

February 22nd 2026

Parish Bulletin

Cheesefare Sunday



- Sunday Prosfora offered by Amber and Vashawn



- Epistle Reading: *Speak with Fr. Jonathan to study.*



- Coffee Hour
We need people to sign up!



- **Upcoming Traditions:**
Forgiveness Vespers Sun. 2.14
Changing altar cloths to purple and rite of Forgiveness this evening.

- **Upcoming Fast: Great Lent Starts tonight!**

Upcoming Tradition:

Making Memorial Wheat for Saturday of Souls.
 On a number of Saturdays we offer the Divine Liturgy and a memorial service where we pray for EVERYONE who has fallen asleep in the Lord. There are many names read and a special memorial wheat tradition is offered. Check out our Lenten Resource table for more info and a recipe.

FAREWELL TO CHEESE TODAY CLEAN WEEK

Today is Cheesefare Sunday. We prepare for the 40 day fast of Great Lent in a balanced way. We use up or freeze the dairy in our homes this past week and today is the last day we eat all dairy products. This week will be our first week of fasting and is called CLEAN WEEK.

Sunday Feb. 22nd Sunday of Forgiveness
 Matins 9AM Liturgy 10:00AM
 Inquiring Minds 1st of 8 week Catechesis 12:30PM

Forgiveness Vespers 6:30PM
 Changing of altar covers to purple.
 Rite of Forgiveness as a Community Lent Begins!

Feb 23 Clean Mon. Great Compline w/ Canon Pt. 1 6:00PM

Feb 24 Clean Tues. Great Compline w/ Canon Pt. 12 6:00PM

Feb 25 Clean Wed. Presanctified Liturgy with Pot Luck Community Meal. 6:00PM

Feb. 26th Feb 23 Clean Thurs. Great Compline w/ Canon Pt. 4. 6:00PM

Feb 27 Clean Friday . Presanctified Liturgy 9:00AM
 Morning Service

NEW PARISH WEBSITE



Online Stewardship Offerings



Sign Up for COFFEE HOUR and CLEANING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 22 CLEAN WEEK Forgiveness Sunday Matins 9AM Liturgy 10AM Forgiveness Vespers 6:30PM	23 Clean Mon. Great Compline w/ Canon Pt. 1 6:00PM	24 Clean Tues. Great Compline w/ Canon Pt. 2 6:00PM	25 Clean Wed. Presanctified Liturgy w/ Community Meal 6:00PM	26 Clean Thur. Great Compline w/ Canon Pt. 4 6:00PM	27 Clean Fri. Presanctified Liturgy 9AM	28
March 1 Sunday of Orthodoxy Matins 9 / Lit. 10 PanOrthodox Vesp. in Chicago		3	4 Presanctified Liturgy w/ Community Meal 6:00PM	5	6 Presanctified Liturgy 9AM	7 Soul Saturday Liturgy 9:00AM
 8 St Gregory Palamas Matins 9:00AM Liturgy 10:00AM	9 Great Compline 6:00PM	10	11 Presanctified Liturgy w/ Community Meal 6:00PM	12	13 Presanctified Liturgy 9AM	14 Soul Saturday Liturgy 9:00AM
 15 Veneration of the Holy Cross Matins 9:00AM Liturgy 10:00AM	16 Great Compline 6:00PM	17	18 Presanctified Liturgy w/ Community Meal 6:00PM	19	20 Presanctified Liturgy 9AM	21 Soul Saturday Liturgy 9:00AM
 22 St John of the Ladder Matins 9:00AM Liturgy 10:00AM	23 Great Compline 6:00PM	24	25 Liturgy 9:30AM Annunciation Akathist to Mary w/ Fish Dinner 6PM	26 Compline Great Canon and Life of St. Mary of Egypt 6:00PM	27 Presanctified Liturgy 9AM	28 Chicago Deanery LENTEN RETREAT in Indiana 2PM



PARISH LENTEN NEWS

LENTEN CONFESSIONS

Confession is one of the best ways to prepare for the Holy Feast of Pascha. We reflect on the areas we have moved away from the love of Christ and with confidence we trust in His unconditional love. Attending Confession is also a bylaw of the Diocese that notes the importance of the Sacraments. To be a member in good sacramental standing, to serve in any official capacity of the parish, to have a voice and vote at the meetings please know attending Confession and Receiving Holy Communion during Lent are mandatory. But we are not minimalists when it comes to the Lord's table and getting rid of our sins.

PARISH RULE OF PRAYER



Updated Parish Rule of Prayer:

15 minutes daily: Set a timer and begin.

5 - Scripture Reading (Consider the daily readings)

5 - Prayer (Consider the Psalms, [the Prayer of the Optina Elders](#), or if you feel the strength to do so consider the [Morning Prayer of Daybreak by St. Sophrony of Essex](#). Your perception of the day will be changed if you offer this prayer.

5 - Silence

One 33-knot Prayer Rope, "Lord Jesus Christ, have Mercy on me."

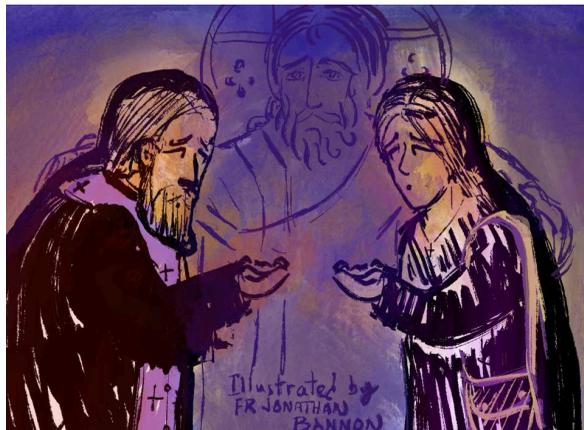
In Greek it is 5 words and likened to the 5 stones of David who fought Goliath. Like David we rush into battle with nothing more than the 5 stones of the Jesus

Prayer. Now Goliath had 4 brothers so we find the depth of only taking 5 stones came with faith and anticipating battle(s) to follow. So anticipate distractions but persevere, without pressure, without worry. As Metropolitan Nicholas of Thrice Blessed Memory told me years ago, "Just say the prayer."

FORGIVENESS VESPERS
2.22.2026. 6:30PM



During Forgiveness Vespers we enter Great Lent in a sensorial way. The lights are shut off at the prokiemenon of the procession with the censer which marks the change of the Liturgical Day, so it will now be Monday. The gold altar covers are changed to purple and at the end of the service we ask each other for forgiveness, a tradition of the monasteries that is a blessing to offer in our parish for the mark of a season of seeing our own sins and not judging others.



Bring an icon on Sunday March 1st

THE ICON PROCESSION: Where are we headed with the first week of Great Lent?

The icon of the procession(s) of the 1st Sunday of the Great Fast set our feet in the right direction. We gather together twice on this Sunday called *Triumph of Orthodoxy Sunday* to celebrate in our home parish and at a hosting parish for Sunday of Orthodoxy Vespers where we come together as the one body of Christ. What was that about a Triumph? Icons were reinstated to their former use and purpose in the greater Orthodox Church in the 700's at the 7th Ecumenical Council called by Empress Theodora. This holy saint reinstated the icons proper place after a horrible season of iconoclast heresies ailed the church's theology. Because the icon's function and purpose proclaim the incarnation of Jesus Christ it is considered not a triumph of icons but of Orthodoxy, that is to say a triumph of "Right/Correct- Faith" "Ortho-Doxia." The Icons also tell us more than just the incarnation but we will hear about this on Sunday morning March 1st

SUNDAY OF ORTHODOXY VESPERS just off I-90 at 6:30PM

Sunday is also an island of sorts in the season of Great Lent. Monday through Friday we have the purple covers and the Lenten minor key melodies of our worship. Sunday however is always a mini-Pascha as we celebrate the Resurrection (Did you know during Matins at 9AM every Sunday we hear a gospel reading proclaiming Christ is Risen. every. Sunday...there are 11 Resurrectional Gospel selections that are on a rotation)... So a of Great Lent, the Church welcomes us to join together and celebrate the Triumph of Orthodoxy which also took place on the 1st Sunday of Great Lent centuries in the 700's as we just explored.. We also come together with other jurisdictions to gain strength in prayer at a Pan-Orthodox vespers service in the evening. There is a service held every year in Chicago were in years past, Carpatho-Russians, Greeks, Serbians, Russians, Romanians, Antiochians would come together and the service is also led by the Pan- Orthodox Choir of the Chicago Area!

This year Holy Resurrection Serbian Cathedral is hosting at 6:30PM!



Office of the Metropolitan
312 Garfield Street
Johnstown, PA 15906

GREAT LENT 2026

Protocol No. 2/2026

My Beloved Faithful Clergy and Laity (Young and Old) of our God-Protected Diocese,

As we begin Holy and Great Lent this year on February 23rd, I wanted to share with you a few thoughts so that we may journey through this reflective period and arrive at the Great Feast of Feasts, PASCHA to receive the Resurrected Christ.

We are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we at the same time reconcile with one another. In this holiest period of the ecclesiastical year, we should honestly examine our relationships within our families, our Church families, friends, neighbors, co-workers and the society in general.

After all, a fast without mutual love and forgiveness is “the fast of demons”. Part of our salvation in our daily lives is the practicing of forgiveness and love. Forgiveness is truly a glimpse of the Heavenly Kingdom in our sinful and fallen world. Only with God’s grace and a repentant heart can we truly return to unity, love, and harmony.

Great Lent involves hard work: on ourselves, our thoughts and feelings, our relationships with those around us. Our Lenten discipline of fasting, prayer, and charity is given to us not as a burden or hardship, but rather as an opportunity for improving our relationships with God the Father, Jesus Christ the Son, the Holy Spirit, the Theotokos, our Guardian Angel, our Patron Saint, our neighbors and even ourselves. The Church invites us to transform our lives and to receive abundantly both peace and joy. Great Lent is an opportunity to renew our souls, minds, and bodies by entering more fully into a Christ-like life.

Therefore, as we begin our Lenten journey together, I am asking for your forgiveness for any offenses I may have caused you. Let us pray for each other so that on that day of PASCHA, the Feast of Feasts, we may sing with loud voices the beautiful Hymn of the Resurrection.

I pray that this Great Lenten Season is a spiritually uplifting experience for all of us. Working in His Vineyard with much agape,

+Metropolitan Gregory

+Metropolitan Gregory of Nyssa

The American Carpatho-Russian Orthodox Diocese of North America
ECUMENICAL PATRIARCHATE OF CONSTANTINOPLE

**ANNUAL
ALTAR BOY
RETREAT**



A three-day encounter
focused on faith, service,
brotherhood, and fun.



JUNE 28 TO JULY 1

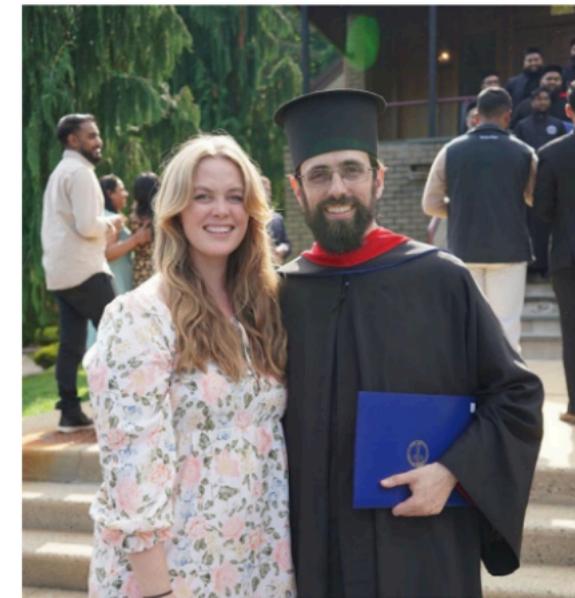
For more information:
(973) 627-1462
acrod.abr@gmail.com
www.acrod.org

**Our Parish / Deanery Lenten Mission:
“Two Journeys, One Faith”**

Holy Transfiguration Orthodox Church (4636 Fall Creek Road, Crawfordsville, Indiana) will host a Lenten Mission on **Saturday, March 28, 2025 at 2:00 PM EST.**

Our featured speaker will be **Father Matthew Wiley**, pastor of **Saint Nicholas Antiochian Orthodox Church (Urbana, Illinois)**. Fr. Matthew will share his **testimony of conversion from Judaism to Orthodoxy** and offer a **devotional on the life of Saint Mary of Egypt**. Following the lecture there will be a **Moleben to the Holy Cross** (including a homily), an **opportunity**

Young Adult Spring Retreat
At Camp Nazareth
March 13-15, 2026
Open to those 18-35 years old!
Let My Prayer Arise:
Encountering God Through Orthodox Music
Featuring Keynote Speakers:
Amy Hogg - Greek Orthodox
Jacob Mandell - Orthodox Church in America
Fr. David Mastroberte - Carpatho-Russian Orthodox
Register: <https://tinyurl.com/YASR26>
Hosted by the American Carpatho-Russian Orthodox Diocese,
the Greek Orthodox Metropolis of Pittsburgh Y2AM,
the OCA Archdiocese of Pittsburgh and the Ukrainian Orthodox Church USA



for confession, and then a **lenten meal**. Transportation will be provided if there is enough interest in attending.
12 Passenger Vans

OUR PARISH MENU

Daily Services of Great Lent

 <p>SUNDAYS</p> <p>Divine Liturgy of St. Basil the Great</p>	<p>The Liturgy of St. Basil the Great is offered every Sunday of Great Lent. It is a more ancient form of the Liturgy than our common Liturgy of St. John Chrysostom. There are lengthier prayers and hymns that call to mind Christ, His life and life-saving work of mercy in death, burial and Resurrection.</p>
 <p>(Monday Evenings)</p> <p>GREAT COMPLINE</p> <p>(Prayers offered before icons of Christ and Theotokos with candles)</p>	<p>A Bed-time or after supper prayer service. It is a private office with 2 versions, Great Compline and Small Compline. 9 Psalms are read (quickly), the Creed, evening prayers and during Lent the Prayer of St. Ephraim the Syrian and for those on a prayer list offered by those who attend. This service is very beautiful and unique compared to Liturgies.</p>
 <p>(Wed Eve. and Fri. Morn.)</p> <p>PRE-SANCTIFIED LITURGY</p> <p>(Minimum 3 Hour Fast before service to receive Holy Communion, for those able fasting from Noon is prescribed)</p>	<p>Because the Eucharist is our greatest strength in life the Church gives us Communion more often during Lent so we can succeed in the journey. As Sunday's Divine Liturgy celebration is such noted for its joyful tone, the celebration of the Eucharist it is reserved for Sundays and a more penitent style of Lenten service is offered during the week with melodies offered in the minor key.</p>
 <p>(SATURDAYS)</p> <p>Soul Saturday Memorial Liturgies</p> <p>Memorial Wheat is offered by those attending (See Lenten Resource Table for recipe)</p>	<p>The dead cannot pray for themselves any longer, so it is a ministry to pray for them. It is also selfless and loving to think of those who have passed on and to care for them. On most Saturdays of Great Lent there is a Liturgy with memorial service offered for the dead. The traditional boiled wheat: Kutia/Koliva is offered during the memorial and the names of all reposed family members of the parish are read. Are you going to make time to pray for the dead this Lent? Who will pray for you when you die? Come & See!</p>
<p>Canon of St. Andrew of Crete (M, Tu, W, Th of 1st Week of Lent) Wednesday of 5th Week of Lent with the Story of St. Mary of Egypt's Life)</p> 	<p>The Canon is very poetic and filled with references to people and symbols taken from the Old and New Testaments. The Canon speaks of some individuals in a positive light and others in a negative reminding us to keep the faith and avoid the negative examples of sin. The service attempts to portray Biblical images in a very personal way. These services are noted for the many prostrations you are invited to offer as able.</p>

IT'S ALL GREEK TO ME

Exploring the Original Words of Sacred Scripture

Metanoia μετάνοια

Meh - Tah - no- ee- yah

There are many rich words in the Greek language that are difficult to translate to English. **Metanoia** is one of them. In the New Testament this translates to repentance. The word **repentance** can mean very different things to people depending on what denomination/culture they were raised in. For Orthodox Christians the original word of Metanoia means "**change of mind/heart, literally to change direction.**" You could say, a change of life like St. Mary of Egypt. (*See her life story in bulletin during Lent.*)

=When Christ calls us from the River Jordan, "Repent for the Kingdom of Heaven is at hand" He is calling us to change the path we are walking upon, change the way we are thinking, and return to communion with the Father, Son and Holy Spirit, a community of love. We are inspired to change direction like the Jordan did when Christ entered, was baptized and told the world to Repent, Metanoia! To change direction!, "The sea looked and fled, Jordan turned back... What ails you, O sea, that you flee? O Jordan, that you turn back" - Psalm 113



μετάνοια
Repent
change direction

Meta- means Change, **Noia** comes from Nous which means the mind of the heart, not the ego and not the mind, but the quiet inner chamber of the heart that we are called to keep still in to hear God, to keep pure in order to see God. If we approach God as someone whose love we need to earn we are to **repent** in our thinking because His love is endless. Repentance can me reconciliation, to go back to God like the prodigal son who was welcomed by his Loving Father in whom we see God.

Life in Christ is an hourly turning back to the Lord as the fast flowing current of the world tries to sweep us away. So Repent!! for the Kingdom of Heaven is at hand!

Further Consideration: The Jordan flows from the sea of Galilee and naturally pours into the southern body of water, the Dead Sea. Do we see how this Psalm takes on a spiritual depth, that when Christ is baptized the very course of life changes. what once flowed to death "the dead sea" is now returning to the source of Life Himself, Christ the Pascha, the Passover, the Resurrection, the true God.