puts it this way: *Consider well, my soul: do you fast? Despise not your neighbor. Do you abstain from food? Condemn not your brother... May Christ lead you without stumbling into His Kingdom.* (Matin Hymn, Meatfare Sunday)

PRAYER

In the name of the Father and the Son and the Holy Spirit. Let us cleanse ourselves with the queen of virtues: for behold fasting is come, bringing us a wealth of blessings. This virtue quells the uprising of sinful passions and reconciles sinners to the Master. Therefore, let us welcome fasting with gladness, and cry out to Christ our God: O Lord, You rose from the dead. You alone are free from Sin. Keep us without blame during the season of the fast. O Savior, glory to You!

Matin Hymn, Meatfare Sunday

