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Served By
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Sunday of Cheeseare

Tone 3

Menologion

The Holy Apostle Onēsimos, (meaning "useful") was a Christian mentioned in the New Testament. He was a slave to Philemon, a Christian, and is the subject of Paul's Epistle to Philemon

Propers

Pages: 135-137 & 218-219



Liturgical Schedule

Divine Liturgy
Sunday: 8:30 am
Holyday: 9:00 am
Presanctified: Wed 3 pm

Confessions

One half hour before
the divine liturgy or by
appointment

The Divine Liturgy intention is for the parish
family

If you would like to schedule a Litrgy please talk
to Father Vasyl or use the sign up sheet in the
vestible.

Welcome to our Church! If you are looking for a
spiritual home, contact Father for more
information. God bless you!

Great Fast is quickly approaching.

Cheeseare Sunday is also called Forgiveness Sunday.
The gospel reading (Matthew 6: 14-21) includes the
message of forgiveness, fasting, and building up our
treasures in heaven. How appropriate a reading for the
day before the beginning of Fast! Cheeseare is also the
last day to eat dairy products before Great Fast.

Although not specifically liturgical, Cheeseare week
follows Meatfare Sunday. This is the last week to
partake of dairy before Lent. Also, during this week we
begin fasting from meat (for those who are able).
Traditionally, this is the final week to have parties and
celebrations that are not proper to the solemn nature
of the Lenten season. Big parties, weddings, and other
major celebrations are rarely permitted during Lent.
When they are allowed, they are often done on a much
smaller scale.

Sometimes dancing, secular music, and other
distractions from religious life are forgone during Great
Lent. Because of this, people splurge on these activities
during this week in anticipation of them being given up.

ALL SOULS SATURDAYS will take place in February,
March, and June. Please submit the First Names of
your deceased on the envelope.

Fasts & Feasts

FEBRUARY

Sun 15 Cheeseare Sunday

Mon 16 First Day of the Great
Fast

Sat 28 2nd All Souls Saturday
Divine Liturgy &
Panachida (Moved to Sunday)

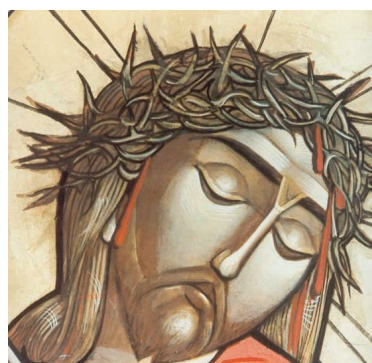
March

Sat 7 3rd All Souls Saturday
Divine Liturgy &
Panachida (Moved to Sunday)

Sun 8 Third Sunday of the
Great Fast (Veneration
of the Holy Cross)

Sun 15 Fourth Sunday of
the Great Fast (St.
John Climacus)

A special thanks to the perohi ladies.



Great Fast

Glory to Jesus Christ!
(Slava Isusu Christu!)

Glory to Him
Forever! (Slava i Na
Viki!)

Christ is Among us!
(Chrystos Posredi
nas)

He is and Shall Be!
(Jest i budet)

(Again, this is rather like the Roman Catholic Shrove Tuesday). Many cultures have a special activity done each day of the week during Cheesefare. These vary from culture to culture but may include things like dancing, visiting certain relatives, or winter activities like sleigh rides and snowball fights.

Aside from Cheesefare and Forgiveness Sunday, this day is also called Adam's Lament. We remember how Adam was banished from Eden, and join with Adam and Eve in expressing our sorrow over the sins which have separated us from God. This prepares us for our Lenten journey towards Easter. Christ's death and resurrection reopens the gate to Paradise and restores our relationship with God. We mourn the loss in order to remember the joy of the hope which has been given to us through Christ.

The Rite of Forgiveness is celebrated following Vespers. During it the priest apologizes to the people for the sins he has committed against them, and the people do the same. The people offer forgiveness to the priest, and the priest offers the same reconciliation for us. This act of mutual forgiveness reminds us that we cannot reunite ourselves to God while we are not reconciled with each other.

REGULATIONS FOR THE SEASON OF THE GREAT FAST

The fasts of the liturgical year are to be kept in accordance with the Norms of Particular Law of the Byzantine Metropolitan Church

Strict Abstinence

The law of strict abstinence (fast) forbids the use and consumption of all meat, eggs and dairy products.

All faithful of the Archeparchy who receive the Eucharist are obliged to observe strict abstinence when prescribed.

Strict Abstinence (fast)

is to be observed on Pure Monday, March 3 (the first day of the Great Fast), and on Great and Holy Friday,

Dispensations

Priests and parents are to ensure that minors are educated in the authentic sense of penance.

Pastors and administrators, with just cause and taking into account acceptable reasons due to personal circumstances, may grant to the individual faithful as well as to individual families, dispensations, transfers, or commutations of abstinence and strict fast into other pious practices.

Liturgical Services

The Divine Liturgy of the Presanctified Gifts takes precedence over all other Lenten Devotions.

The Divine Liturgy of the Presanctified Gifts only is to be celebrated on Wednesdays and/or Friday evenings of the Great Fast and also on Monday, Tuesday, and Wednesday of Holy Week.

The three aspects of the Fast

According to Byzantine tradition, the discipline of the fast consists of three parts:

Corporal (bodily) fast, by which we give up certain foods, drinks and amusements, in order to break the hold that such things may have over us.

Spiritual or internal fast, by which we seek to turn from any sin, wickedness or evil habits in our lives, so that we may come into God's presence well-prepared to celebrate our Lord's Resurrection and our redemption.

Spiritual renewal, by which we seek a greater practice of the virtues, a deeper life of prayer, repentance for our sins, and a greater conversion (metanoia) of heart, which manifests itself in good works. All of these are oriented to a deeper union with God – theosis.