

SUNDAY OF CHEESE-FARE and FORGIVENESS SUNDAY ***February 19, 2023***



Icon of Adam and Eve being tempted in Paradise and their expulsion after the first sin, our ancestral sin. Because of the Gospel today (Matthew 6:14-21), we are reminded to forgive trespasses committed against us. This is why it is called Forgiveness Sunday and we are encouraged to forgive one another today so we are ready to embark upon the Great Fast (Lent).

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 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 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

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

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.

Sat., Feb. 18 Use handout	5 PM Great Vespers	Sirach 28:1-7; Isaiah 58:1-11.
Sunday, February 19 Use handout	Confessions: 8:30-9:30 AM 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
Monday, February 20 Use handout	Confessions: 5:30-6:00 PM 6:30 PM Presanctified Liturgy +Dr. Bill Carnazzo by the Barlows	<i>FIRST DAY OF THE GREAT FAST</i> Genesis 1:1-13; Proverbs 1:1-20. <i>Fasting from meat, dairy and eggs REQUIRED. (minimum)</i> Parish Office Open.
Tuesday, February 21	No liturgical services today.	<i>Venerable Father Timothy of Symbola</i> Parish Office Closed
Wednesday, February 22 Use handouts	7 AM Terce-Sext 6:30 PM Presanctified Liturgy +John Hanley by Fr. Michael Bezruchka	<i>Finding of the Relics of the Martyrs of Eugenia</i> <i>Fasting from meat REQUIRED on all Wednesdays and Fridays of Great Lent (minimum)</i> Genesis 1:24 – 2:3; Proverbs 2:1-21 Parish Office Open.
Thursday, February 23 Use handout	7 AM Lenten Matins 7 PM Parastas for +Jean Bronson	<i>St. Polycarp, Bishop & Martyr</i> Genesis 2:4-19; Proverbs 3:1-18 Parish Office Open.
Friday, February 24 Use handouts	7 AM Terce-Sext 10 AM Funeral Service for +Jean Bronson Confessions: 4:30-5:00 PM 5:30 PM Presanctified Liturgy +Michael Quinn Phelps by Lynda Fullerton	<i>Venerable Father Erasmus</i> <i>Fasting from meat REQUIRED on all Wednesdays and Fridays of Great Lent (minimum)</i> Genesis 2:20 - 3:20; Proverbs 3:19-34. Parish Office Open.
Saturday, February 25 Use handout Use handout	Confessions: 9:10-9:30 AM 10 AM Divine Liturgy +Barbara Bartholomew by Rusty & Juanita Risch 5 PM Great Vespers	<i>Miracle of the Great Martyr Theodore</i> Hebrews 1:1-12; Mark 2:23 - 3:5. Parish Office Open. Deuteronomy 5:1-5, 18:15-19; Isaiah 42:1-12.
Sunday, February 26 Use handout	Confessions: 8:30-9:30 AM 10 AM Divine Liturgy Intention: For Parishioners 12 PM Noon	<i>FIRST SUNDAY OF THE GREAT FAST.</i> Hebrews 11:24-26, 32 -12:2; John 1:43-51. <u>Tone 5</u> ECF classes

UPCOMING CALENDAR DATES

February 20: FIRST DAY OF THE GREAT FAST:

Feb. 20 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

Funeral for Jean Bronson

Thursday, February 23 at 7pm--Parastas; Friday, February 24 at 10am--Funeral Service. After the funeral, there will be a burial at the cemetery in Templeton.

April 29-30: PARISH WEEKEND RETREAT: CALL TO HOLINESS

Presented by Hegumen (Abbot) Fr. Joseph M. Stanichar

Birthdays: February 19—Elodie J.; February 22—Gianna C. **Anniversaries:** [none]

God grant them many blessed years!

SUNDAY GIFTS TO THE LORD

February 5, 2023

Total bank Deposit: \$2,050.70

Total parish income: \$2,000.70

Tithes: \$1,520.

Building Fund: \$50.

Donations: \$339.

Candles: \$16.70

***Bishop's/Eparchial Appeal: \$50.**

Gift Shop: \$75.

*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 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. John the Baptist: [Available]

Icon of St. Anne: [Available]

Icon of St. Nicholas: [Available]

Icon of St. Mary Magdalene: [Available]

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.)

40 Days for Life: Join us as we come together in prayer this Sun., Feb. 19, from 4 – 5pm outside Planned Parenthood in SLO.

Great Fast Recipes: Check out <https://www.byzimom.com/> for good recipes to use during the Great Fast.

Father-Son Camp: Alive in Christ camp is an ascetical boot camp for boys 7-17 and their fathers, and will be July 13-16 in Washington state. For more info., please contact Dcn. Jonathan at dcndeane@ephx.org.

FASTING for LENT: The Great Fast (LENT) starts Feb. 20. Note that it begins on a Monday rather than on a Wednesday as in the Western Church. Remember, 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 (Feb. 20 this year) and on Good Friday. 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 requirement 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 your health by waiting until noon or 3pm to eat and is not recommended. Without harming our health, 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.

Why do Byzantine Catholics begin the Great Fast (Lent) two days earlier than Roman Catholics? The answer is that the period of paschal preparation is structured very differently in the two traditions. Byzantine Catholics have two major fasting periods in preparation for Pascha (Easter). The first 40-day period, called the Great Fast, begins seven Mondays before Pascha Sunday and ends the Friday before Lazarus Saturday (the day before Palm Sunday). This period includes Sundays, which explains why there is only a mitigation for wine and oil on Sundays and special feast days in the traditional fast. Byzantine Catholics then celebrate a second intense fasting period, from Holy Monday to the Divine Liturgy of Pascha Sunday. Traditionally, during the weekend between the two fasting periods, namely Lazarus Saturday and Palm Sunday, meat and dairy are allowed. By contrast, the Latin (Roman) Catholic Church has a single 40-day fasting period from Ash Wednesday to Holy Saturday, the day before Easter. There are actually 46 days in this period, but Sundays are counted as “an island in the fast” and therefore not included in the 40 days.

Parish Registration update FORM DUE THIS SUNDAY, Feb. 19: Please return the form to get your preferences.

Parish weekend retreat at St. Anne's: All are cordially invited to St. Anne Byzantine Church for a special weekend retreat on **April 29-30**, unpacking the **CALL TO HOLINESS** for each soul! This amazing retreat will be conducted by the venerable Hegumen (abbot) Fr. Joseph Stanichar of Duchovny Dom Monastery.

Online Byzantine courses and resources: Visit <https://tinyurl.com/ntmuetab> and <https://www.youtube.com/channel/UCzhBP62eRM1DurlY43SfNJw> to learn more about our Tradition. Another great website of Byzantine Catholic resources can be found at <https://godwithusonline.org>

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