



Holy Ghost Orthodox Church

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**[www.holyghostorthodoxchurch.org](http://www.holyghostorthodoxchurch.org)**

Very Rev. Father Robert Popichak, Pastor

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**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, Metropolitan Savas, Father Paul & Pani Judy Stoll, Father Joseph Kopchak, Father Elias Warnke, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John & Pani Mary Anne Nakonachny, Father Steve Repa, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Paisius McGrath, Father Michael Smolynec, Father Lawrence Daniels, Father Joe & Protinica Linda Cervo, Igumen Patrick, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Father Vasyl Sendeha, Father George & Dobrodijka Oksana Bazylevsky, Father Angelo Artemas, Father John Haluszczak, Father Christopher Bender, Dr. Christina Nellis, Father Joshua [Anna], Father Justin (Todd) Mokhiber, Pani Cathy Danczak, Monk Andrew, Father Dan & Matushka Myra Kovalak, Pani Debbie Harvey, Pastor Terry & Lisa Polen, Chaplain Rachelle Zazzu, Eva Malesnick, Nick Behun, Gary & Linda Mechtly, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, 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, 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, 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, Theresa Ditto, Mary Ann Musial, Yvonne Christy, Father Deacon Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Gaelle 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, Gene Blair [Pani Gina's dad], David Hoenshell, Barbara Macino, Shelley Hill, Linda Cawley, Gerald Cogley, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith,

Nancy & Eric Dunik, Julian Strozh [young lady with cerebral palsy], Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, Cher Mount, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, Shirley, Denny Mader, Ella Campbell, 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 Philpa, Mira Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Kristy, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Lydia Wilson, Flora Tomlin, Howell Swarm, Jane Bielewicz Allred, 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 Zeliszcuk, Donna Davis, Jackie Crimbchin, Margie Sekelsky, Fran Fulton, Bill Vizza, Jamie Swarm, Kathy Flaherty, Tori Reade-Henry's niece, Derick-Glen Burlack's neighbor, Michael, Nichole & Christopher, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Gregory Cervo, Lisa Bruce, Kathy Cvetkovich, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Ralph & Beverly Stoker, Noah Willard, Nikola, Natalie, Nikola, & Nevenka Jovonovich, Julia Collier, Amy Kemerer, Thomas Smith, Tracy Slaugenhaupt, Louis Berceli, Tom Nolan, Silvia Martin, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Darcy, 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, Stephen Popichak—Fr. Bob's brother, 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 & Jan Jennings, Mike Ruzzi, Mary Kay Ludovicy, George Dilendorf, Sharon Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Theresa Paluh, Cathy Lotinsky, Jeff & Buschra Kerr, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Rita & Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Eleanor Kitt, Maria Warholak, Christy, Mariruth, Judy Previc, Ben Williams, Tim—surgery, Olivia—girl with a brain tumor, Rick & Sharon Morgan, John Stasko, John, Kris, & Kait, Wendy LaGamba, Melissa Gross [hip replacement], Amy Forbeck, David Salazar, Dr. Paul Riley, David Hess, Serena, Wyatt, Makenzie, Jennifer, Alexandra Roberts, Candace, Dave, Jared, & Beth Irvin, Carol Muschick, Grace Love [knee replacement], Joseph Paul Cervo, Jr., Elizabeth, Susan & Greg Heinen & Jenette Wittik, Paul Simpson [Father

*Bob's cousin], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Adam Snow, the McKenna family, David Gazella, Brian & Michele Cannone, the Rodrigues family, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Brett Crosby, Randy Lapuh, Henry Tkacik, Diane & Arthur Chaklis, Denny Mader, Zoe Oswalt—Fr. Bob's cousin, Barbette [cancer] & Scott, Kristin [cancer], Erm Hartmann, Barbara Bookser, Bob Mazzuca, Marko, Taylor, Terri Crosby-Vega, Christine Mohamed & family, Tammy Marsico, Terry & David Hartnett, Jamie Ball, Kay Williams, Hannah Stewart, Jim Wyko—Alex's friend, Dan Losego, Lisa Bruce, Yvette, Barry Bender, Andrew Zelleznick, Byron & Cecilia Scott, Vespina, Michelle Russo, Julie Tripodi, Debbie—HTUCC, Barbara Morvay, David Salsar, N&O, Randy & Adrienne Kuny, Vince Berardinelli, Mason Martin [Karns City HS QB] & family, Martin Mrvos, Jeff McCoy, Lauren & Sloane Valentina Persico, Alexis & Colton Rosati, Jessica Shirley, Mark [kidney cancer], Steve Milcic, Wilbert Wagner, Bob Wojciechowski, Ashley, Beth, Sharon Svitek, Laura, Christopher, & Jane Dickson, Luke D, Diane Murphy, Kristin Vaughn [Harry's daughter], George Petronsky, Doug & Darcie Burkholder, Michael, Jeane, and Katie Byerly, McGrath, Samantha Lopez, Bob [cancer], Syble Elliott, Maria Ancevski, Krystyna, John, & Jeffrey, Dottie & family, Bonny Diver & Ashley Smock, Steve, Jill Morocco, Mike Pelino, Maddie Stewart, Hutchinson Family, David Urban, Vicky Moore, Casi [cancer], Ashley & Andy, Marion Mamula, Dominic [cancer], Diane Hughes, Jenny Case, Mary & Carl Stepanovich, Susie Fierst, Edward Poturich, Jeff, Chris, & Mills family, Kate Rapina & Mother Oksana, Sarah's son, Rachel, Alex, & little Charlie, Steve & Vonnie Gerson, Eva, Pamela & Doug, Nora, Mike & Jane, Mary Ann [Stage 4 cancer] & Lisa, Barbara Gardner & Mark Egleton, Donna Karas & Ross Rawe, Susan [cancer], Rose Marie, Tim Pruss, Donna & Laura Kloock, Tom Katona, Chris & Elisa Astorino, Dale & Nancy Burns, Cathy Metrick [Fr. Bob's cousin], Brianna [cancer] & Amanda, Gretchen, and Lauren, Dan, & Daphne Iona... We pray that God will grant them all a complete and speedy recovery.*

**Watch yourself when a poor man, needing help, asks it of you. The enemy will endeavour at that time to chill your heart, and fill it with indifference, and even scorn, towards him that is in want. Overcome in yourself these un-Christian and inhuman dispositions; incite your heart to compassionate love towards this man like unto you in all respects... *Righteous John, Wonderworker of Kronstadt, My Life in Christ* p.102**

**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 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] 956-6626.**

**SERVICES IN SLICKVILLE**

**SUNDAY, February 01**

**\*\*\*\*\*NO SERVICE IN SLICKVILLE\*\*\*\*\***

**34<sup>TH</sup> SUNDAY AFTER PENTECOST; SUNDAY OF THE PUBLICAN & THE PHARISEE; SAINT MACARIUS THE GREAT OF EGYPT; VIRGIN-MARTYR EUPHRASIA OF NICOMEDIA; VENERABLE MACARIUS OF ALEXANDRIA; SAINT ARSENIUS-ARCHBISHOP OF KERKYRA; VENERABLE MACARIUS OF PERCHEVSKY LAVRA; VENERABLE MACARIUS-DEACON OF PERCHEVSKY LAVRA**

*Tone 1*

2 Timothy 3:10-15

Luke 18:10-14

**SUNDAY, February 08 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM  
SUNDAY OF THE PRODIGAL SON; VENERABLE XENOPHON, WIFE-SAINT MARY, & SONS SAINTS ARCADIUS & JOHN; MARTYRS ANANIAS-PRESBYTER, PETER, & 7 SOLDIERS; VENERABLE SYMEON "THE ANCIENT";  
TRANSLATION OF THE RELICS OF SAINT THEODORE-ABBOT OF THE STUDIO; SAINT JOSEPH-BISHOP OF THESSALONICA**

**\*\*\*\*\*BLESSING OF WATERS DOWNSTAIRS AFTER SERVICE\*\*\*\*\***

*Tone 2*

1 Corinthians 6:12-20

Luke 15:11-32

*Litany in Blessed Memory of Milton G. Chicka, Nickolai Pivtoriako, Evelyn Burlack, Anne Cherepko Mazock, Roy Wyke, Katherine Debick, & Bonnie Blair [Pani Gina's mom]—Fr. Bob*

**SUNDAY, February 15**

**\*\*\*\*\*NO SERVICE IN SLICKVILLE\*\*\*\*\***

**MEATFARE SUNDAY; SUNDAY OF THE LAST JUDGMENT; THE MEETING OF THE LORD**

*Tone 2*

1 Corinthians 8:8-9:2; Hebrews 7:7-17

Matthew 25:31-46; Luke 2:22-40

## **BULLETIN INSERT FOR 01 FEBRUARY 2026**

**34<sup>TH</sup> SUNDAY AFTER PENTECOST; SUNDAY OF THE PUBLICAN & THE PHARISEE; SAINT MACARIUS THE GREAT OF EGYPT; VIRGIN-MARTYR EUPHRASIA OF NICOMEDIA; VENERABLE MACARIUS OF ALEXANDRIA; SAINT ARSENIUS-ARCHBISHOP OF KERKYRA; VENERABLE MACARIUS OF PERCHEVSKY LAVRA; VENERABLE MACARIUS-DEACON OF PERCHEVSKY LAVRA**

**\*\*\*\*\*NO SERVICE IN SLICKVILLE\*\*\*\*\***

### **TROPARION—TONE 1**

**When the stone had been sealed by the Jews;  
While the soldiers were guarding Thy most pure Body;  
Thou didst rise on the third day, O Savior,  
Granting life to the world.  
The powers of heaven therefore cried to Thee, O Giver of life:  
Glory to Thy Resurrection, O Christ!  
Glory to Thy Kingdom!  
Glory to Thy Dispensation, O Thou who lovest mankind.**

**Glory to the Father, and to the Son, and to the Holy Spirit...**

### **KONTAKION—TONE 4**

**Let us flee from the pride of the Pharisee  
And learn humility from the Publican's tears.  
Let us cry to our Savior:  
Have mercy on us, O only merciful One.**

**Now and ever, and unto ages of ages. Amen.**

### **KONTAKION—TONE 1**

**As God, Thou didst rise from the tomb in glory, raising the world with Thyself.**

**Human nature praises Thee as God, for death has vanished!  
Adam exults, O Master!  
Eve rejoices, for she is freed from bondage and cries to Thee:  
Thou are the Giver of Resurrection to all, O Christ!**

**PROKEIMENON—TONE 1**

**READER:** Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

**PEOPLE:** Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

**READER:** Rejoice in the Lord, O you righteous! Praise befits the just!

**PEOPLE:** Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

**READER:** Let Thy mercy, O Lord, be upon us.

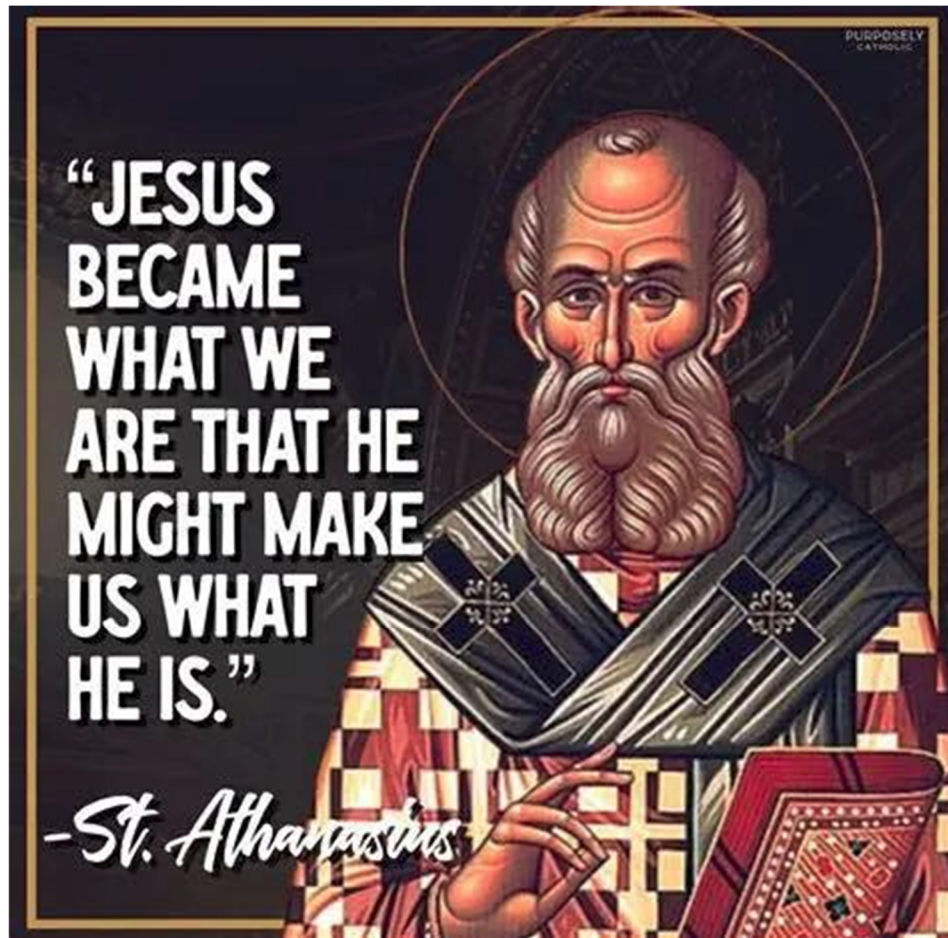
**PEOPLE:** As we have set our hope on Thee.

**ALLELUIA VERSES**

**God gives vengeance to me, and subdues people under me.**

**He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!**





**"JESUS  
BECAME  
WHAT WE  
ARE THAT HE  
MIGHT MAKE  
US WHAT  
HE IS."**

*-St. Athanasius*

**A present day monk tells the following beneficial story:**

**"I was once walking with a very pious and humble man, when we were stopped on the street by an old man distributing small pamphlets. The old man asked us, 'Are you saved? Have you accepted Jesus?'**

**"My humble companion said, 'I only know that I am a sinner.'**

**"The old man answered my friend: 'Jesus has saved me. I have the assurance of his salvation. I have conquered pride, lust, and sin. Praise God.'**

**"At these words, my companion very abruptly grabbed me by the arm, saying to the old man, 'Leave us alone.' But as we walked my humble friend began to cry bitterly. Embarrassed that others were watching, he controlled himself.**

**"I asked him: "Why are you crying like this?"**

**"He quietly answered, 'As that man told us that, a strange voice in my mind translated his words, so that he said, "I have saved myself. I have assured myself. Pride, lust, and sin no longer bother me, for they have conquered me. God must praise me." The mere thought of his blasphemy and the state of his soul crushed me. God forgive us all.'"**

**(The ancient Fathers of the Desert, Archimandrite Chrysostomos)**



**Father Stel Muksuris: STOP AND PRAY**

**If you find someone who is in need, troubled, or hurting, immediately stop whatever you are doing. At that very moment, close your eyes, cross yourself, and pray for them at once. Do not hesitate! One moment may make all the difference in the world between losing or saving a soul – theirs and yours.**

**Give their name to your priest, so that he may add them to his list of the living and the deceased in the holy proskomide, and raise them in prayer to God together with the eucharistic assembly entrusted to his care.**

**If you hesitate and are troubled about whether or not they are Orthodox, if they are violators of the Commandments of God, if they belong to the LGBTQ+ community, your love cannot be perfected until you see each human being with the eyes of God, whose mercy and kindness do not discriminate in the least. If you deny the most despised of men, yet the Lord has accepted them, congratulations ... you have elevated yourself above a God you either like to hide**

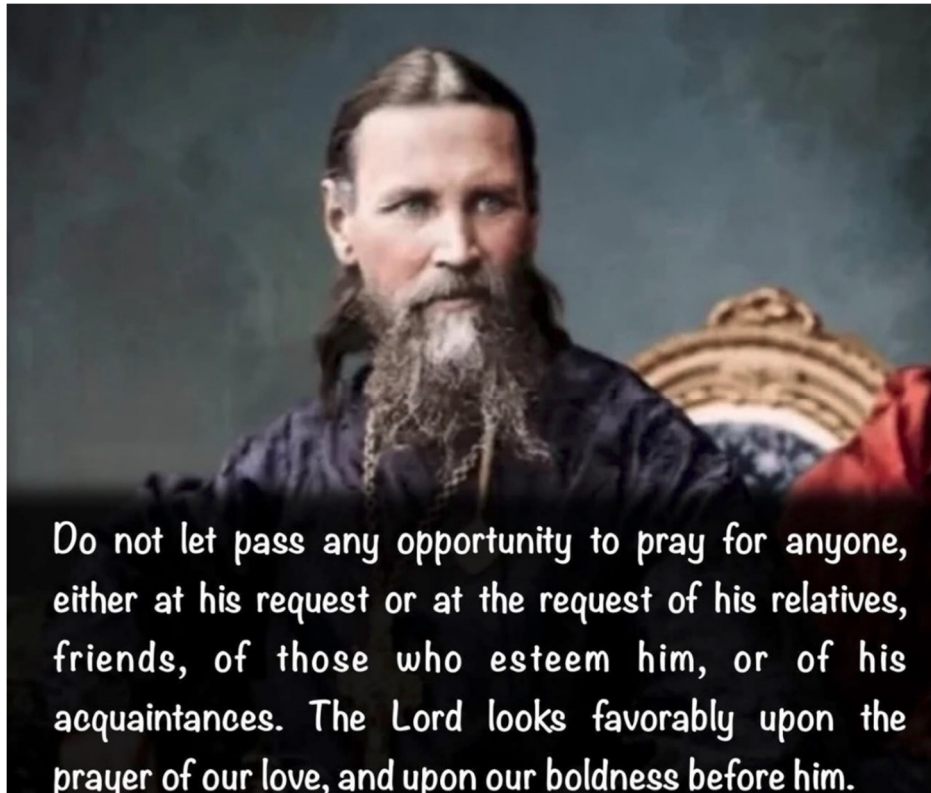


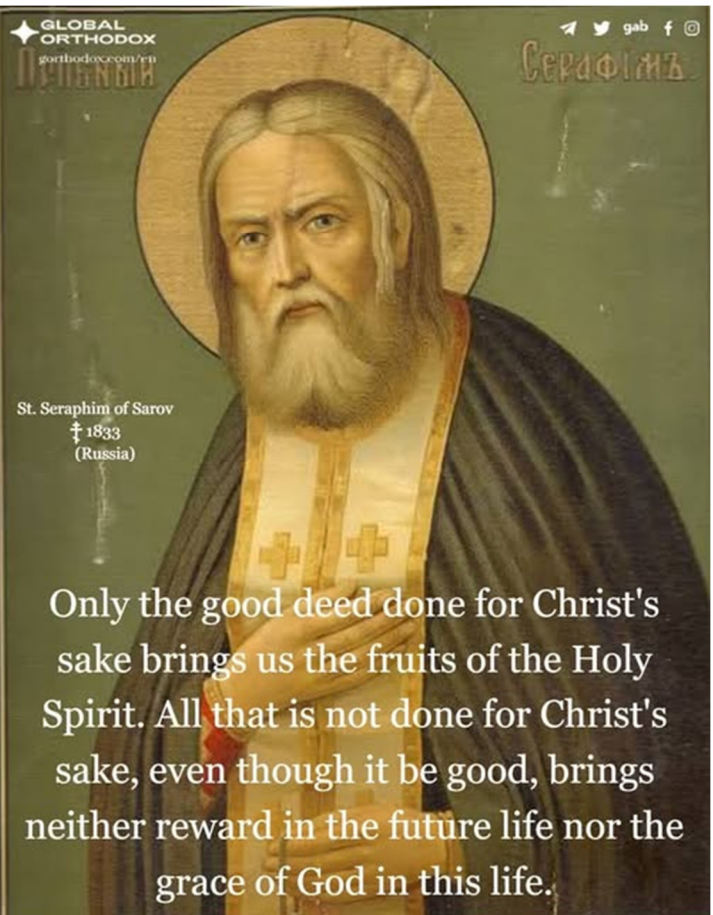
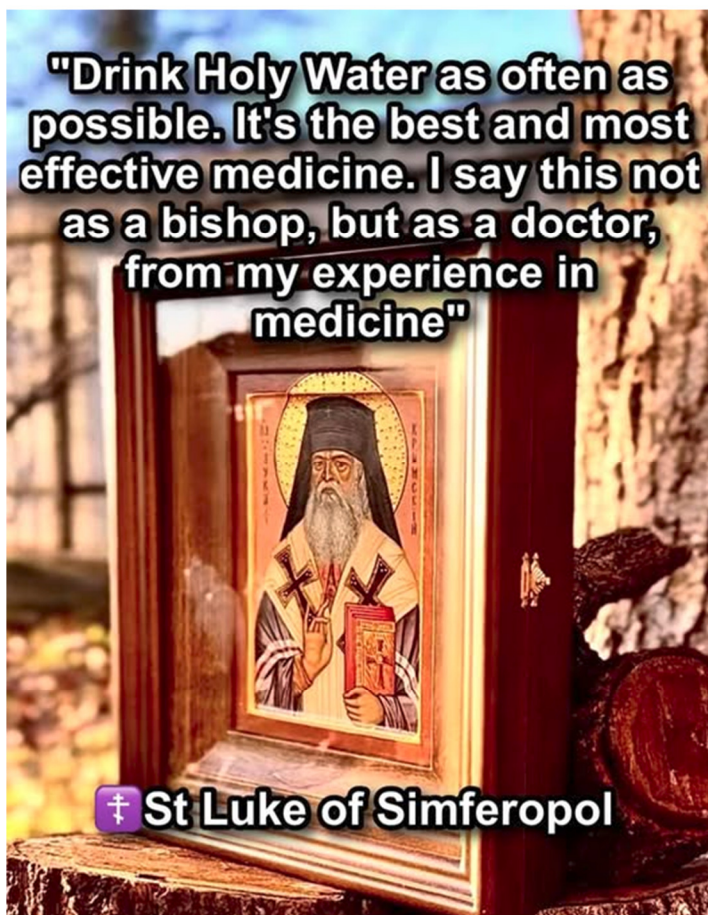
behind or feel you have the right to recreate after your own fallen image and likeness. And then you wonder why the world is such a dark and dismal place.

Break the vicious cycle of suspicion and hatred and come out of the darkness to finally meet the one true God, who resides as much in the eucharistic chalice of grace as in the dunghill of human existence. Our conditional love is the only way backward. God's unconditional love is the only way forward.

Fr. (Dr.) SSM

*Saint John of Kronstadt*





### **The Sunday after Theophany Matthew 4:12-17**

*Now when Jesus had heard that John was cast into prison, he departed into Galilee; And leaving Nazareth, he came and dwelt in Capernaum, which is upon the sea coast, in the borders of Zabulon and Nephthalim: That it might be fulfilled which was spoken by Esaias the prophet, saying, The land of Zabulon, and the land of Nephthalim, by the way of the sea, beyond Jordan, Galilee of the Gentiles; The people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is sprung up. From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is hand. (KJV)*

### **Zacchaeus Sunday Luke 19:1-10**

*And Jesus entered and passed through Jericho. And, behold, there was a man named Zacchaeus, which was the chief among the publicans, and he was rich. And he sought to see Jesus who he was; and could not for the press, because he was little of stature. And he ran before, and climbed up into a sycamore tree to see him: for he was to pass that way. And when Jesus came to the place, he looked up, and saw him, and said unto him, Zacchaeus, make haste, and come down; for today I must abide at thy house. And he made haste, and came down, and received him joyfully. And when they saw it, they all murmured, saying, That he was gone to be guest with a man that is a sinner. And Zacchaeus stood, and said unto the*

*Lord: Behold, Lord, the half of my goods I give to the poor; and if I have taken anything from any man by false accusation, I restore him fourfold. And Jesus said unto him, This day is salvation come to this house, forsomuch as he also is a son of Abraham. For the Son of man is come to seek and to save that which was lost. (KJV)*

This Sunday the Church is asking believers to focus on repentance. St. Matthew's Gospel reminds believers and clearly states that the Lord Jesus Christ preached repentance.

St. Luke's Gospel provides the example of Zacchaeus as a person practicing repentance. The arrival of Zacchaeus Sunday in the Church signals the forthcoming approach of Great Lent.

Repentance is a major theme during Great Lent. Believers benefit from repenting throughout life. Repentance enables believers to cast aside all that is in life that is not of Jesus Christ.

Believers commit to following Christ at their Baptism. Repentance is the opportunity to move from darkness toward the Light of Jesus Christ. St. Matthew's Gospel references the connection between Jesus and light.

Sinful thoughts and practices cause believers to experience darkness. Sinful thoughts and actions inhibit the full growth possible in Jesus Christ. Repentance fosters growth in Jesus Christ.

Confession and Communion unite and reunite believers with Jesus Christ. Zacchaeus experienced salvation through Jesus Christ. Zacchaeus took action to change his life in ways pleasing to Jesus Christ.

Change is always possible for each person with Jesus Christ. While there is life in the body and the mind functions, repenting and uniting with Jesus Christ is possible.

The richness of the life in Jesus Christ is experienced in Communion. Communion strengthens the believer. Partaking of the Precious Body and Blood of Christ renews the person completely.

Each Divine Liturgy believers have the opportunity to unite with Jesus Christ. The Church guides the believer from birth to the Heavenly Kingdom and Eternal Life. The Divine Liturgy is a foretaste of the Kingdom.

Attentive believers value the Holy Gospel proclaimed at each Divine Liturgy. The Gospel reveals the teachings of Jesus Christ. The Gospel tells of the life and miracles of Jesus Christ.

The Gospel brings the Light of Christ to receptive hearts, minds, and souls. Each person benefits from following the example of Zacchaeus. Zacchaeus took action to correct the wrongs he committed in his life.

Believers correcting wrongs committed in life move toward unity with Jesus Christ. Each day of life is a blessing from God. Each day of life is to be used wisely and for the glory of God.

Thank God for the Church proclaiming the Gospel for the benefit of believers. Thank God for the opportunity to repent in life. Jesus's love for each person is verified in the forgiveness of sins at the time of repentance.

Now is the time to direct the heart, mind and soul toward the Light of Christ. Today is the day to move forward in the brightness of the life in Christ.

Joy springs forth in the heart, mind and soul when unity with Christ takes place. Imagine the joy Zacchaeus experienced when Jesus came to his house. Zacchaeus holds a special and lasting place in history.

The same Jesus that visited Zacchaeus enters receptive hearts, minds, and souls today. Repentance opens the door for Jesus to enter and become first and foremost in life. Repentance is the proven path to God's Kingdom.

*The Sunday after Theophany. Zacchaeus Sunday. Holy Martyr Tatiana of Rome. Akathistos Icon of Chilandar. January 12/25.2026. Father Rodney Torbic*

### **UPCOMING SERVICES SCHEDULE**

**SUNDAY, FEBRUARY 01 NO SERVICE**

**SUNDAY, FEBRUARY 08 OBEDNITZA UPSTAIRS**

**SUNDAY, FEBRUARY 15 NO SERVICE**

**SUNDAY, FEBRUARY 22 OBEDNITZA UPSTAIRS**

**\*\*\* MONDAY, FEBRUARY 23 GREAT LENT  
BEGINS \*\*\***

**SUNDAY, MARCH 01 NO SERVICE**

**SUNDAY, MARCH 09 OBEDNITZA UPSTAIRS**

**SUNDAY, MARCH 16 NO SERVICE**

**SUNDAY, MARCH 23 OBEDNITZA UPSTAIRS**

**SUNDAY, MARCH 30 NO SERVICE**

**SUNDAY, APRIL 05, PALM SUNDAY**

**OBEDNITZA UPSTAIRS**

**SUNDAY, APRIL 12 PASCHA!!!**

**SUNDAY, APRIL 19 OBEDNITZA UPSTAIRS**



# OUR JOURNEY TO PASCHA! 2026

*Created by Fr. Jonathan Bannon (ACROD)*

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 1st</b>		<i>TRIDION WEEKS</i> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 8th</b>		<b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 15th</b> FAREWELL TO MEAT TODAY		<b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>FEBRUARY 22nd</b> FAREWELL TO CHEESE TODAY		<b>Adam and Eve are cast from Paradise!</b> <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 1st</b>		<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 8th</b>		<b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 15th</b>		<b>VENERATION OF THE HOLY CROSS</b> <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 22nd</b>		<b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>MARCH 29th</b>		<b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 5th</b> GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 10th</b>		<b>GREAT AND HOLY FRIDAY</b> <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 12th</b> NO FASTING!		<i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!