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Great Lent—the Great Fast

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Daniel, Metropolitan Antony, Metropolitan Yuriy, Archbishop Jovan, Bishop Robert, Metropolitan Savas, Metropolitan Kallistos of Diokleia, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John & Pani Mary Anne Nakonachny, Father Steve Repa, Protopresbyter William Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smolynech, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Father George Livanos, Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father Steve Hutnick [COVID-19], Father Victor Wronskyj [COVID-19], Father George & Dobrodijka Oksana Bazylevsky, Fr. Volodymyr Muzychka [COVID-19], Diakonissa Mary Ann Cherkas, Joshua Agosto and his family, Eva Malesnick, Nick Behun, Grace Holupka, Joseph Sliwinsky, Gary & Linda Mechtly, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Sam Wadrose, Isabella Olivia Lindgren, Ethel Thomas, Donna, Erin, Michael Miller, Grace & Owen Ostrasky, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Liz Stumpf, Theodore Nixon, Michelle Corba Kapeluck, Linda Hippert & family, Margaret Vladimir, Luke Emmerling, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Archbishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, Nathan Forbeck, Sarah Doyle, Samuel Peters, Esther Holupka, David Vallor, Henry Faraly, Julie Eiler, Dorothy Lednovich, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—young man with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial,

Yvonne Christy, Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Loretta, Nancy, Carol, & Michael Sheliga, Gaele Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Carl & Margaret Reed, Lydia Wilson, Robert Pointon, Walter Cecelia, John Persico, Jeff Miller, Mary Kernick, Glenn Miller, Jean Marie, Donna & Walter McCrackin, Bonnie & Eugene Blair [Pani Gina's parents], David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Strozh [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Alma Wyke, Lindsay Romanczak & family, Susan Lucas, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Mira Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Kristy, Elaine Ellenberger, Brandon, Anna Trachine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Howell Swarm, Jane Bielewicz Allred, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Kyranna Cherpas, Pastor Bruce Nordeen, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Sherri Walewski, Marika Zeliszczuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], Margie Sekelsky, Gary Howell, Fran Fulton, Gina Catanese, Bill Vizza, Jamie Swarm, Kevin Allen (from Ancient Faith Radio), Kathy Flaherty, Tori Reade-Henry's niece, Derick-Glen Burlack's neighbor, Michael, Nichole & Christopher, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, Gregory Cervo, Lisa Bruce, Martha Nezolyk, Kathy Cvetkovich, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Phil Bouse, Ralph & Beverly Stoker, Noah Willard, Nikola, Natalie, Nikola, & Nevenka Jovonovich, Julia Collier, Amy Kemerer, Thomas Smith, Tracy Slaughaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam & Gordon Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Joe Samchuck—vocations, Albert Heckman, Brianna Stumpf, Stanley Porembka, David & Terry Coyne Hartnett, Mike C., Jennifer Scheirer [Nick

Behun's daughter], Catherine Beecham [Father Bob's cousin], JoAnne & Dave Andrews, Rev. Peg Bowman, Pat Jennings, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Steven—Harry Batch's cousin, Rose Mary Pavlovich—Mary Anne Kuznik's Cousin, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Micky Delans [COVID-19], Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Dolores Wachnowsky, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Deacon Joe Uzar—vocations, Tim—surgery, Archimandrite Raphael—COVID-19, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko[triple by-pass], John, Kris & Kait, Jeff & Mary Jane Double [COVID-19], Terri Crosby-Vega [COVID-19], Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Mike, Amy, Nathan, & Ben Forbeck [COVID-19], David Salazar, Ann Zurasky [knee replacement], James Mary, Barbara Shegat & Chaplain Rachelle Zazzu, Joyce [stroke], Toni Weber, and Susan Pulcini—Father Ted Pulcini's mom. **ARNOLD:** Homer Paul Kline and Walter Sakol. We pray that God will grant them all a speedy recovery.

HAPPY BIRTHDAY to our April babies: Robert Chicka on the 13th, Reader Alexander Popichak on the 15th, Matthew Popichak on the 18th, and Kim Shirley on the 18th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! God Bless them all!

Dear Brothers and Sisters in Christ... There is NOTHING to keep us from praying...for each other, for our family and friends, and most of all for the first responders—EMTs, nurses, doctors, firefighters, police officers, and members of our military who keep us safe. Be well, and be SAFE!!! God Bless!

Please remember ALL American service men and women in your prayers. May God watch over them and ALL American service men and women—and bring them all home safely!

REMEMBER—PRAYERS ARE ALWAYS FREE!

Communion Fasting: nothing to eat or drink after midnight, EXCEPT in cases where your doctor tells you to eat or drink something for medical reasons: medication, diabetes, etc. If you have a question, please ask Father Bob.

AT ANY TIME—if there is an emergency, if you have questions, or if you just need to talk, please CALL FATHER BOB at **[412] 279-5640**.

SERVICES IN SLICKVILLE

SUNDAY, April 11 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM
FOURTH SUNDAY OF GREAT LENT; VENERABLE JOHN CLIMACUS-JOHN OF THE
LADDER OF DIVINE ASCENT; MARTYR MARK-BISHOP OF ARETHUSA,
CYRIL, & OTHERS; VENERABLE JOHN-ANCHORITE OF EGYPT. SAINT
EUSTATHIUS THE CONFESSOR-BISHOP OF KIOS IN BITHYNIA

Tone 3

Hebrews 6:13-20; Ephesians 5:9-19

Mark 9:17-32; Matthew 4:25-5:12

Litany in Blessed Memory of Frank Pendlyshok, John Cherepko, Ollie
Pendlyshok, Stella Peanoske, Rose Lopushanski, Mary Haluszczak,
Vladimir Hanczar, Michael Brittan, Deacon Dennis Lapushansky, Lynne
Giglione, & Makayla Miller--Fr. Bob

SUNDAY, April 18 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM
FIFTH SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; MARTYRS
THEODULUS & AGATHOPODES-DEACON & OTHERS; SAINT PUBLIUS OF
EGYPT-MONK; SAINTS THEONAS, SYMEON, & PHORBINUS OF EGYPT;
SAINT MARK THE ANCHORITE OF ATHENS; SAINT PLATO-ABBOT OF THE
STUDION; SAINT THEODORA-NUN OF THESSALONICA

Tone 4

Hebrews 9:11-14; Galatians 3:23-29

Mark 10:32-45; Luke 7:36-50

SUNDAY, April 25 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS
10:30 AM
SIXTH SUNDAY OF GREAT LENT; PALM SUNDAY; ENTRY OF THE LORD INTO
JERUSALEM; VENERABLE BASIL THE CONFESSOR-BISHOP OF PARIUM;
HIEROMARTYR ZENO-BISHOP OF VERONA; VENERABLE ISAAC THE
SYRIAN-ABBOT OF SPOLETO, ITALY; MARTYRS MENAS, DAVID, & JOHN OF
PALESTINE; VENERABLE VIRGIN ANTHUSA OF CONSTANTINOPLE;
VENERABLE ATHANASIA-ABBESS OF AEGINA

*******BLESSING OF PALMS & PUSSY WILLOWS*******

Tone 5

Philippians 4:4-9

John 12:1-18

BULLETIN INSERT FOR 11 APRIL 2021

**FOURTH SUNDAY OF GREAT LENT; VENERABLE JOHN CLIMACUS-
JOHN OF THE LADDER OF DIVINE ASCENT; MARTYR MARK-BISHOP
OF ARETHUSA, CYRIL, & OTHERS; VENERABLE JOHN-ANCHORITE OF
EGYPT. SAINT EUSTATHIUS THE CONFESSOR-BISHOP OF KIOS IN
BITHYNIA**

TROPARION—TONE 1

O Dweller of the wilderness and angel in the body!
You were a wonder-worker, O our God-bearing Father John!
You received heavenly gifts through fasting, vigil, and prayer:
Healing the sick and souls of those drawn to you by faith.
Glory to Him who gave you strength!
Glory to Him who granted you a crown!
Glory to Him who through you grants healing to all!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever,
and unto ages of ages. Amen.

KONTAKION—TONE 4

The Lord truly set you on the heights of abstinence,
To be a guiding star, showing the way to the universe,
O our Father and Teacher John.

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows before the Lord our God!

PEOPLE: Let the righteous exult in glory! Let them sing for joy on their
couches!

READER: In Judah, God is known; His name is great in Israel!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows.

PEOPLE: Before the Lord our God!

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our
Savior!

Those planted in the house of the Lord shall flourish in the courts of our
God.

Climbing Up by Moving Down: Homily for the 4th Sunday of Lent in the Orthodox Church Fr. Philip LeMasters

In just about any activity that is worthwhile, there is always room for improvement. When we rest content with our past performance in anything, we will never get any better at it. Only those who know their own imperfection and strive to overcome it have much chance of reaching a higher goal.

If that is true in our daily work and hobbies, it is far more the case when our goal is to participate by grace in the eternal life of the Holy Trinity. On this fourth Sunday of Great Lent, we commemorate St. John Climacus, who wrote the book *The Ladder of Divine Ascent* to guide monks step by step to a life of greater holiness. Now only two weeks from Palm Sunday, the Church reminds us that we must all must move upward on that ladder if we are to follow our Lord to His Passion, to His death on the cross, to His descent into Hades, and to His glorious resurrection on the third day. But the first step upward requires what seems like a step downward, for it is the step of humbly acknowledging our weakness, imperfection, and corruption. Without that honest confession, we will never develop the spiritual strength necessary to enter into the deep mystery of our salvation through the great offering and victory of our Savior.

In today's gospel text, the father of the demon-possessed young man stands as a model of the honesty that we must cultivate in order to unite ourselves more fully to our crucified and risen Lord. When Christ told him that "all things are possible for him who believes," the man "cried out and said with tears, 'Lord, I believe; help my unbelief.'" The disciples had lacked the spiritual strength to cast out the demon, but in response to this anguished cry from the heart, the Lord Himself healed the young man. It was by acknowledging the imperfection of his faith, even as he begged for mercy, that the father's prayer was answered.

Whether we like it or not, our lives are full of opportunities for us to become more like that broken-hearted, honest, humble father. Sickness, family difficulties, economic hardship, persistent personal problems, and so many other common challenges reveal the weakness of our faith and the sickness of our souls, for we never respond to them perfectly. The Lenten disciplines of prayer, fasting, and almsgiving, and other spiritual practices that reorient us to God, help us catch a glimpse of how much room we have to grow in the Christian life. And if we ever think that we are the only ones for whom they are a struggle, then we should think again. None of us does them perfectly; indeed, it is beyond our ability to know what it would mean to do them perfectly, for our goal is to be perfect as our Heavenly Father is perfect. (Matt. 5:48) In comparison with that standard of infinite holiness, who does not have more room for growth than we could possibly imagine?

But the more we embrace these disciplines and acknowledge our own weakness before life's daily challenges, the more aware we become of how far we are from sharing fully in the life of our Lord. The more we grasp our own sinfulness and brokenness, the more we must cry out from our hearts, "Lord, I believe; help my unbelief."

Lent is a time to stop hiding our true spiritual state even from ourselves. It is a time to confess our failings to the Lord and hear in spoken words an assurance of our forgiveness in the sacrament of Confession, if we are truly repentant. It is a time to turn away from the illusion that we have already arrived spiritually and that prayer, fasting, and confession are only for other people. It is a time to see ourselves in that brutally honest father who, even in the midst of his heart-broken love for his son, told the truth about the weakness of his faith. The more we become like him, the better. The more that we pray, fast, and otherwise humble ourselves before the Lord, the clearer our spiritual vision will be and the more we will see the infinite chasm between the holiness of God and our own wretchedness.

There is good news, however, for all of us who have fallen short. Thank God, the God-Man Jesus Christ has bridged that gap. Through His death and resurrection, He makes it possible for each of us to grow in holiness as we see ever more clearly how far we are from attaining the fullness of the glory for which He created us.

Ironically, it is by knowing our own brokenness and imperfection that we become aware of the true mystery of our salvation, of why our Lord offered Himself on the cross, descended into Hades, and rose again on the third day.

Paradoxically, we climb up the ladder of holiness by lowering ourselves through humble repentance.

"Lord, I believe, help my unbelief." That is the only confession that will enable us to prepare for what is to come in the weeks ahead as we enter into the deep mystery of our salvation. As our Savior said, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

<https://blogs.ancientfaith.com/easternchristianinsights/2016/04/10/climbing-moving-homily-4th-sunday-lentorthodox-church/>

Saint John Climacus and the "Ladder of Divine Ascent"

By Metropolitan Philaret

More than once, brethren, the fact has been mentioned that on each Sunday in the Great Fast (i.e., Lent) there are other commemorations besides that of the Resurrection. Thus, on this day, the Church glorifies the

righteous John of the Ladder, one of the greatest ascetics, which the Church, in speaking of them, calls "earthly angels and Heavenly men."

These great ascetics were extraordinary people. They commanded the elements; wild beasts willingly and readily obeyed them. For them, there were no maladies they could not cure. They walked on the waters as on dry land; all the elements of the world were subject to them, because they lived in God and had the power of grace to overcome the laws of terrestrial nature. One such ascetic was St. John of the Ladder.

He was surnamed "of the Ladder" (Climacus) because he wrote an immortal work, the "Ladder of Divine Ascent."

In this work, we see how, by means of thirty steps, the Christian gradually ascends from below to the heights of supreme spiritual perfection. We see how one virtue leads to another, as a man rises higher and higher and finally attains to that height where there abides the crown of the virtues, which is called "Christian love."

Saint John wrote his immortal work especially for the monastics, but in the past his "Ladder" was always favorite reading in Russia for anyone zealous to live piously, though he were not a monk. Therein the Saint clearly demonstrates how a man passes from one step to the next. Remember, Christian soul, that this ascent on high is indispensable for anyone who wishes to save his soul unto eternity.

When we throw a stone up, it ascends until the moment when the propelling force ceases to be effectual. So long as this force acts, the stone travels higher and higher in its ascent, overcoming the force of the earth's gravity. But when this force is spent and ceases to act, then, as you know, the stone does not remain suspended in the air.

Immediately, it begins to fall, and the further it falls the greater the speed of its fall. This, solely according to the physical laws of terrestrial gravity.

So it is also in the spiritual life. As a Christian gradually ascends, the force of spiritual and ascetical labours lifts him on high. Our Lord Jesus Christ said: "Strive to enter in through the narrow gate." That is, the Christian ought to be an ascetic. Not only the monastic, but every Christian. He must take pains for his soul and his life. He must direct his life on the Christian path and purge his soul of all filth and impurity.

Now, if the Christian, who is ascending upon this ladder of spiritual perfection by his struggles and ascetic labours, ceases from this work and ascetic toil, his soul will not remain in its former condition; but, like the stone, it will fall to the earth. More and more quickly will it drop until, finally, if the man does not come to his senses, it will cast him down into the very abyss of Hell.

It is necessary to remember this. People forget that the path of Christianity is indeed an ascetical labour. Last Sunday, we heard how the Lord said: "He that would come after Me, let him take up his cross, deny himself, and follow Me." The Lord said this with the greatest emphasis. Therefore, the Christian must be one who takes up his cross, and his life, likewise, must be an ascetic labour of bearing that cross. Whatever the outward circumstance of his life, be he monk or layman, it is of no consequence. In either case, if he does not force himself to mount upwards, then, of a certainty, he will fall lower and lower.

And in this regard, alas, people have confused thoughts. For example, a clergyman drops by a home during a fast.

Cordially and thoughtfully, they offer him fast food (i.e., food prepared according to the rules of the Fast), and say: "For you, fast food, of course!" To this, one of our hierarchs customarily replies: "Yes, I am Orthodox. But who gave you permission not to keep the fasts?" All the fasts of the Church, all the ordinances, are mandatory for every Orthodox person. Speaking of monastics, such ascetics as St. John of the Ladder and those like him fasted much more rigorously than the Church prescribes; but this was a matter of their spiritual ardor, an instance of their personal ascetic labour. This the Church does not require of everyone, because it is not in accord with everyone's strength. But the Church DOES require of every Orthodox the keeping of those fasts which She has established.

Oftentimes have I quoted the words of Saint Seraphim, and once again shall I mention them. Once there came to him a mother who was concerned about how she might arrange the best possible marriage for her young daughter.

When she came to Saint Seraphim for advice, he said to her: "Before all else, ensure that he, whom your daughter chooses as her companion for life, keeps the fasts. If he does not, then he is not a Christian, whatever he may consider himself to be." You see how the greatest saint of the Russian Church, Saint Seraphim of Sarov, a man who, better than we, knew what Orthodoxy is, spoke concerning the fasts?

Let us remember this. Saint John Climacus has described the ladder of spiritual ascent: then let us not forget that each Christian must ascend thereon. The great ascetics ascended like swiftly-flying eagles; we scarcely ascend at all. Nonetheless, let us not forget that, unless we employ our efforts in correcting ourselves and our lives, we shall cease our ascent, and, most assuredly, we shall begin to fall. Amen.

'One of the brothers asked me, "Tell us about one of your visions." and I said to him, "A sinner like me does not ask God to see visions. It is against God's will, and a mistake. But in everything he does by

God's will, even if he should raise a dead man, the servant of God remains unhurt by pride or boasting. For, without God's permission, he would not even see that Providence governs all things. But all the same, hear about a great vision. For what is greater than such a vision, To see the invisible God in a visible man, His temple?' Pachomius the Great, (First Greek Life)

Michael Hayduk Carpatho-Rusyns Everywhere!

This Easter poem is dedicated in loving memory of +Anna Kanuck and +Catherine Andreycak.

A Slavic Easter...The Tradition Continues

'Twas the day before Easter and all through the house,
The Hrutka was hanging, even tempting the mouse.
The beets were boiling and I was grating with care
Because the horseradish aroma was filling the air.
The paska was sticky, it was a big lump of dough
I kneaded to plump it so it would grow.
Raisins were added, then into the pan
Where inside the oven it began to brown and expand.
With baba in the kitchen and dzedo taking a nap
I began cracking walnuts, leaving the shells in my lap.
Opened jars of lekvar were soon everywhere,
Filling rolls of kolachi were all I could bear.
Two dozen boiled eggs were waiting to cool
For coloring in pastel yellow, pink, green and blue.
Softening for the mold was a pound of sweet butter
How I prayed that my counter would be free from this clutter.
The salt shaker was cleaned and filled to the top
Leaving only the meat before I could stop.
Smoked kielbasa and bacon and brown-sugared ham
Why couldn't they just bless cans of ready-to-eat Spam?
Finally on Sunday with filled baskets in hand
And while singing "Christos Voskrese" the congregation did stand.
With candles and incense and blessings for us all
We bidden each a Happy Easter and left the church hall.
At home the family gathered to begin the holy meal
But shortly thereafter I wondered if it was all real.
Within an hour of eating everything that they were able
My family was too full to clear the dishes from the table.
Happy Easter to All! Christos Voskrese! Voistinnu Voskrese!

Fear

Matthew 8:26-And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm. (KJV)

The believer is able to overcome fear by having very strong faith in Jesus Christ. Believers having resolute faith in Jesus Christ triumph over incapacitating fear. The mind can run wild with fear when faith in the Lord Jesus Christ is very weak. Fear can paralyze the behavior of individuals with minimal belief in Jesus Christ. Intense prayers to the Lord Jesus reduce the terror of the mind created by fear. The Jesus Prayer is highly effective in addressing the terror resulting from fear.

Matthew 10:26 Fear them not therefore: for there is nothing covered, that shall not be revealed; and hid, that shall not be known. KJV

Anchoring life in Jesus Christ establishes the basis for secure human relationships. A believer has a clear conscience daily when Christ fills the heart, mind, and soul. Believers with clear consciences having no reason to fear unexpected occurrences. The Lord Jesus Christ provides a daily reassuring presence for fervent believers. When the unexpected occurs, strong faith in Christ frees the believer from fear. Joy is possible in all circumstances when Christ is the center of the person's life.

Matthew 10:28-And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell. (KJV)

When the soul is well-cared for, resolute believers need not fear the unexpected. Nourishing the faith in Jesus Christ prepares the believer for life's circumstances. The Church offers constant nourishment for the soul to keep believers strong. The Gospel teachings and the Body and Blood of Christ strengthen believers. Satisfying the hunger in the soul eradicates the root causes of fear in daily life. Strong believers follow Jesus Christ with the complete personal confidence.

Matthew 10:31-Fear ye not therefore, ye are of more value than many sparrows. (KJV)

Serious believers cherish and are grateful to the Lord God for the gift of life. Life is valued for originating with the Lord and being sustained by the Lord. The Lord God is trusted with the daily care of personal life and life's destination. God provides the daily necessities for life removing any reason to have fear. Peace, love, and joy dominate the heart, mind, and soul of the serious believer. Fear has no place in the life of the serious believer loving the Lord Jesus Christ.

Venerable Father Alexis, Man of God. St. Patrick of Ireland. March 17/30, 2021.

Tuesday of the Third Week of Great Lent. Hidden Valley, Pennsylvania. Father Rodney Torbic

"Ships are not sunk by the waters surrounding them, but by the waters that manage to penetrate them. Do not allow that which surrounds you to penetrate you, and sink you into the abyss."
Patriarch Pavle

"Christ's preaching begins with the news of the approach of the Kingdom of God...And the Kingdom of God is the Holy Spirit, who unites the Divine and the human in the God-Man. It is His divine Incarnation and His power in the personal life of man, in the world, in history, in the future age, "now and forever, and in ages of ages." The Gospel teaching is concentrated precisely around this fact." — *Fr Sergius Bulgakov, "The Lamb of God," p326.*

ABOUT THAT CROSS OF OURS *Father Stel Muksuris*

The message of the Cross is a simple but profound one: sacrificial love is God's greatest gift and power to humankind. Where there is love, there is God... and where there is God, miracles flow faster than water. In creation, in healing, in overturning the profound effects of death by death...love conquers all.



Lent is our self-crucifixion, our experience of Christ's commandment: "If any man would come after me, let him deny himself and take up his cross and follow me"
-Fr. Alexander Schmemmann

St. Irene Byzantine Catholic Church