

| SUNDAYS | THEMES / GOSPEL READING | HOW TO PARTICIPATE: |
|--|---|---|
| Fast - Free Week FEBRUARY 5th | TRIDUUM WEEKS Publican and the Pharisee Reading: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14 | Trust in God, not yourself Ask for His help before every task this week! |
| Normal Fast Week FEBRUARY 12th | The Prodigal Son Returns! Reading: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32 | Schedule a Confession. Use up/freeze meats this week. |
| Maelfare FEBRUARY 19th FAREWELL TO MEAT TODAY | The Last Judgment Reading: 1 Corinthians 8: 8-9; 2 Gospel: Matthew 25: 31-46 | Pray facing east this week. Christ is returning from the east and we wait for Him! Use up/freeze dairy this week. |
| Cheese fare FEBRUARY 26th FAREWELL TO CHEESE TODAY | Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Reading: Romans 13: 11-14:4 Gospel: Matthew 6: 14-21 | Ask each other for forgiveness each evening this week before bed. |
| 1st Sunday of Lent MARCH 5th | GREAT FAST BEGINS WITH FORGIVENESS VESPERS SUNDAY of ORTHODOXY Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51 | Bring an icon to church for a procession. |
| 2nd Sunday of Lent MARCH 12th | ST GREGORY PALAMAS Reading: Hebrews 1:10-2:3 Gospel: Mark 2: 1-12 | Bring a Chotki (prayer rope) to be blessed today! Use it and pray the Jesus Prayer each day this week. |
| 3rd Sunday of Lent MARCH 19th | VENERATION OF THE HOLY CROSS HALF-WAY TO PASCHAI Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8:34-9: 1 | Wear your cross to church and kiss the cross each morning with a bowl! |
| 4th Sunday of Lent MARCH 26th | ST JOHN of the LADDER Reading: Hebrews 6:13-20 & Eph 5:9-19 Gospel: Mark 9: 17-31 & Mt 4:25-5: 12 | Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross! |
| 5th Sunday of Lent APRIL 2nd | ST MARY of EGYPT Reading: Hebrews 9: 11-14 Gospel: Mark 10: 32-45 | Ask the Theotokos to offer you and the world pure thoughts and ideas this week. |
| FLOWERY (PALM) SUNDAY! April 9th GREAT WEEK BEGINS | ENTRY OF OUR LORD INTO JERUSALEM Reading: Philippians 4: 4-9 Gospel: John 12: 1-18 | Place your palms and pussywillows behind an icon at home and in your car! |
| GREAT AND HOLY FRIDAY APRIL 14th | GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE | Refrain from TV, Internet, & Phones to honor Christ's Death. |
| FEAST OF FEASTS! APRIL 16th NO FASTING! | BRIGHT WEEK HOLY PASCHAI (CHRIST IS RISEN!) Gospel: John 1: 1-17 | Greet everyone with "CHRIST IS RISEN!" & say it before good morning and good night! |

DEANERY LENTEN VESPERS SCHEDULE

Service begins at 6:00 p.m.

Sunday, March 12:

Saint Joseph Church
412 Crescent Street, Wheaton, IL
Sermon: Archpriest Paul Jannakos (from St Lukes)

Sunday, March 19

The Deanery Lenten service will be here at St. Pan-teleimon.
Sermon: Deacon Thomas Keith (From Holy Trinity Cathedral)

Sunday, March 26

St. Nicholas Church
1000 Barber Lane, Joliet, IL
Sermon: Archpriest Mykola Bodnarchuk (from St. Joe's)

Sunday, April 2

St Cyril & Methodius Church
2505 South 30th Street, Milwaukee, WI
Sermon: TBA

Sunday, April 9

(Palm Sunday Bridegroom Matins)

Holy Trinity Cathedral
1121 North Leavitt St., Chicago, IL
Sermon: His Grace Bishop Paul

ON FASTING: ST JOHN CHRYSOSTOM

*Fasting is a medicine. But medicine, as beneficial as it is, becomes useless because of the inexperience of the user. He has to know the appropriate time that the medicine should be taken and the right amount of medicine and the condition of the body which is to take it, the weather conditions and the season of the year and the appropriate diet of the sick and many other things. If any of these things are overlooked, the medicine will do more harm than good. So, if one who is going to heal the body needs so much accuracy, when we care for the soul and are concerned about healing it from bad thoughts, it is necessary to examine and observe everything with every possible detail

*Fasting is the change of every part of our life, because the sacrifice of the fast is not the abstinence but the distancing from sins. Therefore, whoever limits the fast to the deprivation of food, he is the one who, in reality, abhors and ridicules the fast. Are you fasting? Show me your fast with your works.

Which works? If you see someone who is poor, show him mercy. If you see an enemy, reconcile with him. If you see a friend who is becoming successful, do not be jealous of him! If you see a beautiful woman on the street, pass her by.

*In other words, not only should the mouth fast, but the eyes and the legs and the arms and all the other parts of the body should fast as well. Let the hands fast, remaining clean from stealing and greediness. Let the legs fast, avoiding roads which lead to sinful sights. Let the eyes fast by not fixing themselves on beautiful faces and by not observing the beauty of others. You are not eating meat, are you? You should not eat debauchery with your eyes as well. Let your hearing also fast. The fast of earring is not to accept bad talk against others and sly defamations.

*Let the mouth fast from disgraceful and abusive words, because, what gain is there when, on the one hand we avoid eating chicken and fish and, on the other, we chew-up and consume our brothers?

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On Fasting Con't

He who condemns and blasphemes is as if he has eaten brotherly meat, as if he has bitten into the flesh of his fellow man. It is because of this that Paul frightened us, saying: "If you chew up and consume one another be careful that you that you do not annihilate yourselves"

Twelve Changes or Transformations: After Forty Days or Forty Years in the Bible By: John Sanidopoulos

1. It rained for 40 days and 40 nights when God wanted to cleanse the world and start over.

(Genesis 7:12) *And the rain was upon the earth forty days and forty nights.*

2. Noah waited another 40 days after it rained before he opened a window in the Ark.

(Genesis 8:6) *And it came to pass at the end of forty days, that Noah opened the window of the ark which he had made.*

3. Embalming required 40 days (although this was an Egyptian custom, the Egyptians recognized the period of 40 for the preparation of going into a new life, what they called the afterlife).

(Genesis 50:3) *And forty days were fulfilled for him; for so are fulfilled the days of those which are embalmed: and the Egyptians mourned for him three-score and ten days.*

4. Moses was on the mountain with God, fasting for 40 days (TWICE).

(Exodus 24:18) *And Moses went into the midst of the cloud, and gat him up into the mount: and Moses was in the mount forty days and forty nights.*

(Exodus 34:28-29) *And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.*

(Deuteronomy 10:10) *Now I had stayed on the mountain forty days and nights, as I did the first time, and the LORD listened to me at this time also. It was not his will to destroy you.*

5. Moses' face shone after the 40 days on the mountain.

(Exodus 34:29) *And it came to pass, when Moses came down from mount Sinai with the two tables of testimony in Moses' hand, when he came down from the mount, that Moses wist not that the skin of his face shone while he talked with him.*

6. It took the spies 40 days to search out the promised land and bring back fruit.

(Numbers 13:25) *And they returned from searching of the land after forty days.*

7. The Israelites spent 40 years in the wilderness, one year for each day they explored the Promised Land.

(Exodus 16:35) *And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the orders of the land of Canaan.*

(Numbers 14:33-34) *Your children will be shepherds here for forty years, suffering for your unfaithfulness, until the last of your bodies lies in the desert. For forty years--one year for each of the forty days you explored the land--you will suffer for your sins and know what it is like to have me against you*

8. Goliath presented himself before the Israelites for forty days before being killed by David.

(1 Samuel 17:16) *For forty days, twice a day, morning and evening, the Philistine giant strutted in front of the Israelite army.*

9. Elijah strengthened by one angelic meal went forty days without further nourishment to Mount Horeb where the Lord passed by and he heard the voice of God.

(1 Kings 19:8) *And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.*

10. Jonah warned the City of Nineveh they had 40 days until God would overthrow the city. The people repented in those 40 days and God spared the city.

(Jonah 3:4 and 10) *And Jonah began to enter into the city a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown... And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not.*

11. Jesus fasted for 40 days in the wilderness, where He was tempted by the devil.

(Matthew 3:17) *And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased. (Matthew 4:1-2) Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungered.*

12. Jesus was seen in the earth 40 days after His Resurrection.

(Acts 1:3) *After his suffering, he showed himself to these men and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God.*

Do Not Rely on Your Own Insight
The title words are from Proverbs 3:5b,

That verse begins: "Trust in the Lord with all your heart," and the following verses continue: "In all your ways acknowledge Him, and He will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be Healing to your flesh and refreshment to Your bones."

On this same day, the readings from Genesis that began on the first day of Great Lent continue, as they will until Palm Sunday. This day's verses include some of the most beautiful and fundamental in Genesis, telling us how Adam and Eve were created to be together.

Genesis 2: 17 gives the story of God forming Adam from the dust of the ground and "breathing into his nostrils the breath of life" and then planting the Garden of Eden with every tree that is "pleasant to the sight and good for food." The garden is watered by four Rivers.

God puts Adam in the garden to till and keep it, and gives him the commandment to enjoy everything except the tree of the knowledge of good and evil. Almost as soon as He has done this, God declares that "it is not good that the man should be alone."

God presents all the beasts of the field and birds of the air to Adam, who has the privilege of naming them. But among all of these there isn't found "a helper fit for him." So finally God takes Adam's own ribs while he sleeps, and fashions Eve. Adam pronounces her to be that fit helper, "bone of my bone and flesh of my flesh."

All this beauty and true companionship, so perfectly planned by God, still depends on the free will that God has also given to His creatures. In the very next day's reading, Adam and Eve will, as we know, undo all the good things God planned for them. How we wish they could have heeded those words from Proverbs: "Do not rely on your own insight; be not wise in your own eyes," and "Trust in the Lord with all your heart."

In the Greek Orthodox Church's calendar on this day, another woman who needed to trust the Lord is commemorated. She is Photini, the

Samaritan Woman who meets Christ at Jacob's Well. She has many questions, but she also has patience and she doesn't rush ahead to act on her "own insight." Once she understands that Christ is the promised Messiah, she humbly becomes one of His servants as an evangelist, and does great work in spreading the Gospel.

What about Adam and Eve? We know that the icon of the Resurrection will greet us at the Lenten journey's end. There on the icon they will be, the first two people, no longer outcasts from Paradise. Christ is stretching out His hand to take them to the Kingdom.



Tomorrow is the first day of the Lenten Fast. Please do not forget that in order for our fast to be effective and beneficial to our souls, it must be accompanied by prayer, repentance, forgiveness, alms-giving (giving to the poor), and good works. The fast is not a "diet" so that one could lose weight. What good is the fast if it does not change us and strengthen our relationship with Jesus Christ and with one another? What good is the fast if it doesn't transform and lift up the condition of those around us? If you are not able to keep the discipline of fasting as prescribed by the church because you are new to fasting or for health reasons, please speak to Fr. Andrew for guidance.

Below is a Reflection for the First Day of Great Lent:

"The value of fasting consists not in abstinence only from food, but in a renouncing of sinful practices. Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him! If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all members of your bodies. Let the hands fast, by being free from greed. Let the feet fast, by ceasing to run after sin.

Let the eyes fast, by disciplining them not to glare at that which is sinful. For it would be an instance of the highest ridiculousness to abstain from meats and unlawful food because of the fast, but with the eyes to feed on what is forbidden. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fish, and yet bite and devour our brothers?"

~ St. John Chrysostom ~

A Lenten Reading List con't

Prayer: An Encounter with the Living God by Metropolitan Hilarion [Alfeyev]. A relatively new book by one of today's most prolific and gifted theologians and spiritual directors, this work offers short, straightforward chapters that yield many insights into the practice of serious and effective prayer—very practical and quite helpful for that very reason.

The Passion of Christ by Veselin Kesich. In this volume, Dr. Kesich offers a compact and clearly written account of the Lord's death on the Cross, walking the reader through the Lord's earthly ministry and all of the factors that led to His Passion. In only about a 100 pages, this book will illuminate a great deal for its readers as we move during Great Lent toward Holy Week.

The Power of the Name: The Jesus Prayer in Orthodox Spirituality by Metropolitan Kallistos [Ware] is certainly the best short introduction to the Jesus Prayer by a lifelong student and practitioner of the great "prayer of the heart". Metropolitan Kallistos distills years of study and practice into an unforgettable 40-page treatise—yes, another classic!

The Place of the Heart by Elizabeth Behr-Sigel. The author—a European lay theologian described as the "grandmother" of 20th century Orthodox writers—offers a far-ranging description of how our immensely rich spiritual tradition developed from the Scriptures to the present day. Metropolitan Kallistos' essay, "The Power of the Name", is included as an Appendix.

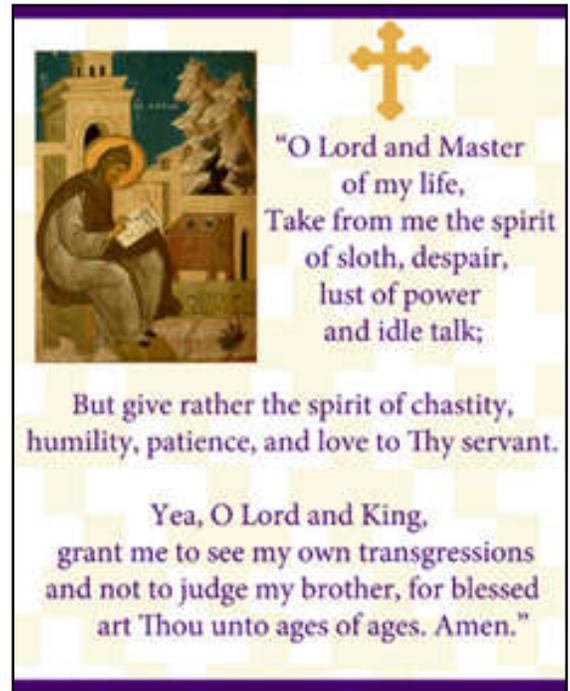
Becoming Human by Archpriest John Behr is a marvelous and profound meditation, accompanied by iconographic images, on the Person of Christ and how Christ is the link toward our own true humanity. The volume includes many great new insights Father John has put into a short meditative form based on his other scholarly studies of the early Christian tradition. He provides a profound link between Christ – the one true human being – and our own emerging humanity after His image.

God's Many-Splendored Image by Nonna Verna Harrison. Verna Harrison is an Orthodox nun, known as Sister Nonna. She is also a highly respected patristic scholar and theologian. This book explores "theological anthropology for Christian formation". While this may sound rather intimidating, prominent readers have said that "clarity, simplicity, beauty, and depth" characterize the content and style of her book. A truly wonderful exploration of what it means to be, as a human being, "God's many-splendored image", the book offers insightful observations about figures ranging from the

Desert Fathers to Albert Einstein. Sister Nonna dedicated the book "to all people whom other people have thrown away. It shows that God does not throw away people." Who would not want to read a book with a dedication like that?

The Sayings of the Desert Fathers: The Alphabetical Collection, edited and translated by Benedicta Ward. Here are the multitude of aphorisms, anecdotes and wisdom sayings of the great Desert Fathers arranged alphabetically (the Greek alphabet, that is) from the letters Alpha to Omega, and everything in between. These are the words of life from the great pioneers of Christian asceticism and the spiritual life. We read the words of Saints Anthony the Great, Arsenius, and Macarius the Great and a host of other spiritual guides in this endless source of wisdom that can be read through the years.

These and countless other books and resources may be ordered from [Saint Vladimir's Seminary Press and Bookstore](#) and [Saint Tikhon's Monastery Bookstore and Press](#).



Grumbling is caused by misery and it can be put aside by doxology (giving praise). Grumbling begets grumbling and doxology begets doxology. When someone doesn't grumble over a problem troubling him, but rather praises God, then the devil gets frustrated and goes off to someone else who grumbles, in order to cause everything to go even worse for him. You see, the more one grumbles, the more one falls into ruin. Sometimes the devil deceives us and makes us unable to be pleased with anything; however, one can celebrate all things in a spiritual manner, with doxology, and secure God's constant blessing.

~ St. Paisios of the Holy Mountain ~