

# The Forerunner

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Vol 58, Nos. 2 & 3 - February / March  
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HE MUST INCREASE.....AND I MUST DECREASE. (JOHN 3:30)

## FASTING AND GREAT LENT

### THE TRIODION

Great Lent is the 40-day season of spiritual preparation that comes before the most important Feast of the Christian year, Holy Pascha (which means “Passover” and is commonly called “Easter”). It is the central part of a larger time of preparation called the Triodion season.

This annual season of repentance is a spiritual journey with our Savior. Our goal is to meet the risen Lord Jesus, Who reunites us with God the Father. The Father is always waiting to greet us with outstretched hands. We must ask ourselves the question, “Are we willing to turn to Him?”

During Great Lent, the Church teaches us how to receive Him by using the two great means of repentance— prayer and fasting.

### THE LENTEN FAST

The word “fast” means not eating all or certain foods. As Orthodox Faithful, we can fast completely at certain times of great importance, and especially each time before receiving Holy Communion. Usually, fasting means limiting the number of meals and/or the type of food eaten.

The purpose of fasting is to remind us of the Scriptural teaching, “Man does not live by bread alone.” The needs of the body are nothing compared to the needs of the soul. Fasting teaches us to depend on God more fully.

The first sin of our parents, Adam and Eve, was eating from the forbidden tree (Genesis 3:1-19). We fast from food, as a reminder that we are to fast from sinning and doing evil.

There are several benefits of fasting. Fasting helps us pray more easily. Our spirit is lighter when we are not weighed down by too much food or food that is too rich. Through fasting, we also learn to feel compassion for the poor and hungry and to save our own resources so that we can help those in need.

Fasting is more than not eating food. Saint John Chrysostom teaches that it is more important to fast from sin. For example, besides controlling what goes into our mouths, we must control what comes out of our mouths as well. Are our words pleasing to God, or do we curse God or our brother?

The other members of the body also need to fast: our eyes from seeing evil, our ears from hearing evil, our limbs from participating in anything that is not of God. Most important of all, we need to control our thoughts, for thoughts are the source of our actions, whether good or evil.

Fasting is not an end in itself. Our goal is an inner change of heart. The Lenten Fast is called “ascetic.” This refers to a actions of self-denial and spiritual training which are central to fasting.

### GENERAL RULES OF THE LENTEN FAST

The Lenten Fast rules that we observe today were established within the monasteries of the Orthodox Church during the sixth through eleventh centuries. These rules are intended for all Orthodox Christians, not just monks and nuns.

The first week of Lent is especially strict. On Monday, Tuesday and Wednesday, a total fast is kept. In practice, very few people are able to do this. Some find it necessary to eat a little each day after sunset. Many Faithful do fast completely on Monday and then eat only uncooked food (bread, fruit, nuts) on Tuesday evening. On Wednesday, the fast is kept until after the Presanctified Liturgy.

From the second through the sixth weeks of Lent, the general rules for fasting are practiced. Meat, animal products (cheese, milk,

butter, eggs, lard), fish (meaning fish with backbones), olive oil and wine (all alcoholic drinks) are not consumed during the weekdays of Great Lent. Shrimp and other shell-fish are allowed. On weekends, oil and wine are permitted.

## HOLY WEEK

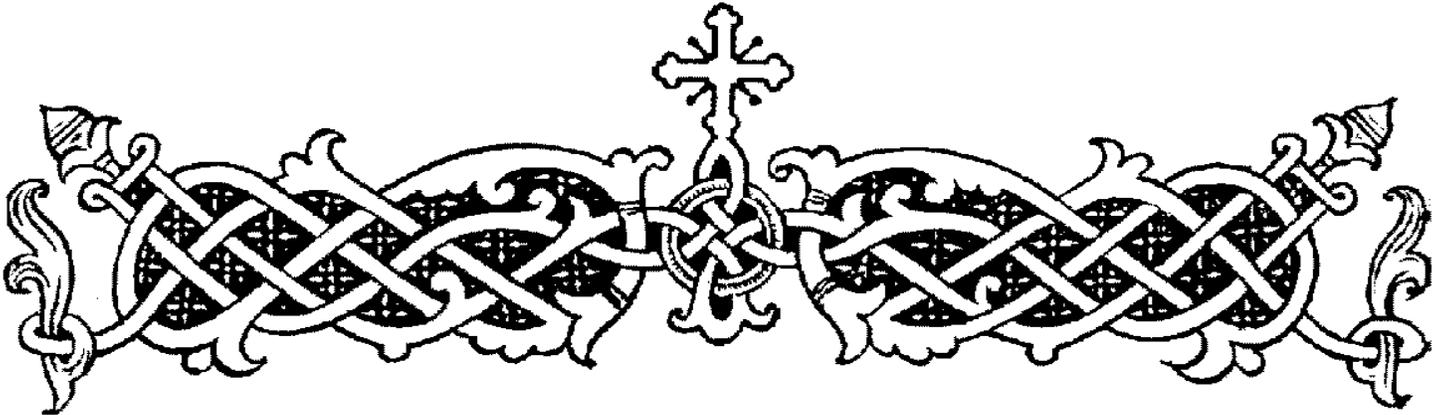
The week before Pascha, Holy Week, is a special time of fasting separate from Great Lent. Like the first week, a strict fast is kept. Some Orthodox Christians try to keep a total fast on Holy Monday, Holy Tuesday and Holy Wednesday. Most eat a simple Lenten meal at the end of each day before going to the evening Church services.

On Holy Thursday, wine is allowed in remembrance of the Last Supper. Holy Friday is kept as a strict fast day, as is Holy Saturday. Holy Saturday is the only Saturday in the entire year when oil is not permitted.

In short, these are the Lenten rules for fasting. Traditionally, the Church Fathers recommend that someone new to fasting begin by resolving to faithfully do as much as he or she is able during the Lenten period. Each year as one matures as a Christian, a fuller participation can be undertaken. However, it is not recommended that a person try to create their own rules for fasting, since this would not be obedient or wise. The Faithful are encouraged to consult with their priest or bishop regarding the Fast when possible.

Personal factors such as one's health and living situation need to be considered as well. For example, an isolated Orthodox Christian required to eat meals at their place of employment, school or in prison may not be able to avoid certain foods. The Church understands this and extends leniency.

It is important to keep in mind that fasting is not a law for us—rather, a voluntary way of remembering to not sin and do evil, and to help keep our focus on prayer, repentance and acts of kindness, for we “are not under the law but under grace” (Romans 6:14).



## CALENDAR OF EVENTS

### FEBRUARY

Saturday, February 1<sup>st</sup> – Great Vespers – 6:00 PM

**Sunday, February 2<sup>nd</sup> – MEETING OF OUR LORD IN THE TEMPLE**

**- Resurrection Divine Liturgy – 10:00 AM**

Wednesday, February 5<sup>th</sup> – Daily Vespers – 6:30 PM

Thursday, February 6<sup>th</sup> – Moleben to St. Panteleimon – 6:30 PM

Saturday, February 8<sup>th</sup> – Great Vespers – 6:00 PM

**Sunday, February 9<sup>th</sup> – Sunday of the Publican and the Pharisee**

**- Resurrection Divine Liturgy – 10:00 AM**

Wednesday, February 12<sup>th</sup> – Daily Vespers – 6:30 PM

**Thursday, February 13<sup>th</sup> – Stuffed Cabbage Workshop – 9:00 AM**

**Saturday, February 15<sup>th</sup> – CABBAGE DINNER - 11:00 AM - 5:30 PM**

**- Great Vespers – 6:00 PM**

**Sunday, February 16<sup>th</sup> – Sunday of the Prodigal Son**

**- Resurrection Divine Liturgy**

Wednesday, February 19<sup>th</sup> – Daily Vespers – 6:30 PM

Thursday, February 20<sup>th</sup> – Moleben to St. Panteleimon – 6:30 PM

Saturday, February 22<sup>nd</sup> – Great Vespers – 6:00 PM

**Sunday, February 23<sup>rd</sup> – Meatfare Sunday**

**- Resurrection Divine Liturgy – 10:00 AM**

**Monday, February 24<sup>th</sup> – Perogie Workshop**

- Morning – 8:00 AM – 4:00 PM

- Evening – 6:00 PM – 10:00 PM

**Tuesday, February 25<sup>th</sup> – Perogie Workshop and Pickup**

- Workshop – 8:00 AM – Done

- Pickup – 1:00 PM – 5:00 PM

## **MARCH**

Saturday, March 1<sup>st</sup> – Great Vespers – 6:00 PM

**Sunday, March 2<sup>nd</sup> – Cheesefare Sunday**

- Resurrection Divine Liturgy – 10:00 AM

- Rite of Forgiveness – Immediately Following Liturgy

Monday, March 3<sup>rd</sup> – Lenten Hours and Typika – 10:00 AM

- **Great Canon of St. Andrew – 6:30 PM**

Tuesday, March 4<sup>th</sup> – Lenten Hours and Typika – 10:00 AM

- **Great Canon of St. Andrew – 6:30 PM**

Wednesday, March 5<sup>th</sup> – Lenten Hours and Typika – 10:00 AM

- **Pre-sanctified Liturgy – 6:30 PM**

Thursday, March 6<sup>th</sup> – Lenten Hours and Typika – 10:00 AM

- **Great Canon of St. Andrew – 6:30 PM**

Friday, March 7<sup>th</sup> – Lenten Hours and Typika – 10:00 AM

- Akathist to the Mother of God– 6:30 PM

Saturday, March 8<sup>th</sup> – St. Theodore Liturgy – 9:00 AM

- Great Vespers – 6:00 PM

**Sunday, March 9<sup>th</sup> – Sunday of Orthodoxy**

- Resurrection Divine Liturgy – 10:00 AM

**Wednesday, March 12<sup>th</sup> – Pre-sanctified Liturgy – 6:30 PM**

Friday, March 14<sup>th</sup> – Akathist to the Mother of God – 6:30 PM

Saturday, March 15<sup>th</sup> – Memorial Saturday Liturgy – 9:00 AM

- Great Vespers – 6:00 PM

**Sunday, March 16<sup>th</sup> – St. Gregory Palamas**

**- Resurrection Divine Liturgy – 10:00 AM**

**Wednesday, March 19<sup>th</sup> – Pre-sanctified Liturgy – 6:30 PM**

Friday, March 21<sup>st</sup> – Akathist to the Mother of God – 6:30 PM

Saturday, March 22<sup>nd</sup> – Memorial Saturday Liturgy – 9:00 AM

- Great Vespers – 6:00 PM

**Sunday, March 23<sup>rd</sup> – Veneration of the Cross Sunday**

**- Resurrection Divine Liturgy – 10:00 AM**

**Tuesday, March 25<sup>th</sup> – ANNUNCIATION OF THE THEOTOKOS**

**- Festal Vespereal Liturgy – 9:00 AM**

**Wednesday, March 26<sup>th</sup> – Pre-sanctified Liturgy – 6:30 PM**

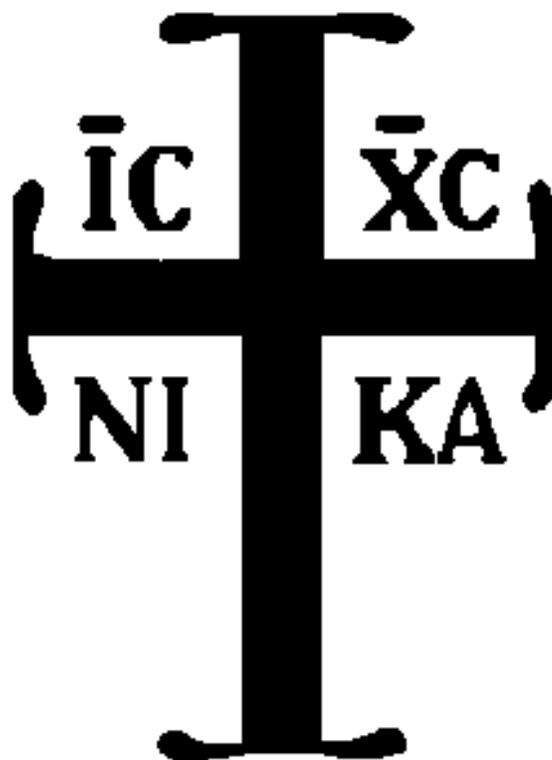
Friday, March 28<sup>th</sup> – Akathist to the Mother of God – 6:30 PM

Saturday, March 29<sup>th</sup> – Memorial Saturday Liturgy – 9:00 AM

- Great Vespers – 6:00 PM

**Sunday, March 30<sup>th</sup> – Sunday of St. John Climacus**

**- Resurrection Divine Liturgy – 10:00 AM**



## ALTAR CANDLES

**Sunday, December 1<sup>st</sup>** - are donated for the health and well-being of Tatiana, Sergei, Diana, Ludmila, Egor, and Vitaliy

**3 Candles at St. Panteleimon** are donated by Bob and Barb Haught for the health and well-being of Noah Purdy on his 1<sup>st</sup> birthday!

**Sunday, December 8<sup>th</sup>** - are donated in memory of Sonia and Fred Johnson.

**3 Candles at St. Panteleimon** are donated by Garrete M. Blubaugh and Nancy J. Blubaugh for the health and well-being of Darlene Bertocki.

**3 Candles at St. Panteleimon** are donated by Subdeacon Harry Papaila for the health and well-being of Catherine Papaila on her Birthday!

**Sunday December 15<sup>th</sup>** - are donated by Don Rywak in memory of Sharon Rywak, and Emma Rywak. May their memories be eternal!

**3 Candles at St. Panteleimon** are donated by Garrete M. Blubaugh and Nancy J. Blubaugh for the health and well-being of Ron Pavlovich.

**Sunday, December 22<sup>nd</sup>** - are donated by Fr. Paul and Matushka Helen Ziatyk in memory of Patricia Meyer.

**3 Candles at St. Panteleimon** are donated by Garrete M. Blubaugh and Nancy J. Blubaugh for the health and well-being of Mrs. Anne Pezze.

**Tuesday, December 24<sup>th</sup>, Christmas Eve** - were donated by Joan Hughes for the health and well-being of the Wanchisen Family.

**Wednesday, December 25<sup>th</sup>, Decorated Christmas Candles** - were donated by Mark, Susan, Jayme, and Megan Kennedy in memory

of Alan Kennedy, as well as Stanley and Pearl Zalupski.

**Thursday, December 26<sup>th</sup>** were donated by Fr. Paul and Matushka Helen Ziatyk in memory of their parents.

**Friday, December 27<sup>th</sup>** were donated for the health and well-being of Louise Hince, Lorraine Markovic-Nemani and her baby to be.

**Sunday, December 29<sup>th</sup>** - are donated by Mark, Jayme and Megan Kennedy for the health and well-being of Susan Kennedy on her birthday!

**Sunday, January 5<sup>th</sup>** - are donated by Anet Smurphat for the health and well-being of her father, William DiMascio on his birthday (January 6<sup>th</sup>)

**Sunday, January 12<sup>th</sup>** - are donated by Lyudmila Andreyko for the health and well-being of her family.

**Sunday, January 19<sup>th</sup>** - are donated by Valerie Kennedy for the health and well-being of Matthew Zalupski on his birthday.

**Sunday, January 26<sup>th</sup>** - are donated by Matushka Helen Ziatyk and family for the health and well-being of Fr. Paul Ziatyk on his Birthday!

### **Memorial Donations in Memory of Vicki Kiproff**

Subdeacon Harry and Catherine Papaila

### **Memorial Donations in Memory of Theodore Woycio**

Subdeacon Harry and Catherine Papaila

Val Jean Freehling

# THANK YOU!

PEROGIES 12/8 - 12/10: Fr. Paul, Fr. Nikolai, Matushka Mila, Alexis Parshook, Dorothy and Don Chlodney, Julianne Dailey, Peter Kiproff, Don Rywak, Bob and Pam Kraynik, Frank Kaminsky, Becky Hanes, Joan Hughes, Mark and Sue Kennedy, Valerie Kennedy Marilyn Lucas, Jean and Ron Trebilcock, Janet Breckenridge, Bruce and Linda Parshook, Carolyn Blazina, Audrey Bartkowski, Kita Georgevich, Ellie and Leon Parshook, Becky Hixson, Marion Kuniak, Elaine and Richard Duncan and Subdeacon Harry Papaila.

COOKIE DONATIONS: Evelyn Herrick, Jean Trebilcock, Barb Haight, Alexis Parshook, Valerie Kennedy, and Julianne Dailey  
**Money Donations** – Subdeacon Harry and Catherine Papaila, Bob and Pam Kraynik, Mark and Susan Kennedy, and Deacon Joseph and Matushka Katherine Rabickow

## ASSESSMENTS AND MAINTENANCE PLEDGES

There are several people whose assessments and maintenance pledges for 2013 are still due. Please make sure that the minimum monetary responsibilities are met as soon as possible to remain a member in good standing. As per the parish By-laws, everyone 18 years of age or older are requested to remit \$200 for each year for the work of our National Church, Diocese, and local parish.

## CONFESSIONS

Fr. Nikolai is available to hear individual confessions anytime after the Vespers service is offered, as well as a limited number on

Sunday before the Divine Liturgy. Anyone may also schedule a confession with Fr. Nikolai, if those times are not doable. The mysteries of confession and repentance are vital to good spiritual health, as well as proper preparation for partaking of the Holy Eucharist. Everyone should make every effort to partake of this mystery during the great lenten fast.

## MEMORIAL SATURDAY NAMES

It is the tradition of the Orthodox Church that on most Saturdays of Great Lent, we take time in the Proskomedia and during the Liturgy to remember our loved ones who have departed this life. Attached to the back page of this newsletter is a sheet to list the names of those who are dear to you. Remember that our prayer for the dead is just as important as our prayers for the living. If we continue the tradition now, we can have confidence that when we depart this life, there will be others to pray for us!

### Vigil Donations 9/1 – 12/29

Alan Kennedy – 20	Robert Hoats – 2
Jeatna – 1	Christine Scott – 1
M/M Michael Danny & Family – 1	JoAnn Kaminsky – 1
Olga Fritzky – 1	Megan Kennedy – 1
Vicki Kiproff – 1	Ann Adams – 1
Andy Kubiak – 1	Dominic & Miabella Scarano – 2
Judith Goldberg – 3	Eric & Tammie Scarano – 2
Jayne Kennedy – 2	Valerie Kennedy – 1
Larry Walker – 1	Faith and Hope – 1
Eric Scarano – 1	Nicholas Sprock & George Eror – 1
Irma Johns – 1	Jim Gilson – 1
Pearl Zalupski – 1	George & Mary Eror – 1
Theresa Klos - 1	Christine Scott & Ann Adams - 1

## What is repentance?

Here is how Fr. Dimitru Staniloae describes it:

*“It is the shovel brought out to clean man from the sins accumulated after Baptism, so that the new man can keep on fighting, by the power of Baptism, with the temptations which confront him.”*

Repentance is more than action. It is also thoughts. Our thoughts lead us to action, so we must also rid ourselves from sinful thoughts. It also is about having endurance of many troubles.

He warns that this cannot be confused with discouraging dissatisfaction.

*“It must not be a doubt in our greater possibilities, but a recognition of the insufficiencies of our achievements up to now... repentance is borne by a faith in something better.”*

Christ gave us a vision of what is possible for us. It, for sure, is a very high standard. As we progress we will see this ideal as ever more perfect. So, the gap, between how we see ourselves currently and this vision of what we are called to be, will ever increase. Repentance is a self-judgment against a standard that seems to be always beyond our realization.

Repentance is the main means we have for our continual perfection.

**STUFFED CABBAGE DINNER  
AND BAKE SALE**

to be held on

**SATURDAY, FEBRUARY 15th, 2014**

**11 A.M. - 5:30 P.M.**

*The Menu will consist of*

**2 Delicious Stuffed Cabbages, Mashed Potatoes,  
Green Beans Roll and Butter, Dessert, and Beverage**

**Only \$9.00!**

**There will also be take out available and  
the sale of individual stuffed cabbages**

**A BAKE SALE will also be held in conjunction, Please  
come and buy some great baked goods!**

**Invite all your friends, neighbors,  
relatives, and co-workers!**