

# St. John Of the Desert

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## LENTEN PREPARATION

During the Lenten Season, starting on February 5th, we abstain until Easter. We Fast from midnight to noon on Monday to Friday every week and on March 31th, with the exception on February 5th, 6th and 8th.

We will pray the Presanctified Liturgy on every Wednesday starting on February 14th. At 7:00 pm and the Acathist hymns on every Friday starting on February 16th, with the exception on March 23th and 30th.

On Friday March 9th, the Acathist hymns will be followed by a Spiritual talk "The Anaphora of St. Basil the Great"

### Rule of fasting in the Eparchy of Newton

The minimum rule that Melkites in the Eparchy of Newton must observe: Fasting from all food and drink from midnight until noon must be observed on the first day of Great Lent and on the last three days of Holy Week (Holy Thursday, Good Friday, Holy Saturday). Abstinance, at least from meat, must be observed on every Friday of Great Lent. These requirements are the minimum. The faithful are encouraged to do more, such as also abstaining from meat every Wednesday or throughout the whole of Great Lent.

Meat-fare Sunday indicates a farewell to meat. In Egypt where I was born and raised, the season of the Great Fast for the Melkite Catholic faithful was perceived as a time of joy and anticipation, yet a time of severe fasting. Among the Melkites, each family had its own tradition, but, most of the faithful maintained the fast from meat and dairy products for the entire Great Fast.

Today, many of us can't maintain even the minimum rule of Fast due to health conditions and requirement. However, if we have the desire to express our love for the Lord, we can and should make time to participate in the great fast services and maintain a fasting practices to accommodate our health.

We cannot be followers of Christ in isolation. We must be connected to THE community of Faith; The Church (the Ecclesia), the Body of Christ.

*"For just as the body is one has many members, and all the members of the body, though many are one body, so it is with Christ. For by one Spirit we were all baptized into one body-Jews or Greeks, slaves or free, and all were made to drink on one Spirit. For the body does not consist of one member but of many."* 1Cor 12:12-14

***"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.

FEBRUARY 4, 2018  
SUNDAY OF MEAT-FARE

FIRST CORINTHIANS 8:8-13; 9:1-2

MATTHEW 25:31-46

TONE 2

Thursday, February 8	7:30 pm	Children Internet Education
Sunday, February 11	9:00 am	Children Religious Education
	10:20 am	Doxology
	10:30 am	<b>Divine Liturgy</b> Followed by the Social Hour
		Men's group Meeting
		(+) Munther Hattar (+) Alan Herro, (+) Andres Bolinaga

### This week's Ascetical practices

**Abstinance:** Monday through Sunday - Visit the sick and feed the hungry

**Fast:** Wednesday and Friday - Examination of conscience and redress

### Today's Intentions

- For the Health and Salvation of Denise and Jim Hamra by Paul & Shirley Davis
- For the Health and Salvation of Paul Davis by John & Evelyn Davis
- For the Health and Salvation of Kh. Simone by John & Evelyn Davis
- For the Health and Salvation of Rt. Rev. Frank Milienewicz & Rev. Philaret Littlefield
- For the Repose of the Soul of Munther Hattar by Nahil A. Hattar, Uncle Sam, Atied, Emad, Joy, Khalil, Iraz, Izz Family
- For the Repose of the Soul of Munther & Anton Hattar by Nadia Hattar
- For the Repose of the Soul of Alan Herro
- For the Repose of the Soul of Andres Luis Bolinaga

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

Fadia Loegering, Dr. Farouk Habra, Marianne Krouchian, John Davis, Jacques Rainis, Alice Harrison, Dunia Dababneh, Fr. Frank Milienewicz, Fr. Philaret Littlefield, Sami Shakkour, Mk Bredan, Mk Basil, Simon Abboud, Elias Awad.

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

### LADIES GUILD MEETS ON FEBRUARY 18, DURING THE SOCIAL HOUR

"When the thrones are set up and the books are opened, and God sits in judgment, O what fear there will be! ...O Savior and Lover of Mankind, only King of the universe: before the end comes, turn me back through repentance and have mercy on me." **Vespers for Meatfare Sunday**

**Please Support our Food Bank** - Try to bring to Church, next Sunday, something for the poor and needy who come begging at the door of our Church. Our pantry is almost empty. We need small diapers and food. May our Lord bless you!

### Necessary Weekly offering \$ 2,170.00

Attendance: 69 Souls - Number of envelopes Mailed: 77 - Number of Envelopes Returned: 25

Tithing: 1,191.00 - Bulletin Ads: 0.00 - Building Fund: 0.00 - Feasts: 0.00 - Candles: 281.00

Coffee Collection: 40.00 - Stole Offerings: 20.00 - Flowers/Memorial/Donations: 0.00 - Marked Fund: 0.00

Thanks for your gift of thanksgiving to the Lord!

1-28-2018

### 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**