

SUNDAY OF MEAT-FARE
February 4, 2024



Icon of the Last Judgement—Matthew 25:31-46

St. Anne Byzantine Catholic Church

222 E. Foothill Boulevard, San Luis Obispo, CA 93405

Parish Office: (805) 543-8883

Parish website: www.stanneslo.org

Pastor's e-mail: stanneslo@gmail.com

Served by: Father Michael S. Bezruchka, Pastor

Deacon John Bradley

Bishop: Most Reverend Kurt Burnette, Apostolic Administrator Sede Vacante

Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix

Welcome! We are honored to have you come to worship with us. If you are unfamiliar with the worship of the Byzantine Church, simply listen to the Liturgy and allow the rest of the congregation to carry you in worship. We extend our hands and hearts in Christian fellowship to you here, celebrating with us, whether long-time residents or newly arrived in the parish. We thank God that you are with us. If you would like to be an active member of our Byzantine Catholic community, please contact the parish office. Since we are one Catholic Church with many Traditions (each that includes a liturgical rite), becoming a parishioner does not require that you make a canonical transfer of Rite, for example, from the Roman Rite to our Byzantine Rite. Yet we invite you to join us in our traditions, fast days, and feast days so as to better understand and perhaps one day embrace our Eastern Catholic spirituality. **Please join us for our Sunday Social, held in the fellowship hall, immediately after the Divine Liturgy and make yourself known to our Pastor who would be happy to answer your questions. Welcome to St. Anne's!**

St. Anne bulletin email list: Would you like to have our bulletin emailed to you each week? Request it at stanneslo@gmail.com

Glory to Jesus Christ! Glory forever!

This week's liturgical schedule: (Check the MCI <https://mci.archpitt.org> for music and prayers.)

Livestreaming of Sunday in the parking lot is available for those taking extra health precautions.

<i>Saturday, February 3</i> Use handout	4 PM Great Vespers Use handout	Isaiah 26:20 - 27:13; Joel 1:13 - 2:13.
<i>Sunday, February 4</i> Use handout	Confessions: 8:30-9:20 AM <u>9:30 AM Matins</u> 10 AM Divine Liturgy Intention: For Parishioners	<i>SUNDAY OF MEAT-FARE</i> 1 Corinthians 8:8 - 9:2; Matthew 25:31-46. <u>Tone 3</u> After Divine Liturgy: Meat-Fare Potluck Sunday
<i>Monday, February 5</i>	No liturgical services today. Parish office closed Cheese-fare Week	<i>Holy Martyr Agatha</i> 3 John 1:1-15; Luke 19:29-40; 22:7-39.
<i>Tuesday, February 6</i> MCI Menaion	7 AM Divine Liturgy Florine Quemada by Belinda Reyna	<i>Venerable Father Bucolus, Bishop of Smyrna</i> Jude 1:1-10; Luke 22:39-42, 45 - 23:1. Parish Office Open
<i>Wednesday, February 7</i> Use handout	7 AM Matins Parish Office Open	<i>Venerable Father Parthenius, Bishop of Lampsacus</i> Joel 2:12-26; Joel 4:12-21.
<i>Thursday, February 8</i> MCI Menaion	7 AM Divine Liturgy Fr. Bob Rankin by Fr. Michael 6 PM	<i>Holy Great Martyr Theodore</i> <i>Holy Prophet Zechariah</i> Jude 1:11-25; Luke 23:1-34, 44-56. Parish Office Open RCIA class for adults preparing to be Catholic
<i>Friday, February 9</i> Use handout	Confessions: 4:30-5:00 PM 5:30 PM Divine Liturgy Healing & Prosperity for Family Members by Remy & Genevieve Cruz	<i>Holy Martyr Nicephor</i> Zechariah 8:7-17; Zechariah 8:19-23. Parish Office Open
<i>Saturday, February 10</i> MCI Menaion Use handout	Confessions: 9:00-9:30 AM 10 AM Divine Liturgy Mary Lynn Cihak by Fr. Michael 5 PM Great Vespers	<i>All Holy Ascetical Fathers and Mothers</i> Romans 14:19-23 & 16:25-27; Galatians 5:22 - 6:2; Matthew 6:1-13; Matthew 11:27-30. Parish Office Open Sirach 28:1-7; Isaiah 58:1-11.
<i>Sunday, February 11</i> Use handout	Confessions: 8:30-9:20 AM <u>9:30 AM Matins</u> 10 AM Divine Liturgy Intention: For Parishioners 12 PM	<i>SUNDAY OF CHEESE-FARE</i> <i>Forgiveness Sunday</i> Romans 13:11 - 14:4; Matthew 6:14-21. <u>Tone 4</u> ECF classes

UPCOMING CALENDAR DATES

February 8: RCIA class will meet

RCIA classes meet almost every Thursday at 6 PM. There will be no RCIA on Thursday, February 15.
Please contact Fr. Michael for more info and for the schedule.

February 11: Sunday of Cheese-fare and Forgiveness Sunday

February 12: FIRST DAY OF THE GREAT FAST

Monday, February 12, at 6:30pm—Presanctified Divine Liturgy
Abstinence from meat and dairy required.

Wednesdays and Fridays: Presanctified Liturgy

A good way to pray more with Liturgical services of Great Lent.
Wednesdays at 6:30pm; Fridays at 5:30pm

February 20: Parish Men's Group monthly meeting

Third Tuesday of each month at 6 PM in Social Hall (February 20)
After 30 to 45 minute meeting, further fraternity at a local restaurant.

March 1-2: Next Late-Night Vigil

Friday, March 1, at 7 PM to 11:59PM

March 2: Third All Souls Saturday

Saturday, March, at 10 AM—Divine Liturgy

Birthdays: February 5—Virginia Sheehan and Sean Sommerville;

February 10—Belinda Gonzalez

Anniversaries: [none]

God grant them many blessed years!

Safe Environment Info

The Eparchy, within all its parishes, institutions and programs, is committed to assuring a safe environment in ministry for its children and vulnerable adults that conforms to the USCCB Charter for the Protection of Children and Young People.

For additional information regarding the eparchial Safe Environment Program or to report any incidents or concerns, please contact:

Sbdcn Paul Kilroy, Safe Environment Program Coordinator

Cell: (480) 745-0316 -- Office: (602) 861-9778 ext. 203; Email: sbdcnkilroy@ephx.org

Dcn. Michael Hanafin, Victim Assistance Coordinator

Cell: (480) 307-5182 -- Email: vac@ephx.org

SUNDAY GIFTS TO THE LORD

January 28, 2024:

Total bank Deposit: \$32,357.68

Parish income: \$32,357.68

Tithes: \$1,613.68

Donations: \$626.

Candles: \$53.

Gift Shop: \$ 65.

Stucco Grant from Eparchy: \$30,000.

Your donations are enabling us to continue paying our bills at St Anne's. Thank you!
Please note that you have three ways to contribute: 1) Place your donation in the collection basket or the secure locked box in the Narthex; 2) Mail it; or 3) Go to www.stanneslo.org and click on the Giving tab.

May God bless your generosity to His Church!

OIL LAMP INTENTIONS

Eternal Lamp above Ambon in church: **[available]**

Eternal Lamp to St. Anne in the narthex: **[available]**

Icon of Jesus Christ: **[available]**

Icon of the Theotokos: **[available]**

Icon of St. Anne: **Carly Norris by JR Gonzalez Family (1/28/2024-3/23/2024)**

Icon of St. Mary Magdalene: **+Jane Reyna by JR Gonzalez Family (1/28/2024-3/23/2024)**

Icon of St. John the Baptist: **José González by Belinda Reyna (12/3/2023-3/9/2024)**

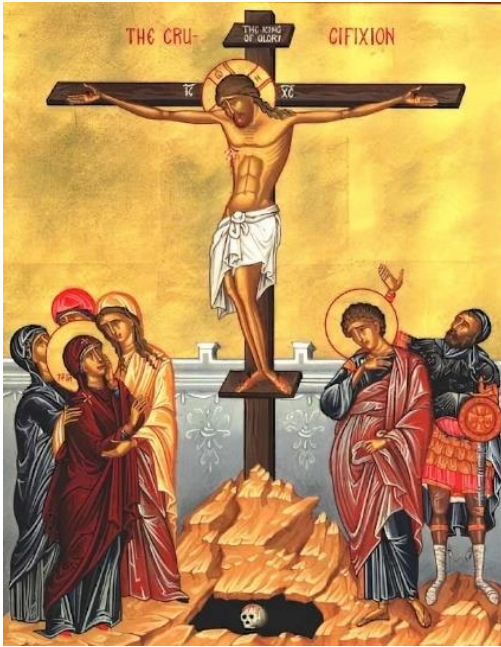
Icon of St. Nicholas: **Scott Priester by JR Gonzalez Family (1/28/2024-3/23/2024)**

FORGIVENESS SUNDAY:

The day before the Great Fast begins, the Gospel reading (Matthew 6:14-21) talks about how we must forgive our brothers and sisters in order to be forgiven by God. Many parishes take a portion of the Forgiveness Vespers of that evening and add it to the end of the Divine Liturgy and then exchange forgiveness with one another which is what we will do next Sunday.

MEATLESS SUNDAY SOCIALS DURING GREAT FAST:

It is customary for parishes to observe the Great Fast in some fashion during their Sunday Socials. In that spirit, we will keep our Sunday Socials meatless throughout this penitential season as we have in past years. The pastor has made an exception on March 17 for St. Patrick's Day celebrated in the Roman Rite and widely celebrated commercially in the secular world. On that Sunday, we may have meat available at the Sunday Social.



THE GREAT FAST (Great Lent)

Meat-fare Week is January 29 – February 3
Sunday of Meat-fare is February 4
(also known as the Sunday of Last Judgment)

Cheese-fare Week is February 5-10
Sunday of Cheese-fare is February 11
(also known as Forgiveness Sunday)

The First Day of the Great Fast
(Pure or Clean Monday)
is Monday, February 12, 2024

Sunday of Meat-fare is February 4

With the **Sunday of the Last Judgment**, we are only eight days from the start of the Great Fast. At the Divine Liturgy, we hear the Gospel account of the second coming of the Lord in glory, and of the final judgment. To prepare us for the rigors of the Fast, the Church's traditional fasting rules call on the faithful to fast from flesh-meats for the final week before the Fast. That is why the Sunday of the Last Judgment is also called the **Sunday of Meat-fare** (that is, the Sunday of meat-eating). The Sunday of Meatfare is the last day of **Meat-fare week**, in which those foods in the fridge are finished up that week.

During the final week before the Fast, called **Cheese-fare Week**, the traditional fasting rules continue to allow the eating of eggs and dairy products while eating up all of those foods in your fridge.

Sunday of Cheese-fare is February 11

Commemoration of the Expulsion of Adam and Eve from Paradise.

On **Cheese-fare Sunday**, we have come to the very brink of the fast. At the Divine Liturgy, our Lord's words in the Gospel speak of forgiveness: "If you forgive men their trespasses, then your heavenly Father will forgive you." For this reason, the day is also called **Forgiveness Sunday**. The service of Vespers on this day is especially solemn, and also followed by a ceremony of mutual forgiveness between priest and people.

Prayer

Everyone is encouraged to get all they can out of this season of grace by participating as often as they can in the rich, liturgical prayers of the Church.

Matins

In ancient times, meetings of the faithful were held twice daily during the Great Fast, in the morning and in the evening. The service of daily Matins during the Great Fast has some very ancient elements, such as the singing of Scriptural hymns called canticles as part of the Canon; the ordinary canon of 8 or 9 ones is supplemented with small 2-, 3-, or 4-ode Lenten canons called **triodia**. It is from these canons that the liturgical book, the Triodion, takes its name. Triodion literally means "three odes."

At St. Anne's Lenten Matins will be celebrated on the Tuesdays and Thursdays of the Great Fast at 7am.

Lenten Hours

The daytime services of the Third, Sixth and Ninth Hours have special forms used during the Great Fast; like Matins and Vespers, they end with special Lenten prayers and the recitation of the Prayer of Saint Ephrem, with prostrations. Some parishes take the Sixth Hour, or a combined version of the Third and Sixth Hours called Tersext, as a weekday noon service in the Great Fast.

At St. Anne's Terce-sext will be celebrated on the Wednesdays of the Great Fast at 7am.

Liturgy of the Presanctified Gifts

In order to allow the faithful to receive Holy Communion during the Great Fast, even on those days when the Divine Liturgy is not celebrated, the Church instituted a combined service of Vespers with Holy Communion, called the Liturgy of the Presanctified Gifts. Here, "pre-sanctified" refers to the fact that the Holy Gifts distributed in Communion are those consecrated at a previous Divine Liturgy. This service is appointed to be celebrated on each Wednesday and Friday in the Great Fast, and is sometimes held on other days as well.

At St. Anne's Presanctified Liturgies will be celebrated during the Great Fast on Wednesdays at 6:30pm and on the Fridays at 5:30pm.

How the Great Fast Can Lead to the Heavenly Banquet: During the Great Fast we should be increasing our prayer life and almsgiving. Very importantly, we should also follow the Church's fasting traditions. Why? Because exercising discipline with food helps us say no to sin and recognize our hunger for God. Here is a link to some **good recipes** to use during the Great Fast:

<https://www.byzimom.com/great-fast-meals>

A word about fasting and abstinence

The **MINIMUM REQUIRED** by our Byzantine Catholic bishops is to abstain from meat on all Wednesdays and Fridays throughout the Great Fast and to abstain from meat and dairy on Pure Monday and on Good Friday (This year, Feb. 12 and March 29). The **TRADITIONAL FAST** is to abstain from meat, dairy, wine, and oil throughout the full 40 days. Days of mitigation in the Traditional fast are Sundays and feast days such as March 25 in which wine and oil are allowed. Abstinence regarding food refers to the types of food we omit from our diet, such as meat, dairy, or both. Fasting, on the other hand, is the length of time we do not eat any food whatsoever. For example, some choose to not eat any food (fast) up until noon or 3pm on weekdays. (When most people talk about fasting, they usually mean abstinence only. More properly, fasting is a broader category "umbrella term" describing our penance and restraint in regard to food with the subcategories of abstinence and fasting {in the narrower sense} within that broader category.)

We are encouraged to do more than the minimum. The Byzantine Catholic Church's minimum obligation is one of abstinence, and does not include an obligation to fast. However, it is good to add fasting if we are able. A general caution for adults who are engaged in manual labor for work, those who are young children, and those who are elderly: this would likely harm their health by waiting until noon or 3pm to eat and is not recommended. Without harming our health, to be beneficial, our penitential fasting and abstinence during the Great Fast should feel uncomfortable. This is a balanced and healthy approach spiritually and physically. Building discipline with food helps us say no to sin, and reminds us of our hunger for God (Matthew 4:4). In order for any increased fasting to be fruitful, we must accompany it with additional prayer and almsgiving.



Some information and material came from the Metropolitan Cantor Institute (MCI) at https://mci.archpitt.org/liturgy/Great_Fast.html More great info can be found at that link.