



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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MARCH 1, 2020

CHEESE-FARE SUNDAY:

THE EXPULSION OF ADAM AND EVE FROM PARADISE

Sun., Mar. 1 Cheese-Fare Sunday. Holy Great-martyr Theodore the Recruit

9:00 AM Divine Liturgy
Forgiveness Vespers for the Beginning of Lent
Holy Mystery of Confession

Birthday Sunday: Happy Birthday to all who were born in March!

Mon., Mar. 2 Clean Monday. Bishops Leo of Rome and Colman of Lindisfarne

STRICT FAST TODAY ESPECIALLY!!!!

Canceled: Monthly Parish Council Meeting

Wed., Mar. 4 Clean Wednesday. Bishop Leo of Catania

6:30 PM Holy Mystery of Confession
7:00 PM Divine Liturgy of the Presanctified Gifts

Fri., Mar. 6 Clean Friday. Finding of the relics of the Holy Martyrs of Eugenia

6:30 PM Holy Mystery of Confession
7:00 PM Divine Liturgy of the Presanctified Gifts

Sat., Mar. 7 Miracle of Theodore the Recruit and the Koliva

8:15 – 8:45 AM Holy Mystery of Confession
9:00 AM Divine Liturgy

Sun., Mar. 8 Sunday of Orthodoxy. First and Second Findings of the head of St. John the Baptist.

8:15 – 8:45 AM Holy Mystery of Confession
9:00 AM Divine Liturgy.

Panachida: John Bonga: 40-day Memorial

4:30 PM Vespers at **Holy Trinity Church**, North Hills (985 Providence Blvd., Pittsburgh, PA 15237)

Holy Mystery of Confession: As listed above for Lent. We can also meet other times (after Liturgy, or by appointment). Just let me know.

PEOPLE STUFF

Prayer List: *Deceased:* 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 Budesza. Barbara Chappie. Steve Bournius. Rebecca, David & Bradley Noah Cozad. Mary Ann Crouse. Martha Danchak. Nicholas Duranko. George & Margaret Dorogy. 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. Teresa Onuska. Frank Palmieri. Diane Phillips. Millie and Edward Phillips. Anna Senich. Peter Simonoff. Bernice Siudak. 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

The next Feast is the Annunciation to Holy Mary Theotokos, on Sunday, April 7.

Traditional Guidelines: *This Week:* According to the strict observance, in the course of the five initial days of Lent, only two meals are eaten, one on Wednesday and one on Friday, in both cases after the Liturgy of the Presanctified Gifts. On the other three days, those who have the strength are encouraged to keep an absolute fast [*i.e., eat nothing*]; those for whom this proves impracticable may eat on Tuesday and Thursday (but not, if possible, on Monday), in the evening after Vespers, when they may take bread and water, or perhaps tea or fruit-juice, but not a cooked meal. It should be added at once that in practice today these rules are commonly relaxed. At the meals on Wednesday and Friday we are called to eat only vegetables cooked with water and salt, and also such things as fruit, nuts, bread and honey. In practice octopus and shell-fish are also allowed [shell-fish were not considered to be animals since they did not have a back-bone.]. Likewise vegetable margarine and corn or other vegetable oil, not made from olives [are allowed]. But the following categories of food are definitely excluded:

- 1) meat;
- 2) Animal products (cheese, milk, butter, eggs, lard, etc.).
- 3) fish (*i.e.*, fish with backbones)
- 4) oil (*i.e.* olive oil) and wine (*i.e.* all alcoholic drinks).

A Pastoral Interpretation: The First Week of Lent is “Clean Week”, when we try to cleanse body and soul of all physical and spiritual evils. We are called to fast as completely as possible (meaning: eating as little as possible all week), *but especially on Monday, the first day of Lent, and Wednesday and Friday, when we have the opportunity to receive the Holy Eucharist at the Liturgy of the Presanctified Gifts.*

ALL SOULS SATURDAYS: *Next All Souls Saturday is March 14.* All are welcome to come and pray for their deceased loved ones.

PARISH STUFF

Update! Agape Offerings: *Today:* Denise Mihalik – March Birthdays, especially her mom Helen’s birthday. *Next Sunday:*

Update! The **March Parish Council Meeting** has been canceled.

Update! The **Spring Lottery Ticket Raffle** will be held on Sunday, April 26. Chance tickets are being mailed out to everyone, as we usually do. You can also pick up tickets from Carole Bushak. Once again, we want to

Our Gifts to God and our Church	
February 23, 2020	
Attendance	33
Communions	24
Collections	
Monthly	75.00
Sunday	1156.00
All Votive Candles	159.00
Building Maintenance	15.00
Diocesan Membership	84.00
Donations in memory of John Bonga	<u>250.00</u>
Total Offerings: 11739.00	
<i>Building and Repairs Donations which are</i>	

New! PITTSBURGH DEANERY LENTEN MISSIONS AND SERVICES! The Clergy of our Pittsburgh Deanery invite and encourage all to be a part of the special Lenten services in our area.

Confessions will be available before all Deanery Services, with a variety of priests available. *ALL* are encouraged to take advantage of this opportunity to receive this Holy Mystery during Lent!

- **March 8, Sunday of Orthodoxy:** Vespers at *Holy Trinity Church*, North Hills (985 Providence Blvd., Pittsburgh, PA 15237) 4:30 pm
- **March 15, Remembrance of St. Gregory Palamas:** *St. John the Baptist, Ambridge, PA.*, Speaker: Seminarian Dan Katz. 2:30 PM Confessions, 3:00 PM Vespers, followed by Lenten repast.
- **March 22, Veneration of the Holy Cross:** *St. John the Baptist, East Pittsburgh, PA.* Speaker: Fr. Nik Ferencz 2:30 PM Confessions, 3:00 PM Vespers, followed by Lenten repast.
- **Saturday, March 28: Annual ACROD Lenten Retreat, St. Nicholas, Homestead, PA.** Retreat Master: Metropolitan Gregory. Starts at 9 AM.
- **March 29, Remembrance of St. John Climacus:** *St. John the Baptist, North Side, PA.*, Speaker: Fr. Joseph Fester. 2:30 PM Confessions, 3:00 PM Vespers, followed by Lenten repast.
- **April 5, Remembrance of St. Mary of Egypt:** *St. Michael, Rankin, PA.* Speaker: Fr. Vincent Draginis. 2:30 PM Confessions, 3:00 PM Vespers, followed by Lenten repast.

emphasize that you are welcome purchase 0, 1, 2 or 15 tickets, as you wish. There is no obligation to buy. Chance Tickets are \$5 each.

Here are the terms of the Lottery: LOTTERY BASKET RAFFLE. St. Michael Orthodox Church, Rankin, PA. Prize: **At least \$400 worth of Lottery Tickets.** 1 (one) winner guaranteed. Winner does not have to be present to win. NOT based on State Lottery numbers. Maximum of 500 tickets sold. DRAWING SUNDAY, October 20, 2019. DONATION \$5

Prize Contributions: As discussed at the annual meeting, some folks wanted to continue to donate toward the prize by donating Lottery Tickets. If donations do not cover the prize, the parish will cover the difference, to be repaid by ticket sales.

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.

DIOCESE, DEANERY AND ADDITIONAL STUFF

New! SPF50 ministry 10,080 minutes in a week. After you take out time for sleep, eating, work, and exercising, roughly 3,120 minutes remain. Of that, only about 12 minutes a week are needed to be a part of the new **SPF50 ministry** that our diocese is starting. SPF50 stands for Scripture, Prayer, and Family for 50 minutes a month (not a week). In our spiritual lives, coming to church on Sundays (and for other services) is critical; having the youth of the parish participate in Church School is very important; making our home a House Church is also very important! **SPF50** is intended to bring the family together and read Scripture together at home. This could be done at your prayer corner, around the kitchen table, in the living room, or wherever it will work for you. Attached in the next email you will find more information about this beautiful new ministry that begins next week. I pray that all of our families participate in this! I pray that our couples participate in this! I pray that those who are single participate in this as they pray with God and the Saints.

Reminder! Sunday of Orthodoxy Pan-orthodox Vespers The Orthodox Clergy Brotherhood of Greater Pittsburgh invites you to join us on Sunday, March 8, 2020 at 4:30 PM, at Holy Trinity Greek Orthodox Church, 985 Providence Boulevard, Pittsburgh, PA 15237. **Celebrant and Homilist:** His Grace Bishop John (Abdallah) of the Antiochian Orthodox Diocese of Worcester and New England. **Also featuring** the Pan-Orthodox Choir under the direction of Fr. Tom Soroka. Vespers will be followed by fellowship and Lenten refreshments.

Reminder! Young Adult Retreat at Camp Nazareth Co-sponsored by the Greek Orthodox Metropolis of Pittsburgh Y2AM, American Carpatho-Russian Orthodox Church and Ukrainian Orthodox Youth & Young Adult Ministries. March 13-15, 2020 | Mercer, PA | Registration fee: \$75 for the weekend. Theme: *Engaging the non-religious with the Gospel of Jesus Christ*. Have you ever felt that you'd love to share your Orthodox Christian faith with friends and family; classmates and colleagues; neighbors and the non-religious, but just don't want to come across as pushy, judgmental or...weird? If so, this retreat is for you! Join a group of fellow Orthodox Christians as we reflect on strategies for "serving Christ, His Church, and the world" by engaging people who are struggling with questions of faith, particularly those who are atheists, agnostics, doubters, inquirers, lapsed, "spiritual but not religious," or unchurched. We will reflect critically on scripture, patristic and contemporary apologetics and themes of spirituality, conversion, and apologetics. Participants will learn and practice strategies and principles for ministering to those who reject or struggle with Christian faith.

Reminder! Lenten Retreat: All Are Welcome! This event is free and does not require a reservation (RSVP'S appreciated at frdavidvernak@verizon.net or 201-704-6217). Saturday, April 4, 10 AM to 1 PM, at St. John the Baptist Orthodox Church, 601 Boone Ave., Canonsburg, Pa 15317. **Matushka Valerie Zahirsky's** talk about groups of Saints is titled, "Surprising Saints: Holy Peoples' Struggles and Triumphs Can Inspire Our Lives." More details on flyer in hall.

CAMP NAZARETH SUMMER CAMP 2020

The time for Summer Camp is Rapidly Approaching!!! The clock is ticking!!

REGISTER ONLINE STARTING MAR. 1, 2020!!!

Dates for the Summer Camping Program

Week 1: July 19-25, 2020

Johnstown, Pocono, Southern Tier, Youngstown and Chicago Deaneries

Week 2: July 26-August 1, 2020

Pittsburgh, Mid-Atlantic, Tri-State and Washington D.C. Deaneries

Week 3: August 2-August 8, 2020

New England, NY, NJ, Florida and Canada Deaneries

Register Online Starting March 1, 2020

Register at – campnazareth.org

\$20 Early Bird Discount Per Child!!!!

(one-time only, not per week)

Register & pay by May 15, 2020!!!!

Online Registration MUST be complete AND payment must be submitted by May 15 in order to qualify for the Early Bird Discount.

Registrations after June 15 will incur an additional \$20 late fee.

1. When you register online please note that **you will still need to submit a paper copy of the Medical Examination Form (i.e. Camper Physical)** which must be filled out and signed by a licensed medical professional (licensed physician or physician's assistant). This form will be emailed to you after you complete the online registration process.
2. **Payment by check, money order, or credit card is accepted.** Checks and Money Orders are to be made payable to *Camp Nazareth* and sent to *Camp Nazareth at 339 Pew Road, Mercer, PA 16137.*



Office of the Metropolitan

312 Garfield Street

Johnstown, PA 15906

Protocol No. 4/2020
February 2020

Glory to Jesus Christ!

Dear Diocesan Faithful,

Our Diocese is pleased to announce a new endeavor to support families in their life of Faith. The endeavor is a ministry devoted to helping families pray and read Scripture together at home. It is called SPF 50 which stands for Scripture-Prayer-Family. The “50” stands for 50 minutes per month. The idea is simple: Help families (moms, dads, sons and daughters) pray and read Scripture TOGETHER at HOME 50 minutes each month and support them as they do so.

SPF 50 now has space on our Diocesan Website (acrod.org) and, for the time being, will be sending each parish the necessary material which is also available on our Diocesan Website.

I am sure I do not need to list for you the challenges facing your families out in the world and the fight you are engaged in to keep hold of your Faith at home. One need only look at your schedules to see how rapidly life moves for you, and how precious little time is spent truly together as a believing and God-fearing household. While Church Services are essential and form the foundation of our spiritual life, and while a formal Church School Program is important, our Faith must be practiced in each home. Praying together and reading Scripture together as a family are essential parts of a believing household and so our Diocese is pleased to offer SPF 50 as a way to help families pray and read Scripture together.

First, and most important, I am asking you to support this initiative through your prayers. Ask our Lord to bless our families and this new endeavor.

Second, obtain from your parish Priest the Program’s simple material (which will also be available on our Diocesan Website) and read and make use of it. This is crucial NOT to the success of this endeavor, but in helping your family learn to love to pray and read Scripture together.

Third, make a commitment as a family. SPF 50 is designed to help you pray and read Scripture together as a family for 50 minutes each month, or just over 12 minutes each week. Use the “Our Family is Invested” card to write down your commitment. Give that Commitment Card to your parish Priest and join other families in your parish and around the Diocese in this endeavor. Invest your time and effort into something that will bear the right fruit. Let me assure us by the words of Isaiah the Prophet when he said, “...again take root downward, and bear fruit upward...” (Isaiah 37:31) These words were spoken to Hezekiah, king of Judah, when the “world” in the form of Assyria was

closing in on Judah and threatening destruction. The world threatens our families' lives of Faith every day. Help your family "...take root downward, and bear fruit upward."

I encourage and exhort you in this new endeavor. It may seem simple and obvious to you, but in a world always racing toward destruction, the simple and obvious are often difficult to see. Help your family pray and read Scripture together.

Looking forward to partnering with you in this endeavor, with blessing I remain

Working in His Vineyard with much love,

A handwritten signature in cursive script that reads "+ Metropolitan Gregory". The signature is written in black ink and is positioned below the text "Working in His Vineyard with much love,".

+Metropolitan Gregory of Nyssa

Please Note: We have a number of packets of information at the new SPF50 program. It has information on how, what and when. All are encouraged to pick up a packet after reading the Metropolitan's letter. If we run out, we will print more!

SCIENCE AND NATURE CAMP

@

Camp Nazareth
Mercer, PA

August 9 - 15, 2020

"Wonder - Explore - Discover"

Register Online at campnazareth.org

Registration opens March 1, 2020

Resident and Day Camp for Ages 8-18