

Birthday and Anniversary: 20th Benjamin M. Kasperek God grant them many years.

What is the benefit of fasting in our body while filling our souls with innumerable evils? He who does not play at dice, but spends his leisure otherwise, what nonsense does he not utter? What absurdities does he not listen to? Leisure without the fear of God is, for those who do not know how to use time, the teacher of wickedness. Saint Basil

Prayer Requests: Our Holy Father Francis, Pope Benedict XVI, our Metropolitan William, our God-loving Bishop Gerald, Father Christopher Zugges, Msgr. George Vida, Msgr. Michael Moran, Mitred Archpriest Stephen Washko, Archmandrite Wesley Izer, Gregg and Diane Meyer, Juraj & Eva Kasperek, Carmel Roock Linskey, Deacon Stephen & his Wife Chris Vrabel, Risch Family, Kathy Slouka, Gerarda Ondang, Judy & Tom Walsh and whole Family, Linda & Frank McKenna, Baron Family, Sub-Deacon Michael Melnik and his Family, John Shepard, Mary Lukas, Julie Carlin, Special Intention, Vallinda Baron, Adam Ketchum, Galina Strotkin, Sara, Peter Shellin, Fay Block, Sheryl Ibarra, Steve Potts, Christine Aguirre, Maria Slinsky Jennifer Dunn, Grant Lopez, Paul Ferriera, Family Hayskins, Henry Stewart, Ann Juras, Jeff Bradley, Maria Jesus Rocha, Bob Swenson, Silvia Soto, Abel Mendonca, Garry Potter and all St. Anne Parishioners.

CONFESSIONS: One half hour before all Holy Services to 10 minutes before the start of the Service. Or by appointment in the Parish Office.

ANONING OF THE NICK: after the Holy Services in church before hospitalization. For emergencies, call immediately Parish Office.

BAPTISM/CHRISMATION/EUCHARIST: must be arranged three months in advance.

CROWNING OF MARRIAGE: must be arranged six months in advance.

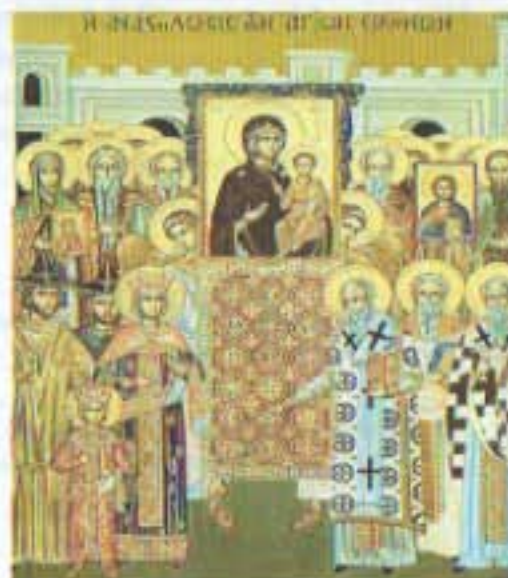
EASTERN CHRISTIAN FORMATION: contact Parish Office. See Bulletin.

LITURGY INTENTIONS: use envelopes available on the Greeting Table in Church call parish office or ask Father

Donation for Bulletin (AD Space is available? Please Call Parish Office)

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SUNDAY OF ORTHODOXY FEBRUARY 14th 2016



St. Anne Byzantine Catholic Church

222 E. Foothill Boulevard San Luis Obispo, CA 93405

Parish Office: (805) 543-8883 Fax: (805) 543-8832

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Most Reverend Bishop Gerald N. Dino

Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix

Served by Reverend Milan Kasperek

Deacon John Bradley

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 are not registered, please fill out the form below and place in the collection basket or mail to the Parish Office. We invite you to join us for Cafe Social, held in the fellowship hall, immediately after the Divine Liturgy and ask that you make yourself known to our Pastor or Deacon who would be happy to answer your questions.

NAME _____ PHONE _____ ADDRESS _____

CITY _____ ZIP _____ EMAIL _____

Glory to Jesus Christ!

Glory to Him Forever!

This Week's Liturgy Schedule

<i>Sunday February 14 p.220,146</i>	<i>10:00 AM Divine Liturgy 5:00 PM Hanford</i>	<i>SUNDAY OF ORTHODOXY For the Parishioners Friends and Benefactors and Outreach Hanford Heb 11:24-26,32-12:2 Jnl:43-51 - Joe P Braz by Doris Braz</i>
<i>Monday February 15 p.</i>	<i>No Divine Liturgy</i>	<i>The Holy apostle Onesimus</i>
<i>Tuesday February 16 p.</i>	<i>No Divine Liturgy</i>	<i>The Holy Martyrs, the Presbyter Pamphilius, Porphyrius and the Companions</i>
<i>Wednesday February 17 p.</i>	<i>6:30PM Div. Lit. Presanctified Gifts</i>	<i>The Holy Great Martyr Theodore the Recruit SAS-CIM Priest Philippines by Lardizabal-Carnazzo family</i>
<i>Thursday February 18</i>	<i>No Divine Liturgy</i>	<i>Our Holy Father Leo Pope of Rome</i>
<i>Friday February 19 p.</i>	<i>6:30PM Div. Lit. Presanctified Gifts</i>	<i>The Holy Apostle Archippus SAS CLASS 1966 Philippines by Lardizabal-Carnazzo family</i>
<i>Saturday February 20 p.432</i>	<i>9:00 AM Divine Liturgy</i>	<i>Second All Souls Saturday. Our Venerable Father Leo, Bishop of Catania SAS-CICM Sisters Philippines by Lardizabal-Carnazzo family</i>
<i>Sunday February 21 p.222,152</i>	<i>10:00 AM Divine Liturgy 5:00 PM Hanford</i>	<i>SECOND SUNDAY OF THE GREAT FAST For the Parishioners Friends and Benefactors and Outreach Hanford Heb 1:10-2:3, Mk 2:1-12 Carolyn Linsley</i>

Eternal Lamp for this week health and blessing of

Ic. of Jesus Christ: Ic. of the Theotokos:

Ic. of John Baptizer: Ic. of St. Magdalene:

Ic. of St. Anne: Ic. of St. Nicholas:

Last Sunday's Gift to the Lord

PLEASE REMEMBER YOUR CHURCH IN YOUR WILLS AND BEQUESTS		

May God bless your generosity to His Church!

You are invited to sponsor the weekly sanctuary Lamp in our Church for your various intentions. If you are interested in sponsoring this vigil candle the usual stipend offering is \$ 10.00. It will burn from Sunday through Saturday, and the bulletin will remind your fellow parishioners of your special intention or of the memory of a loved one. You may request as often as you would like. Write your intention and name of the one offering the intention.

UPCOMING: 24th July Anniversary of Parish(30Years) February 26-28: Religious Education Congress, Anaheim, CA. Cleaning Angels: Feb 7-Feb 20 Santos family

BISHOP'S APPEAL BEGINS FOR THIS YEAR!!! As is done each year, we are asked to participate in the Bishop's Appeal. We ask that you prayerfully consider your pledge that you give to the Bishop for the Work of the Eparchy. Please remember that this is a parishioner obligation and the recommended sacrificial pledge is \$200.00 per household, which can be paid in monthly installments until May 31, 2016. God Bless You. Our Goal \$ 5,200

REGULATIONS FOR THE GREAT FAST

1. SIMPLE ABSTINENCE: A. The law forbids the use of meat and of meat by-products (e.g. beef broth), but permits the use of eggs and of dairy products.

B. Simple abstinence is to be observed on all Wednesdays and Fridays of the Great Fast.

C. All the faithful of the Eparchy who receive Holy Communion are obligated to abstain on these days.

2. STRICT FAST:

A. The law of Strict Abstinence forbids the use of meat, meat by-products, eggs and dairy.

B. Strict Abstinence is to be observed on first day of the Great Fast, Monday, February 8, and on Good Friday, March 25.

C. All adult faithful – 18 year and older – are obligated to observe Strict Abstinence.

In a letter written by Deacon Sabatino Carnazzo:

As mother and shepherd of our spiritual lives, the Church places before us the holy season of Lent, opening the way for repentance and reform. How our human nature revolts against such ideas! Sitting on our comfortable couches and enjoying the luxuries of modern life, our fleshly nature cringes at the least encroachment or inconvenience. As anyone who has taken the season of Lent seriously knows well, the war between the flesh and spirit is real. In light of this war, our Holy Mother, the Church, takes steps to guide her children toward repentance and restoration of communion with God by little steps, always vigilant that she not lose even one of her little lambs.

Thus, as we enter into the great season of Lent, the Church places before her children what can only be called the "at least" goals. Having not only Saints, but also sinners in her hands, the Church guides her adherents with a gentle hand, being careful not to overwhelm the least among us with a teaching that is too difficult to follow. We must "at least" go to Church on Sundays. We must not eat food for "at least" one hour before communion. And during the Lenten season, we must "at least" abstain from meat on Fridays, and keep the sacred fast on Ash Wednesday and Good Friday. How many of us, hearing these "at least" teachings, take them as our ultimate goal, rather than taking them for what they are?

As we set out on our journey of Lent, let us examine by what rule we have allowed our spiritual journey to be guided. Have we been in kindergarten every year of our lives, or have we advanced in the spiritual life, always seeking perfection in Christ?

For your spiritual edification I have selected a wonderful piece from a homily by Pope Saint Leo the Great on the start of the Holy Fast. I hope you will spend some time in prayer today considering this insightful spiritual treasure.

Now is the time in which the souls of all men should be stirred with greater fervor towards spiritual perfection, and inspired with greater confidence: now when the return of that day on which we were redeemed invites us once more to the fulfillment of all our sacred duties, so that purified in body and soul we may celebrate the supreme Mystery of the Passion of Our Lord . . . Accordingly, with great solicitude has this divine means been given us, so that these forty days of reflection may assist us to restore the purity of our souls.

As we are therefore beginning this sacred season, dedicated to the purification of the soul, let us be careful to fulfill the Apostolic command that "we cleanse ourselves from all defilements of the flesh and of the spirit," (2 Cor 7:2) so that restraining the conflict that exists between the one and the other substance, the soul, which in the Providence of God is meant to be the ruler of the body, may regain the dignity of its rightful authority.

We must then so moderate our rightful use of food that our other desires may be subject to the same rule. For this is also a time for gentleness and patience, a time of peace and serenity, in which having put away all stains of evil doing, we strive after steadfastness in what is good.

Be you certain, Dearly Beloved, that the devil, the enemy of all virtue, will look with envy upon these pious practices, to which we trust you freely give yourself; and he will bring against them all the force of his malice, so that from piety itself he may weave snares against piety: so that those he could not destroy through despair he will seek to undo through vain glory. Whose purpose will that most wicked enemy not dare to attack? Whose self denial does he not seek to undo, when . . . he attempted his deceits even against the Savior of the World? Let us therefore, Dearly Beloved, be watchful against the deceits of the devil, not alone against the enticement of gluttony, but even in our very purpose of fasting.

Enter then with pious devotion upon these holy days of Lent, and prepare for yourselves the works of mercy, that you may merit the Divine Mercy. Extinguish the fires of anger, wipe away all hate . . . give way to each other in the simplicity of true humility. Let offenses be forgiven. Let harshness be changed to mildness, disdain to gentleness, discord into peace . . . so that our fasting may be pleasing to God. To Him we shall offer a true sacrifice of self-denial and devotion if we keep ourselves from all iniquity; being helped in all things by Almighty God, Who with the Son and Holy Spirit is One in Divinity, One in Majesty, unto ages of ages. Amen. (excerpts from a sermon of P. St. Leo the Great)

May God bless you as we enter into the sacred season of Holy Lent and may we all be counted worthy to behold the Third Day Resurrection of Christ our God.

Your servant in Christ, Deacon Sabatino