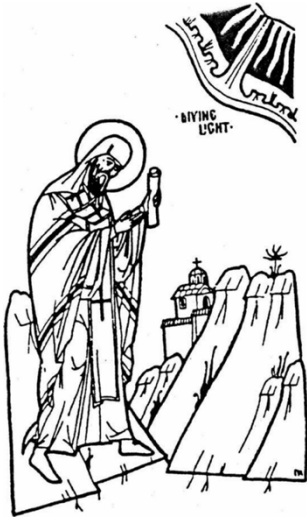


# **SECOND SUNDAY OF THE GREAT FAST**

**St. Gregory Palamas**

**March 13, 2022**



*Now that the Kingdom of Heaven has drawn near to us through the condescension of God the Word unto us, let us not remove ourselves far from it by living an unrepentant life. Rather, let us flee the wretchedness of "those who sit in darkness and the shadow of death." Let us acquire the works of repentance: a humble attitude, compunction and spiritual mourning, a gentle heart full of mercy, loving justice, striving for purity, peaceful, peace-making, patient, glad to suffer persecutions, losses, disasters, slander and sufferings for the sake of truth and righteousness. - St. Gregory Palamas*

(<https://eleosseeker-narrowdoor.blogspot.com/p/a-word-from-fathers-pearls.html>)

## **St. Anne Byzantine Catholic Church**

222 E. Foothill Boulevard

San Luis Obispo, CA 93405 Parish

Office: (805) 543-8883

Fax: (805) 543-8832

Parish website: [www.stanneslo.org](http://www.stanneslo.org)

Pastor's e-mail: [stanneslo@gmail.com](mailto:stanneslo@gmail.com)

Served by:

Father Michael Bezruchka, Pastor

Deacon John Bradley

Bishop: Most Reverend Thomas J. Olmsted, D.D., J.C.D. Apostolic Administrator Sede Vecante

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 Coffee 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 [slosa.email@gmail.com](mailto:slosa.email@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. Contact the pastor.

<b>Sat., Mar. 12</b>	<b>5:00 PM Great Vespers</b>	<b><i>Vigil Vespers for Sunday</i></b> Jeremiah 31:27-34; Jonah 3:1-10; Isaiah 49:1-6.
<b>Sunday, March 13</b> Use handout	Confessions: 8:45-9:30 AM <b>10 AM Divine Liturgy</b> <i>For the Parishioners</i> <b>12 PM: ECF classes</b>	<b><i>SECOND SUNDAY OF THE GREAT FAST</i></b> Hebrews 1:10 - 2:3; Mark 2:1-12. <u>Tone 1</u>
<b>Monday, March 14</b>	No liturgical services today Parish Office CLOSED	<b><i>Venerable Father Benedict</i></b>
<b>Tuesday, March 15</b> Use handout	<b>9AM Lenten Matins</b> Parish Office Open	<b><i>Holy Martyr Agapius and His Companions</i></b> Genesis 7:1-5; Proverbs 8:32 - 9:1.
<b>Wednesday, March 16</b> Use handout  Use handout	<b>9AM Terce-Sext</b> Confessions: 5:30-6:00 PM <b>6:30 PM Presanctified Liturgy</b> +Ruth Cihak by Fr. Michael Rescheduled from March 5 & 11	<b><i>Holy Martyrs Sabinus and Pappas</i></b> Parish Office open.  Genesis 7:6-9; Proverbs 9:12-18.
<b>Thursday, March 17</b> Use handout	<b>9AM Lenten Matins</b>  <b>7PM RCIA class for adults</b>	<b><i>Venerable Father Alexis, Man of God</i></b> Genesis 7:11 - 8:4; Proverbs 10:1-22. Parish Office open.
<b>Friday, March 18</b> Use handout  Use handout	<b>9AM Terce-Sext</b>  Confessions: 4:30-5:00 PM <b>5:30 PM Presanctified Liturgy</b> +Waitekunas family by Jonas Sturas	<b><i>Holy Father Cyril, Archbishop of Jerusalem</i></b> Parish Office open.  Genesis 8:4-21; Proverbs 10:31 - 11:12.
<b>Saturday, March 19</b> Use handout	Confessions: 9:00-9:30 AM <b>10 AM Divine Liturgy</b> Deceased names submitted for prayer  <b>3:30 PM Cantor Practice</b> <b>5 PM Great Vespers</b>	<b><i>Third All Souls Saturday.</i></b> <b><i>Holy Martyrs Chrysanthus and Daria</i></b> Hebrews 10:32-38; Mark 2:14-17. Parish Office Open  If you are interested, please join us.  Sirach 2:1-9; Isaiah 50:4-9.
<b>Sunday, March 20</b> Use handout	Confessions: 8:45-9:30 AM <b>10 AM Divine Liturgy</b> <i>For the Parishioners</i> <b>12 PM: ECF classes</b>	<b><i>THIRD SUNDAY OF THE GREAT FAST VENERATION OF THE HOLY CROSS</i></b> Hebrews 4:14 - 5:6; Mark 8:34 - 9:1. <u>Tone 2</u>

## UPCOMING CALENDAR DATES

**Birthdays:** [none this week]  
**God grant them many blessed years!**

## SUNDAY GIFTS TO THE LORD

**March 6, 2022: collection**  
Total bank Deposit: \$3,368  
**Total parish income: \$2,968**

**Tithes: \$2,605**  
**Debt Reduction: \$200**  
**Donations: \$121**  
**Candles: \$26**

**Gift Shop: \$16**  
**\*Eparchial Appeal: \$400**  
\*These are special collections initiated by the Eparchy and do not count as income to the parish.

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](http://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: +Tom Walsh by Bridgette Vanherweg (3/26/22)**

**Icon of the Theotokos: +Frank McKenna by Bridgette Vanherweg (3/26/22)**

**Icon of St. John the Baptist: +Fr. Michael Bell by Bridgette Vanherweg (3/26/22)**

**Icon of St. Anne: +Janice Sawko by Paul Sawko (6/25/22)**

**Icon of St. Nicholas: +John McKenna by Bridgette Vanherweg (3/26/22)**

**Icon of St. Mary Magdalene: +Sheryl Ibarra by Paul & Janice Sawko (6/25/22)**

The large "eternal" vigil oil lamps have a suggested offering of \$10 and will burn continuously from Sunday through Saturday. The other smaller oil lamps are each available for a suggested \$2 offering, which will burn for each Divine Liturgy for one week. The bulletin will remind your fellow parishioners of your special intention or loved one above. (These donations are probably not tax-deductible and are not included in your tax-deductible letter.) See narthex envelopes to sponsor a lamp. Make checks payable to **St. Anne Catholic Church**.

**LITURGY INTENTIONS** Please fill out one of the Liturgy Intention envelopes on the greeting table in the narthex with the name of your living or deceased person. Make checks payable to **St. Anne Stipends** and write "Liturgy Stipend" in your memo line. Donations are not required, though the suggested stipend from the Pastoral Handbook is \$10, which is later paid to the priest offering the Liturgy. (These donations are probably not tax-deductible and are not included in your tax-deductible letter.)

**Online Byzantine intro courses:** Visit <https://tinyurl.com/ntmuetab>

and <https://www.youtube.com/channel/UCzhBP62eRM1DurlY43SfNJw> to learn more about our Tradition.

**One more Catechism being given away for free:** There is one left of the *Christ Our Pascha* catechisms to be given away for free. It will be raffled this Sunday.

**One exception for meatless coffee social today (March 13):** Fr. Michael forgot that he normally gives one exception for meat to be served at the Sunday coffee socials during the Great Fast. That exception is the Sunday before or the Sunday after March 17—St. Patrick's Day in the Western Church. So the Bradley's will be serving corned beef today!

**Thank you from your pastor:** These past couple weeks, many of you emailed to say you were praying for my stepsister +Ruth, who passed away on March 2. Also, many of you brought groceries and supplies while I was recovering from covid. Thank you for your thoughtfulness!

### **Prayer, Fasting and Almsgiving (parts 1, 2, and 3)**

Remember that prayer, fasting and almsgiving are tools, given by Our Lord, to help us navigate this pilgrimage of life, but especially during the desert journeys of the fasts. They make us aware of, and able to receive, the treasures that are offered, and to avoid the hazards that are placed in our path by the evil one. The Church has reflected on these three tools over the centuries, but we find Our Lord offering them himself in the Holy Scriptures (Matthew 6:6ff).

### **Part 2: Fasting**

By fasting we actually mean abstaining. In some traditions, Christians actually fast (eat nothing) until prayer at sundown (Vespers or Presanctified Divine Liturgy), but this is only recommended for those who are living at least a semi-monastic life and have the guidance of a spiritual father. Eastern Christians traditionally abstain from meat, dairy, wine and oil for the 40 days of the Great Fast. This will be lightened on major feasts like the Annunciation and Palm and Flowery Sunday, and some lighten it on weekends. One of the reasons for abstaining from animal products is that only plants were given as food in the Garden of Eden (Genesis 1:29). One thought is that wine and oil were carried in animal skins so they were renounced as well. Another reason is that all of these are luxuries and rarely consumed by the poor in any season. Another tradition allows shellfish because some ancient cultures considered these bugs and not animals.

#### **Our Eparchy's minimal requirement:**

**“-STRICT ABSTINENCE: observed on the FIRST DAY OF LENT and on GOOD FRIDAY. The law of strict abstinence forbids the use of meat, eggs, and dairy products. The law of strict abstinence binds those who are between 21-59 years old**

**-ABSTINENCE No use of meat, permitting the use of eggs and dairy products. Abstinence is to be observed on all Wednesdays and Fridays during the Great Fast.”**

#### **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.

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, Email: [dcnhanafin@ephx.org](mailto:dcnhanafin@ephx.org)

- Sbdcn. Paul F. Kilroy, Asst. Safe Environment Program Coordinator

Office: (602) 861-9778, Cell: (702) 498-5972, Email: [sbdcnkilroy@ephx.org](mailto:sbdcnkilroy@ephx.org)

- Dr. Caroline Bonham, Victim Assistance Coordinator

Cell: (505) 314-3943, Email: [victimassistanceofphoenix@gmail.com](mailto:victimassistanceofphoenix@gmail.com)