

# St. John Of the Desert

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## FAST AND ABSTINENCE FOR THE GREAT LENT (2017)

### 1. Fast from Midnight to Noon (No Food)

- February 22 and 24
- February 27 to April 15 on all Monday to Friday

### 2. Abstinence from specific foods

- From February 22 to April 15

### Prayers for the Great Lent (2017)

- March 8 to April 5 on all Wednesday we celebrate the Presanctified Liturgy
  - March 10 to March 24 on all Friday we celebrate the Acatist Hymn
  - March 30 we celebrate Thursday of Repentance
  - April 8 we celebrate Saturday of Lazarus Divine Liturgy
- The Holy Week schedule will be announced later.

*Please be sure to mark the communal prayers on your calendar and schedule time for personal prayers. Do not forget the poor and make sure this is a period of simplicity, basic living and silence.*

## Today the Ladies Guild Meeting will take place during the Social Hour

The things we value most are those we tend to spend the most time with, and for. What we value most we tend to guard and keep secure. What we value most we tend to have on our mind and on our lips. What we value most we tend to invest our lives in. The time of Great Lent, which begins this Sunday evening with the service of mutual forgiveness, offers us forty days to re-order our lives and make the things which we know are the most important—namely our relationship with the Lord—actually the most important. The time of Lent is a time in which we, with the grace of God, begin to focus our life on God and order all things in relationship to him.

KEEP THE PARISH DATABASE CURRENT - UPDATE YOUR ADDRESS, EMAIL, ETC.

**RULE FOR FASTING AND ABSTINENCE** - Three approaches to fasting and abstinence have developed. These might be called the Law, the Tradition, and the Compromise.

**The Law** – that which is required (The minimal obligations for the Eparchy of Newton) The first day of Great Lent and the last three days of Holy Week, All Fridays of Great Lent are days of abstinence from meat, Good Friday is a day of fast and abstinence

**The Tradition** – that which the devout follow Every day of Great Lent is a day of fast and abstinence, On Saturday and Sunday fish, wine and olive oil are permitted, Saturday and Sunday are not Fast days – food may be taken at any time, Certain feast days are treated like Saturday and Sunday.

**The Compromise** - The First, Middle and Last weeks of Great Lent are kept strictly. The other weeks are relaxed, Abstinence from meat on all days of Lent, Abstinence from meat on all Wednesdays and Fridays during Lent.

*“To convert somebody go and take them by the hand and guide them.”* St. Thomas Aquinas

**Do not forget the hungry!**

(Collection Basket in the Narthex)  
Please bring Peanut butter, Soups, Jelly, breakfast cereals (not the ones with lots of sugar, please), Canned meats and vegetables, disposable diapers & detergent, etc. Put your donations in the Narthex.

2-19-2017

FEBRUARY 26, 2017  
SUNDAY OF CHEESE-FARE

ROMANS 13:11-14; 14:1-4

MATTHEW 6:14-21

TONE 8

Wednesday, March 1	7:00 pm	Presanctified Liturgy
Thursday, March 2	7:30 pm	Children Internet Religious Education
Friday, March 3	7:00 pm	First Acatist Hymn
Sunday, March 5	9:00 am	Children Religious Education
	9:30 am	Confessions
	10:20 am	Doxology
	10:30 am	Divine Liturgy
		Followed by Social
		(+) Anton Hattar, (+) George Haddad, Paul Davis

## Today's Intention

- Health and Salvation of John Rimmer by Dcn. Marion and Joyce Rimmer
- Health and Salvation of Joelle Khouzam by Arlette Khouzam
- Health and Salvation of Paul Davis
- Repose of the Soul of Adeeb Khoury by Nijoud Khoury
- Repose of the Soul of George Haddad by Sami Haddad
- Repose of the Soul of Andrea Negm by Kh. Simone
- Repose of the Soul of Zalpha Khnanisho by Kh. Simone
- Repose of the Soul of John Achaia and Samir Eskander by Michael & Mona Eskander
- Repose of the Soul of Samir Youssef and Rafik Boulos by Michael & Mona Eskander

**PLEASE PRAY FOR THE SICK: MAY OUR PRAYERS BRING HEALTH, HEALING AND HOPE TO THOSE IN OUR COMMUNITY WHO ARE SICK, ESPECIALLY:**

Pauline Hamra, Fadia Loegering, Munther Hattar, Dr. Farouk Habra, Alan Herro, Marianne Krouchian, John Davis, Rt. Rev. Charles Aboody, Jennifer Rimmer, Paul Davis and Jacques Rainis.

(NAMES REMAIN ON THE PRAYER LIST FOR 6 WEEKS, PLEASE CALL THE PARISH OFFICE OR EMAIL TO EXTEND.)

## Matthew 6:14-21

The Lord said, “If you forgive men their offenses, your heavenly Father will also forgive you. But if you do not forgive men their offenses, neither will your Father forgive you your offenses. And when you fast, do not look gloomy like the hypocrites, who disfigure their faces in order to appear to men as fasting. Amen I say to you they have had their reward. But you, when you fast, anoint your head and wash your face, so that you may not be seen by men to fast, but by your Father, who is in secret; and your Father, who sees in secret, will reward you. Do not lay up for yourselves treasures on earth, where worm and rodent consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither worm nor rodent consumes, nor thieves break in and steal. For where your treasure is, there also will be your heart.”

## Necessary Weekly offering \$ 2,174.00

Attendance: 95 Souls - Number of envelopes Mailed: 75 - Number of Envelopes Returned: 21  
Tithing: 1,335.00 - Bulletin Ads: 0.00 - Building Fund: 0.00 - Candles: 0.00  
Coffee Collection: 39.00 - Stole Offerings: 479.00 - Memorial/Donations: 0.00 - Marked Fund: 0.00  
Thanks for your gift of thanksgiving to the Lord!

## WHILE SHOPPING, PLEASE REMEMBER THE POOR

Canned Fruits, Canned Roast Beef, Granola Bars, Jelly, Protein Bars, Tomato Paste, Tomato Sauce, Water Bottles, Spaghetti, Rice, Dry Foods, Canned Vegetables, etc.

**For all your Gifts, please call St. John of the Desert Gifts at (602) 363-GIFT**