



# The Weekly Forerunner

St. John the Baptist Orthodox Church

301 Struthers Liberty Rd

Campbell, OH 44405

OCA - Diocese of the Midwest



## MARCH BULLETIN SPONSOR

*In memory of my father George— Given By V.R. Andrew Bartek*

### *Liturgical & Events Schedule*

#### **Sunday, March 10— Last Judgment**

9:35 AM: Hours

10:00 AM: Divine Liturgy (concelebrating AP Christopher Rowe— Assistant Development Director For OCMC / Meatfare Social / Council Meeting

#### **Wednesday, March 13**

Pagachi Baking

6:00 PM: Fire House Meeting

#### **Thursday, March 14**

Pagachi Baking

#### **Saturday, March 16**

6:00 PM: Vespers / Confessions

#### **Sunday, March 17**

9:35 AM: Hours

10:00 AM: Divine Liturgy / Monthly Panachida / Social / Forgiveness Vespers / festival meeting

### HOME BLESSINGS

This is the last week for home blessings. If you have not scheduled your home to be blessed, please do so by contacting Fr. Andrew.

### LAST DAY TO EAT MEAT

Today, March 10, Meatfare Sunday is the last day meat is permitted until Pascha.

### March 2024 ~ Monthly Charity

St. Basil's Workers

### 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."

## PLEASE KEEP OUR ELDERS OF THE CHURCH & SHUT-INS IN YOUR PRAYERS— UPDATED 1-18-24

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

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### LOVE & 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 so 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 period of the Triodion offers the following personal prayer as a confession of faith: As I ponder my wretchedness the many evil things that I have done, I tremble for the fearful Day of Judgment. But trusting in your merciful compassion (eleos 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 DISSTRUCTIVE 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 *Con’t Next Pg*

## PRAYER LIST– Updated 3-7-24

**PARISHIONERS:** Achilles Arvan / Audrey Chengelis / Donna Chiarelli / Pauline Fesz / Mary Fredericks / George Horodnic / Anthony Jesko, Jr. / Paula Kennedy / Sue Kennedy / George Kolesar / Barbara Kolesar / Ronald (Thomas) Moore / Mary Jane Puskas / Kenny Ruff / Joanna Shepelevich / Dorothy Shirilla / Julia Simko / Marion Zwinski

**HIERARCHS & CLERGY:** Archbishop Benjamin / Archbishop Alexander / Archbishop Melchizedek / Archbishop Nathaniel / Bishop Matthias / Fr. James Gleason (Fr.)

**FAMILY & FRIENDS:** Chrissy (Fr.) / David (Willison) / Frank Batura (Fr.) / Dominic (Centofanti) / Ellen (Clark) / Genna & her un-born baby (Koval) / Paul Demkosky (Fr.) / John Galpin (Fr.) / Bruce Harris (Sabo) / Katie (Garrity) / Basil Glovinsky (Fr.) / Ellen (Kessler) / Paul (Kolesar) / Karen (Vansuch) / Kathy (Kolesar) / Malakai (Kolesar) / Joe Kollar (Fr.) / Andrew LaChard (Jesko) / Julie Kusinski (Fr.) / Jonathan Leso (Fr.) / Mea (Mahan) / Mary (Mahan) / Pauline Meath (Fr.) / Matushka Raissa (Nicoloff) / Eugene (Pallai) / Teri Petroff (Fr.) / Matushka Helen (Psinka) / Chris Quotap (Fr.) / William Romanchak (Fr.) / Roxanne Yannito) / Julia Shirilla / Katherine (Steffaro) / Johanna (Tusinac) / Richard (Tusinac) / Brian (Shirilla) / Joseph (Vansuch) / Eleanor Marie (Vansuch) / Paula (Voytilla) / Mary Ann Bozichovich (Kennedy) / Patty Bozichovich (Vansuch) / Drew (Willison) / Emilia Yannito / Catherine Zile (Fr.) / Zoland Zile (Fr.)

**MILITARY FAMILY & FRIENDS:** Cory Deaton (Fr.) / Alena Grabavoy (Fr.) / Liam Garrity (Zelinsky)

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

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### *Love & Judgment con't from previous pg*

We willfully shut off ourselves from God's redeeming love. Yes, there is judgment, both temporary and eternal. But we judge ourselves.

What about all the fearful descriptions of to an agony of darkness in which people torment themselves 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 nit 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 afterlife. "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 which is the reading for the Sunday of the

### Last Judgment.

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 example and teaching that the main virtues of Christians are faithful obedience and loving service to God and to each other. (A Year of the Lord: Liturgical Bible Studies Vol. 3



## March Candle & Bulletin Sponsors

**Bulletin:** In memory of my dad George on the occasion of his b-day– Given by V.R. Andrew Bartek

**Wine:** In honor of Matthew Vansuch on occasion of his b-day-Given by Rdr. Nicholas & Monica Vansuch

**Incense:** In honor of my mother Mary Frederick for her good health. –Given by Sherrie Frederick

**Iconostasis Candles & Eternal Light:** In honor of my dad, AP John Steffaro, on the occasion of his Birthday- Elizabeth Willison

**Altar Candles:** In memory of my grandparents Michael & Helen Pasloskey and my grandparents John Psinka and Elizabeth Reams & Larry & Andrea Chamberlain - Given by Natalia Simko

**Tetrapod Candles:** In memory of my mother Olga L. Sveda- Given by Barbara Kolesar / In honor of my dad, AP John Steffaro & deda ordination- Willison family Family

**St. Herman Candles:** Commemorating all who participate in maintenance of the church, the teachers, singers & those who participate in social events. Praying for everyone to love one another.

**St. Panteleimon Icon Candles– AVAILABLE**

**Protection Icon Candles:** For the Health of Mattushka Helen Psinka– Given by Michael & Natalia Simko

**St. John the Baptist Candles: AVAILABLE**

**Flowers:** In Memory of my dad, AP John Psinka– Given by Natalia Simko / March 13th Flowers in Memory of my Father Robert Frederick on the occasion of his 1st anniversary– Given by Sherrie Frederick

<u>\$50 per month</u>	<u>\$30 per month</u>	<u>\$25 per month</u>
*Wine	*St. Herman candles	Incense
*Bulletin	*St. Panteleimon Icon candles	
*Iconostasis Candles & Eternal Light	*Protection Icon candles	<u>Flowers</u> - \$50 per week
*Altar Candles	*St. John the Baptist candles	
*Tetrapod Candles		

### FINAL FEBRUARY FINANCIALS

Expenses	\$12,799.30
Income	\$ 10,905.00
<b>TOTAL</b>	<b>(\$1,894.30)</b>

Weekly Tithe	\$10,273
Weekly Candles	\$412
Bulletins	\$50
St. Panteleimon Candles	\$30
Tetrapod Candles	\$50
Rectory Bed	\$100
Advent Social	\$10
Pascha Flowers	\$20
Fundraiser donation	\$10

Other Income: (that doesn't stay here):  
Cleveland Deanery \$5

#### Monthly Charity Income

RESCUE MISSION \$1,035  
The Church will add \$250 for a total of  
**\$1,285. THANK YOU!**

ATTENDANCE: A Comparison - February	2023	2024
<b>1st week</b>		
Feb. 1– Feast Day	22 - Liturgy	6 V vespers 10 Liturgy
Saturday	10 Vespers	8 Vespers
Sunday	73 / 43 Communicants	63 / 43 Communicants
<b>2nd week</b>		
Saturday	11 Vespers	9 Vespers
Sunday	71 / 41 communicants	60 / 46 Communicants
<b>3rd week</b>		
Saturday	14 Vespers	8 Vespers
Sunday	76 / 46 communicants	54 / 34 Communicants
<b>4th week</b>		
Saturday	10 Vespers	7 Vespers
Sunday	58 / 46 Communicants	70 / 47 Communicants

## REPOSED LIST FOR FEBRUARY / MARCH

- |  |   |
|--|---|
| <p>1- Anna Rago (1920) ©<br/>         1- Konstantin Pavchula (1933) ©<br/>         1- Spiros Psaromatis (1936) ©<br/>         1- Johnny Basala (1995)<br/>         2- Gerasimakis Mikes (1930) ©<br/>         4- Theodora Anos (1963) ©<br/>         4- Marie Feltovich (2004) ©<br/>         5- Emily Vasilchek (1970) ©<br/>         5- Mary Bilchik (1923) ©<br/>         5- Milan Milasav (1926) ©<br/>         6- Joseph Libertyn (1989) ©<br/>         6- Joseph Macala Jr (1993) ©<br/>         6- Eva Nedostup (1921) ©<br/>         6- Mike Korfia (1932) ©<br/>         6- Alexander Tsvetanoff (1949) ©<br/>         8- Helen Konik (1925) ©<br/>         8- Olga Sweda (1995) ©<br/>         9- Rampo Nikoloff (1957) ©<br/>         9- Stephen Feltovich, Jr. (2015) ©<br/>         10- David Joseph Wargo (1977) ©<br/>         10- Mary Durshaw (1980) ©<br/>         11- John Kostrounis (1924) ©<br/>         11- Nicholas Sivachko (1934) ©<br/>         11- Christine James (1959) ©<br/>         11- Helen Kalafut (1962) ©<br/>         11- Olga (Dr Nicoloff cousin) 2023<br/>         12- Metropolitan Nicholas (2011)<br/>         12- Margaret Krause (2009) ©<br/>         12- Eli Maystevovich (1951) ©<br/>         13- George Malchisky Sr (1980)<br/>         13- Steven Gozur (1993) ©<br/>         13- Robert Ferdericks (2023)<br/>         14- Steven Nosik (1987) ©<br/>         14- Nikita Meris (1933) ©<br/>         14- John Furin (1933) ©<br/>         15- Tatianna Muc (1931) ©<br/>         15- Mary Furin (1996) ©</p> | <p>16- Mary Grubich (1931) ©<br/>         16- Catherine Kovchuiak (1947) ©<br/>         18- Sub-deacon William Livosky (2015) ©<br/>         18- Vladimir Conkich (1924) ©<br/>         18- Still born Sabastinak (1924) ©<br/>         18- John Furin (1934) ©<br/>         19- Manthas Geanakis (1956) ©<br/>         21- Tai Whitham<br/>         21- Sava Yovansvich (1920) ©<br/>         21- Michael Barol (1965) ©<br/>         22- Matthew Pacak (1969) ©<br/>         22- Anna Sweesy (2010) ©<br/>         22- Theodore Boldosh (1931) ©<br/>         23- John Olesko (1971) ©<br/>         23- Andrew Zlatfoff, Sr. (1975) ©<br/>         24- Mary Bolina (1988) ©<br/>         25- Pani Janette Moriak (1997)<br/>         25- David Chikerotis (2019)<br/>         26- Joseph Krause (1998) ©<br/>         26- Michael Urchak (2005) ©<br/>         26- Irene Homulos (2005) ©<br/>         26- Vasili Spirtos (1925) ©<br/>         26- George Konstaudinidis (1943) ©<br/>         26- Tony Deligeorge (1957) ©<br/>         26- Dan Barbus (1958) ©<br/>         27- Darlene Hryb (2017) ©<br/>         27- Bogan Bolgar (1927) ©<br/>         27- Evdokia Vasilika (1932) ©<br/>         27- George Britven (1957) ©<br/>         28- Anthony Fojcik (1920) ©<br/>         28- John Patellis (1926) ©<br/>         29- Trofin Melnik (1931) ©<br/>         30- Nicholas Aasta (1921) ©<br/>         30- George Andras (1999) ©<br/>         31- Helen Homulas (1974) ©<br/>         31- James Malli (1925) ©<br/>         31- Katherine Hamanzi (1946) ©</p> |
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### 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.

### MARCH SOCIALS

- 10- Meatfare Sunday Pot-luck
- 17- Sisterhood / Cheese-fare Sunday
- 24- Open
- 31- Open

# **EASTERFEST TAKEOUT ONLY**

## **Saint John's Orthodox Church**

301 Struthers Liberty Road, Campbell, Ohio 44405

**Pre-Orders only:**

**Order Deadline is Friday, March 22, 2024 at 5:00pm**

**Please place your order with: Maureen Koval @330-727-7323**

### **KOLACHI**

Apricot, Nut or Poppy seed  
\$15/each

### **PASKA (Easter Bread)**

Raisin or Plain  
\$9/each

### **SIRNAYA (SWEET)**

**PASKA**  
\$8/4oz mold

### **PAGACHI**

Potato/Cheese  
\$9/each



### **HALUSHKI**

Cottage Cheese or Cabbage  
\$9/quart

### **HORSERADISH**

Homemade Beef or White  
\$5/each

### **LAMB BUTTERMOLDS**

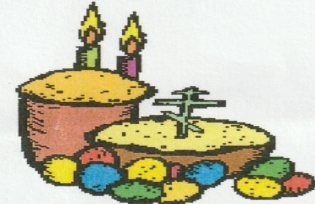
\$6/each

### **PIGS FEET**

\$7/12oz cup

### **BORSCHT (Beet/Cabbage)**

\$8/quart



**Pickup date: Friday, March 29, 2024**

**12:00pm - 5:00pm (P/U times will be provided for you)**

## **EASTERN ORTHODOX CLERGY ASSOCIATION OF MAHONING VALLEY / LENTEN VESPERSCHEDULE- SERVICES BEGIN @ 5:00 pm**

March 24: Triumph of Orthodoxy (Archangel Michael Greek—401 12th Street Campbell) (Lenten meal provided)

March 31: St Gregory Palamas (Holy Trinity Romanian— 626 Wick Ave, Youngstown) Speaker Fr. Mykola Zomchak

April 7: Cross Veneration- (St. John the Forerunner Greek— 4955 Glenwood Ave, Boardman)

April 14: St. John Climakos- (St John the Baptist OCA— 2220 Reeves RD NE, Warren)

April 21: St Mary of Egypt— (St Nicholas Greek— 220 North Walnut St, Youngstown)

This is a great opportunity, through our Orthodox worship services, to re-enter our Lenten spiritual exercise of preparation for the Great Days of Palm Sunday, Holy Week and Pascha.

Come and share fellowship with the Orthodox faithful in and around the Mahoning Valley. Make new acquaintances, renew old friendships, grow in your Orthodox Faith. Visit the Clergy Association website: [orthodoxyoungstown.org](http://orthodoxyoungstown.org)

Office: 330-755-4931 / Cell: 570-212-8747

<https://www.stjohnthebaptist-campbell.org/>

[padrebartek@gmail.com](mailto:padrebartek@gmail.com)

## March Celebrations

- 1- Marilyn Calzone
- 2- Lori Batura
- 2- Andy Zenko
- 4- Kaitlyn Kuzemchak
- 6- AP John Steffaro
- 11- Cindy Ferrick
- 14- Reader Matthew Vansuch
- 16- Paul Bojan
- 16- Claudia Zile
- 18- Thomas Zelinsky
- 20- Gianna Hryb
- 20- Reader Jacob Hryb
- 21- Brooklyn Lariccia
- 24- Ann Jesko
- 25- Ephraimia Andrews
- 27- Mary Jane Puskas
- 30- Bobbie Royhab



### ***NAMES DAY***

- 4- AB Daniel of Chicago & the Diocese of the mid-west
- 4- His Grace Bishop Gerasim of Forth Worth
- 17- AB Alejo of Mexico
- 17- His Grace Bishop Alexis of Alaska

### **CHEESEFARE SUNDAY**

Sunday, March 17th there will be a Blini Coffee Hour hosted by the Sisterhood.

Thank You & God Bless

## **Sunday of Meatfare of the Last Judgment Commemorated on March 10**

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.

### **40 Day Remembrance**

- March 10– Helen Lis  
March 31– Subdeacon Wylie  
Meath / Paul  
April 7– Charlette Zenko

### **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

## THE FAST BEGINS

The Sunday of the Last Judgment is also known as Meatfare Sunday because it is the last day before Easter (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? What is the purpose and value of fasting? Staining from certain foods.”

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 the 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 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.
- \*The Great Fast
- \*Holy Week
- \*The Christmas Fast (November 15 through December 24)
- \*The Fast of the Theotokos (August 1 through August 14)
- \*The fast of the Holy Apostles (Monday after All Saints Day through June 28)
- \*The Elevation of the Holy 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

### NOTES ON FASTING

Fasting from foods is intended as spiritual preparation for an experience of deeper communion with God. Each person is a unity of body and soul. A right spiritual diet and a discipline of fasting go together and strengthen each other. Just as prayer benefits not only the soul but also the body so also fasting from foods benefits not only the body but also the soul. Fasting and prayer make us more sensitive to God’s personal presence. At important times of their lives the prophets fasted and prayed. So did Jesus, the Apostles, Saints and Church Fathers.

Fasting must be undertaken willingly and not by compulsion. God doesn’t need our fasting. We don’t fast as a kind of personal punishment for our sins. We cannot pay God back for our sins but we can only confess them to Him to receive forgiveness. Fasting with a willing spirit and not just with an attitude of fulfilling a religious obligation means that we keep the purposes of fasting always before us which is to develop self-control and to remember God and His Kingdom. That way we fast not only in what we eat but also in how much we eat. Fasting is simplicity of eating. WE leave the table not with loaded stomachs. Being a little hungry during the day becomes a constant reminder of God, of our dependence on Him, and the fact that the Lord alone can give us “food that lasts for eternal life” (John 6:27). In fasting and prayer, He reveals Himself to us as our true food and drink.

Read 1 Corinthians 8:8-9:2)

## Meeting Held at Chancery for Upcoming International Youth Gathering

Meetings were held this weekend in preparation for the upcoming international youth event, Chicago 2024: An International Orthodox Youth Encounter. His Eminence Archbishop Daniel of Chicago and the Midwest met with Priest Kirill Zawatski, coordinator, and Priest Alexander Koranda, Cathedral Dean.

This summer from June 21-28 nearly 100 young adults from around the world will gather at Holy Trinity Cathedral, Chicago, IL, and at St Xavier University to participate in the international gathering. The meeting reviewed the various details and plans of the week. The Archbishop also emphasized the importance of the communities of the diocese to find ways to get involved with this program whether through sending participants, or donations to support the youth traveling from abroad.

Hosted by His Archbishop Daniel of Chicago and the Midwest, and organized through a partnership with Suprasl, A World Fellowship of Orthodox Youth, the aim of Chicago 2024 is to bring together young adults from Orthodox churches worldwide to experience the unity and universality of the One Holy Church, and to encourage each other in their faith in our Lord Jesus Christ and their membership in the Orthodox Church.

The seven-day event will explore the theme, "Orthodoxy Unleashed: Faith in Action" through workshops, lectures, film, music and practical activities. A multi-track format will offer a variety of workshops in several areas including Orthodoxy and culture; the Life of St Maria of Paris and the Social Service ministry in the Orthodox Church; Liturgical and Folk Music; and others. His Eminence Archbishop Daniel will offer the key-note speech on the life and work of Saint Olga of Alaska.

The highlight of the event will be an urban pilgrimage through the streets of Chicago from Holy Trinity Cathedral to St. George Cathedral with the Tikhvin icon of the Mother of God. The pilgrimage will be part of the celebrations connected with the 20th anniversary of the return of the historic icon to Tikhvin, Russia in 2004. All Orthodox faithful are welcome and encouraged to participate in the pilgrimage on Wednesday, June 26.

The heart of Chicago 2024 will be worship and prayer. Each day will begin and end with morning prayers and clergy will be available each evening for confession, and each morning a brief homily will be offered on the scripture of the day. Taking

place over the feast of Holy Pentecost, the participants will have the unique opportunity of participating in the Divine Liturgy for the feast at Holy Trinity Cathedral. To apply to participate in Chicago 2024 click [www.suprasl.org/chicago2024](http://www.suprasl.org/chicago2024). Further information about Suprasl and other events this summer is available at [www.suprasl.org](http://www.suprasl.org), and our on Facebook and Instagram pages.

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## The Faithful of Canton, OH Receive their Archbishop

His Eminence Archbishop Daniel of Chicago and the Midwest made his first visit to Holy Assumption Church, Canton, OH on February 24 and 25.

On Saturday the 24 of February, the Archbishop attended Great Vespers and visited with the community during a dinner held in his honor. On the following day, the Sunday of the Publican and the Pharisee, Divine Liturgy was served. Joining His Eminence were Priest Aaron Rutz, Rector, Priest Esteban Vazques, Protodeacon Samuel Slimak, and Deacon Samson Nash.

The Archbishop said his time at the parish, "felt like coming home and being with family, which is exactly what we're meant to be as Christians united in the Household of Faith." He also praised the choir's ability to "inspire with sophistication and beauty," and to learn the intricacies of the hierarchical liturgy before the service.

"For a number of the faithful of Holy Assumption, this was their first experience of a Hierarchical visit," said Fr. Aaron. "They were able to experience the worship of the Church in its fullness with the presence of both the Diocesan Bishop and two visiting Deacons." A festive meal was held in the hall after liturgy.

In 1958, the Assumption of the Blessed Virgin Mary Eastern Orthodox Church was incorporated as part of the Chicago diocese. The building to house the church, constructed in large part with the help of parishioners, was consecrated by Archbishop John of Chicago in 1960.

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## LENTEN BOOKS FOR SALE

There are some Lenten prayer books for sale:

Pre-sanctified Liturgy

Holy Saturday

And some others.

Please check at the Candle desk. Price: \$3.00 each

## His Beatitude Metropolitan Tikhon to Consecrate Holy Chrism During Holy Week

His Beatitude Metropolitan Tikhon will be presiding at the Rite of Consecration of Preparation of Holy Chrism during the Vespereal Divine Liturgy of Great and Holy Thursday, May 2, 2024 at St. Tikhon's Monastery. This rite is reserved for Primate of autocephalous Orthodox Churches. The last time Holy Chrism was consecrated for the Orthodox Church in America was in 2017 and marks the second time His Beatitude has presided at the rite.

After the Chrism has been consecrated it will be distributed for parish use across North America for the Holy Mystery of Chrismation.

Holy Chrism is distinct from other blessed oils in Orthodox Christian rites and undergoes careful preparation, incorporating various ingredients such as olive oil, aromatic incenses, and fragrant oils. The process, overseen this year by Protodeacon Peter Ilchuk, will begin on Great and Holy Monday, April 29, and will conclude on Great and Holy Wednesday, May 1, with continuous stirring and readings from the Holy Gospels.

Clergy are invited to participate in the rite. A sign up sheet will be made available on the OCA website in coming weeks. Shifts reading the Gospel and stirring the Chrism are expected to be two-hours in length.

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### QUESTION

Because this Sunday stresses the notion of being prepared, "before the end", are we preparing ourselves by using the ever-present now?

### MEDITATION

The home, the local parish and the Kingdom of God might be thought of as need-fulfillment centers. All of us long for physical and spiritual food, shelter, security, acceptance, companionship, dignity, self-worth, creativity, stimulation, and rest. Christ has given us all the inner gifts of necessary and the outward means to fulfillment of all our needs through Him, through family, friends, Church, other people, and creation. Let us accept by faith all His gifts and let us use them according to His love in helping one another. When we serve one another, we serve Christ Himself. When we see Christ in each other our eyes are opened to recognize His renewing power at work in our lives. We experience the presence of God's eternal Kingdom already in our midst: "whoever loves me will obey my teaching. My Father will love him, my Father and I will come to him and live with him" (John 14:23)

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### PRAYER

In the name of the Father and the Son and the Holy Spirit. O my soul! How long will you lie in idleness? How long will you continue in evil? Why do 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. Good Shepherd, deprive me not of a place at Your right hand in Your Kingdom. Amen.

Adapted Vesper Hymn, Meatfare Sunday

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### 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 times*) deep bow, then:

*Read the entire prayer again with a single prostration at the end.*