

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

- 1. Fast from Midnight to Noon (No Food)
- March 6 to April 15 on all Monday to Friday
  - 2. Abstinence from specific foods
    - From March 5 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 Acathist 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.

The Ladies Guild will hold a Bake Sale on Sunday, March 12, 2017 to raise money to pay for the refrigerator that had to me replaced. All the ladies of the parish are encouraged to participate in this event. You can bake sweets or Middle Eastern specialties such as spinach pies, cheese pies or zaatar, anything you wish to make. If you decide to take part in this event, please let Jumana or any of the officers of the Ladies Guild know that you will bake one of your specialties. Thank you!

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.

sugar, please), Canned meats and vegetables, (Collection Basket in the ō gry with lots grynot forget the hung:
Soups, Jelly, breakfast cereals (not the ones with disposable diapers & detergent, etc. Put your hung thenotPlease bring Peanut butter,

## MARCH 5, 2017 SUNDAY OF ORTHODOXY

HEBREWS 11:24-26; 32-40; 12:1-2		JOHN 1:43-51	TONE 1
Wednesday, March 8	7:00 pm	Presanctified Liturgy	
Thursday, March 9	7:30 pm	Children Internet Religious Education	
Friday, March 10	7:00 pm	Acathist Hymn	
Sunday, March 12	9:00 am	Children Religious Education	
-	10:20 am	Doxology	
	10:30 am	Divine Liturgy followed by the Social Hour	
(+) Adeeb Khoury, (+) George Haddad, Paul Davis			

### **Today's Intention**

- Health and Salvation of Paul Davis
- Repose of the Soul of Adeeb Khoury by Nijoud Khoury
- Repose of the Soul of George Haddad by Arlette Khouzam
- Repose of the Soul of Anton Hattar by Milad, George, Ghassan and Bassam Ishak
- Repose of the Soul of Bahij Baqseh by Michael & Enas Baqseh

# 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.)

#### What is faith?

"Faith is, as some have described it, the total giving over of ourselves to the one in whom we believe. Faith is not the acceptance of a list of doctrines or ideas; faith is not the trust we place in people who are knowledgeable in a particular area or expertise. Faith is the acceptance of the entirety of the person in whom we believe, regardless of the verifiability of what they say or claim to know. Faith unites us totally to Jesus in our mind, in our heart, in our will, and in our spirit. Only then do we begin to see as Jesus sees, understand as Jesus understands, and live as Jesus lives.

Why is this important to understand today? As we stand now at the beginning of our Lenten journey (having begun the fast this past week), we begin to realize how attached we are to the things of this world. Today Jesus calls us to place our trust, our belief, and yes, our faith, in him. Soon Jesus will die on the cross, and be buried in a cave. And soon, very soon, Jesus will rise from the dead on the third day. Only those who have become totally detached from the things of this world and have placed their faith in him, will rise with him from the dead."

## **Necessary Weekly offering \$ 2,174.00**

Attendance: 73 Souls - Number of envelopes Mailed: 75 - Number of Envelopes Returned: 25
Tithing: 748.00 - Bulletin Ads: 0.00 - Building Fund: 55.00 - Candles: 170.00
Coffee Collection: 40.00 - Stole Offerings: 130.00 - 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

<sup>&</sup>quot;To convert somebody go and take them by the hand and guide them." St. Thomas Aquinas