



Saint Michael the Archangel Orthodox Church

146 Third Avenue, Rankin, PA 15104
Pastor: Very Reverend Nicholas Ferencz, PhD
Cantor: Professor Jerry Jumba
Parish President : Carole Bushak

Glory to Jesus Christ! Glory Forever!
Slava Isusu Christu! Slava vo v'iki!



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FEBRUARY 9, 2020

SUNDAY OF THE PUBLICAN AND THE PHARISEE

Sun., Feb. 9 **Sunday of the Publican and the Pharisee.** Translation of the Relics of St. John Chrysostom
9:00 AM Divine Liturgy
Special Collection: Support of Rankin Community Days Festival
Panachida: 40 day memorials for Edward Pehanich, Sr., Stelian Popescu and John Kobasa.

No Fasting This Week!

Wed., Feb. 12 **Feast of the 3 Holy Bishops Basil the Great, Gregory the Theologian and John Chrysostom**
10 AM Divine Liturgy at St. Nicholas in Homestead, concelebrated by the Deanery Clergy.
Everyone is encouraged to come and celebrate with us!

SAT., FEB. 15 **FEAST OF THE ENCOUNTER OF OUR LORD JESUS CHRIST WITH SIMEON AND ANNA IN THE TEMPLE.**
9:00 AM Divine Liturgy and the Blessing of Candles.

Sun., Feb. 16 **Sunday of the Prodigal Son.** Synaxis of the Holy Prophet Simeon and Prophetess Anna
9:00 AM Divine Liturgy.
Panachida: February Perpetuals: Mary Mesko (2/4). Anna Horgas (2/13). Father Peter Buletza (2/25)
Birthday Sunday: Remembering all who were born in February!

Sat., Feb. 22 **1st All Souls Saturday.** Last day of the Feast of the Encounter. Martyr Nicephoros. Finding of the relics of Bishop Innocent of Irkutsk.

Sun., Feb. 23 **Meat-Fare Sunday.** Martyr Charalampas. Nun Scholastica, sister of St. Benedict.
9:00 AM Divine Liturgy
Panachida: John Bonga – 40 Day Memorial

Holy Mystery of Confession: Before Divine Liturgy and other services. We can also meet other times (after Liturgy, or by appointment). Just let me know.

PEOPLE STUFF

Prayer List: *Deceased:* Elizabeth Beck. John Bonga.

Living: Fr. Joseph Cervo. Pañi Dorothy Hutnyan. Pañi Eleanor Pribish. Dana Andrade. Gloria Andrade. Gregory Michael Aurilio. Walter Bolbat. Donald Bodnar. Charlene Borsic. Jaime Budesá. Barbara Chappie. Steve Bournius. Rebecca, David & Bradley Noah Cozad. Mary Ann Crouse. Martha Danchak. George & Margaret Dorogy. Patty Ferrence. Breanne Glass. Dorothy Glass. Eddie Gombos. Jennifer Hartrick. Joseph Hlavac. Shirley Hrubic. Kevin Ianni. Gary Ingelido. Andrea Kerkentzes. Jeanne Lesko. Bobby Malackany. Joan Martell. Sharon Mascilak. Bill and Barbara McCauley. Jake McLaughlin. Helen Mihalik. Frank Palmieri. Diane Phillips. Millie and Edward Phillips. Anna Senich. Peter Simonoff. Bernice Sindak. Terry Slezak. Milton and Thelma Supak. Diana Terezis. Bobby and Dee Triffanoff. Josh Walendziewicz. Paul Worst. Paul & Valerie Yednak. Jim Zajac. *Prospora Bakers:* Trudy Trifanoff. Delores Cubakovic, and their intentions.

Welcome! We welcome to our church this morning all visitors, guests, relatives, and friends of Saint Michael Church. We invite *everyone* present today to chant the Liturgy along with the cantor.

F(E)ASTING

Pre-Lenten Season – that time of year which is intended to get us prepared to celebrate the **Great Lenten Fast**, which of course is given to us to prepare ourselves to properly celebrate the Death and Resurrection of Our Lord.

No Fasting this week! As part of that Pre-preparation time, we are called to *not fast* during the week of the **Publican and the Pharisee** – Feb. 9 – 16. This is the Orthodox version of *Carnival and Mardi Gras*.

In Western practice, the Sunday before Ash Wednesday – their first day of Lent – was called ‘Carnival Sunday’. ‘Carnival’ is the Latin word for ‘Farewell to Meat’, i.e., Meat-fare Sunday. So, in Western practice, the three days of Carnival Sunday, Monday and Tuesday were their opportunity to make final preparations for Lent. Their last chance to eat meat was on that Tuesday was named ‘Mardi Gras’ – ‘Fat Tuesday’ since it was the absolute last day of eating meat and rich foods. The practice of holding 3-day parties grew up, as things are wont to do, over time as people celebrated their last chance to eat and play before Lent. However, the initial meaning, and one that is still held, apparently, by some sincere Western Christians, was to allow

people to ease into Lent (just as we do), with a little time off from fasting, along with extra prayer and preparation for the Lenten fast.

Feast of the 3 Holy Bishops Basil the Great, Gregory the Theologian and John Chrysostom on Wednesday, Feb. 12. We will not be celebrating Divine Liturgy here that day. All the Deanery Clergy will be gathering at St. Nicholas in Homestead



Our Gifts to God and our Church

February 2, 2020

Attendance	23
Communions	17

Collections

Monthly	400.00
Sunday	585.00
Christmas	10.00
All Votive Candles	118.00
Building Maintenance	25.00
Diocesan Membership	144.00
Church Repairs	100.00
Special Donation - in memory of John Bonga	100.00

Total Offerings: 1472.00

Building and Repairs Donations which are available for upcoming repairs to date are \$2541! God bless your generosity!

to celebrate the Feast Day together at 10 AM. All are welcome and encouraged to come and celebrate with us!

THE FEAST OF THE ENCOUNTER OF OUR LORD JESUS CHRIST WITH SIMEON AND ANNA IN THE TEMPLE is on Saturday, February 15. We will celebrate the Divine Liturgy at 9:00 AM. As is traditional, we will also bless candles that day.

1st All Souls Saturday is on Saturday, February 22. We will celebrate the Divine Liturgy for the deceased of the parish at 9:00 AM, and read the Hramoty (List) of the deceased in remembrance. You probably already have an envelope in your contribution box for the All Souls Saturdays. If you would like to have your deceased loved ones remembered at all 5 All Souls celebrations, please return your list to me as soon as possible.

DIOCESE, DEANERY AND ADDITIONAL STUFF

New! Prostopinije (Plain Chant) Conference: With the blessing of His Eminence, Metropolitan Gregory, Fr. Nick Mihaly and Fr. David Mastroberte are in the process of planning a Diocesan Prostopinije (Plain Chant) Conference. In order to assist in the planning of such a conference, we are asking you to answer the survey provided in this email and then share the survey with your cantors, choir members and anyone else you think might be interested in attending a Prostopinije Conference. Please complete this survey by April 1. It is our hope that this can become an annual event which celebrates and teaches our unique musical tradition so that it can last and be an effective theological tool for many more generations to come! You will find the survey here: <https://www.surveymonkey.com/r/7MD6KVG>

PARISH STUFF

Update! Agape Offerings: *Today:* No one. *Next Sunday:* Janet Alm – Birthday Sunday

Birthday Sundays! Once a month we are going to remember all those who were born in that month both upstairs (in prayer) and downstairs (at the Agape). The Birthday Sundays for February and March are already spoken for. If you would like to be a part of this way of honoring each other on your birthday, just sign up on the Agape sheet in the hall.

Update! Church Repairs: we have available at this time **\$2541 in donations** towards repairs in the church and rectory. 2019 – 2020 donations have totaled so far **\$5855**, some of it already used.

New! Available in the vestibule: “*Why Orthodox Christians Are Not Chrismated*” by Fr. John Touloumes of Holy Trinity Orthodox Church, Pittsburgh (North Hills), a brief article written in 2015. You may find it interesting.

ABOUT PRAYER

By Fr. David Urban, 3/26/19

“When praying, keep to the rule that it is better to say 5 words from the depth of your heart than 10,000 words with your tongue only.” – St. John of Kronstadt

Here are a few tips to pray attentively (from our Lenten reading suggestion, *When We Pray*)

1. Prepare to Pray

- to pray attentively from the heart, one needs to be prepared for it! This includes praying at church. Come early
- slow your thoughts - clear and quiet your mind - until you can say "my heart is ready, O God, my heart is ready" (Psalm 56)

- this will bring much needed more stillness and rest in our lives. St Gregory of Palamas was a hesychastic monk who lived with this idea of stillness. If we don't pray with stillness, then *"we will pray hastily and inattentively, then go rushing off to the next thing"* on our to-do list for the day.

- preparing to pray is like an athlete who warms up before an event. Ways of preparing can include: deep breathing, using our prayer ropes saying the Jesus Prayer (with deep breathing, reminding ourselves that we are in the presence of God, and/or remembering that prayer is personal: building our relationship with Christ

2. Pray Slowly

- to pray attentively from the heart, we need to force ourselves to slow down
- in our personal prayer, it is better to have quality over quantity (see St John's quite above)
- use your prayer ropes daily (if you don't have one, please see Patty as we have them in our bookstore for \$5)
- with deep breathing: *(Inhale) O Lord Jesus Christ, Son of God, (Exhale) Have Mercy On Me, A Sinner*

3. Pray Out Loud

- Like prostrations and making the sign of the Cross, praying aloud involves our body - engaging our lips, voice, and ears

- pray in a *loud whisper* (not disturbing others praying around you)
- this includes singing in church
- *"Praying aloud accomplishes the important function of slowing down our flow of words. We can think much faster than we speak. Forcing ourselves to say the words of our prayer aloud slows down our thoughts, and that makes it more likely we will pay attention to what we are saying."*

As we increase our prayer during the Great Fast – let's make it attentive prayer from our hearts and not just words from our mouths.

Camp Nazareth

Summer Job and Internship Opportunities

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 - Science and Nature Camp Counselor
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To Apply:

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OR

Call 724-662-4840 or email campnazareth@acrod.org for more information.

Applications are due February 15, 2020