



SAINT IRENE BYZANTINE CATHOLIC CHURCH

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FIRST SUNDAY OF THE GREAT FAST SUNDAY OF ORTHODOXY

Schedule of Services February 27—March 6

Sunday, March 6—First Sunday of the Great Fast. Sunday of Orthodoxy
9:25 a.m. Matins
10:00 a.m. Divine Liturgy *For parishioners, founders, donors, decorators of our church and for their relatives*
After Divine Liturgy solemn procession with holy Icons

Monday, March 7
9:00 a.m. Hours

Tuesday, March 8
9:00 a.m. Hours

Wednesday, March 9
7:00 p.m. Liturgy of the Presanctified
Gifts *For + Elnora Rusnack by Paul Washicko*

Thursday, March 10
NO DIVINE SERVICE

Friday, March 11
7:00 p.m. Liturgy of the Presanctified
Gifts
Saturday, March 12—Second All Souls Saturday
9:00 a.m. Divine Liturgy
After the Divine Liturgy Panachida with a reading of the names
Sunday, March 13—Second Sunday of the Great Fast
9:25 a.m. Matins
10:00 a.m. Divine Liturgy *For parishioners, founders, donors, decorators of our church and for their relatives*

Do not forsake prayer, for just as the body becomes weak when it is deprived of food, so also the soul when it is deprived of prayer draws nigh to weakness and noetic death.

St. Gennadius of Constantinople



WELCOME TO ALL PARISHIONERS & GUESTS WHO HAVE JOINED US TODAY
Whether you're searching for a new church home or just visiting, we're glad you're with us today. If you are looking for God, have a prayer request, looking for more information about the Eastern Catholic Church, would like to join our parish, or would like to speak with Fr. Vasyl, we invite you to fill out a visitor's card and drop it in the offering basket as your offering today. Please join us for our coffee hour in the Parish hall following the Divine Liturgy. We want to get to know you! God bless you!

Please remember in your prayers:



For health and salvation: Fr. Chris Zugger, Tony and family, Michael Baron, Brenda Washicko, Ed, Dennis, Max, Pani Mary, Mary, Vasyl Zhabko, John and Faye, Jessica, Sophia, Diane Pierce, Vincent Carich, Carol Pavlakovich, Tusita Docie & Scott Docie, Sarah Docie, Emily Docie, Mia Docie
For repose of the departed: +Bishop Gerald N Dino, +Fr. Frank Knusel, +Frank Sliwinski, Jr., +Lawrence & Lucille Carich, +Ivan & Matilda Carich, +Josip & Amanda Grabovac, +George Pavlakovich, +Bud & Virginia Arnold, +Israel Castillo Lara, +Carol Pavlakovich

Please let Father know if you would like to add new names to our prayer list.

All Souls Saturdays 2022: We have 5 All Souls Saturdays (4 remainings) to commemorate our dead relatives. The next All Souls Saturday will be Saturday, March 12. Please use the special envelopes marked "All Souls Saturdays" that are available in the narthex. Please place an offering envelope with the names of your loved ones in the offering basket.

ANSWERING GOD'S CALL: "We have found the one about whom Moses wrote in the law and also the prophets." Finding our Savior during this Great Lent, we see that our "soiled image was restored to its original form, commingled with divine beauty." God may be helping you find that a vocation to monasticism or holy orders is the beauty meant for you. To learn more, contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Fred Meyer Rewards:
St. Irene's participates in the community rewards program with Fred Meyer stores which gives a percentage of purchases by those signed up with the program to St. Irene's. It does not cost anything for customers. Fred Meyer pay out each quarter and will send a check if it's above a certain amount.

It won't cost anything to participate. The steps to participate are:
1) Set up a Fred Meyer Rewards account if you don't have one or sign up at one of the stores.
2) Set up an on-line account.
3) Log into the account and search for Community Rewards.
4) Search for St. Irene's or our account number QQ738 and select as the charity to receive the funds.
5) Shop at Fred Meyer as they normally would and St. Irene's account will automatically be credited.

Thank you!

Prayer of St. Ephrem

Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter. *Prostration.*
Instead, bestow on me, your servant, the spirit of integrity, humility, patience and love. *Prostration.*
Yes, O Lord and King, let me see my own sins, and not judge my brothers and sisters for you are blessed forever and ever. Amen. *Prostration*

Thank you for your donation!



God save you!

"A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied.

When the Apostle said, 'Make no provision to fulfill the desires of the flesh' (Rom. 13:14), he was not forbidding us to provide for the needs of life; he was warning us against self-indulgence. Moreover, by itself abstinence from food does not contribute to perfect purity of soul unless the other virtues are active as well. Humility, for example, practiced through obedience in our work and through bodily hardship, is a great help.

If we avoid avarice not only by having no money, but also by not wanting to have any, this leads us towards purity of soul. Freedom from anger, from dejection, self-esteem and pride also contributes to purity of soul in general, while self-control and fasting are especially important for bringing about that specific purity of soul which comes through restraint and moderation.

No one whose stomach is full can fight mentally against the demon of unchastity. Our initial struggle therefore must be to gain control of our stomach and to bring our body into subjection not only through fasting but also through vigils, labors and spiritual, reading, and through concentrating our heart on fear of Gehenna and on longing for the kingdom of heaven."

+ St. John Cassian