

Let us Begin this Fast in Joy!



SESSIONAL HYMN III

Tone 2 Let us begin this Fast in joy, *
shining with the commandments of Christ our
God, * with the light of charity and the
brightness of prayer, * with purity of heart and
the energy of the strong, * so that we might
nobly hasten to the third day Resurrection, *
which sheds its immortal light over all the
world.

Glory now and ever: When I am assured of
your invincible prayer, O Mother of God, * I
am saved from my oppressors against all
hope; * for you come to the aid of the faithful
who call on you, * and you dispel the darkness
of sin. * Therefore, we give you thanks and
cry out: * Accept our poor offerings of
gratitude for your constant protection.

APOSTICHA

Tone 4 The light of your grace has shone
upon our souls, O Lord. * Behold, this is the
favorable time, the season of conversion. *
Let us turn away from the works of darkness,
* and let us clothe ourselves with the armor of
light, * so that crossing the ocean of the Fast,

* we may come to the harbor of the
Resurrection on the third day * with our Lord
Jesus Christ, * the Savior of our souls.

You are glorified in the memory of your
saints, O Christ God. * Through their
intercessions, * send upon us great mercy.

Glory ... now and ever: The choir of angels
glorifies you, O most pure Virgin, * for you
have given birth to our God, * coeternal with
the Father and the Holy Spirit, * through
whom the angelic armies were brought forth
from nothingness. * Beseech Him to send the
light of salvation * upon the souls who
profess the true faith, * praising you as the
Mother of God.

APOSTICHA

Tone 1 O faithful, let us welcome the
announcement of the Fast with joy, * as did
the Ninevites in days of old; * and as the
adulteresses and publicans, * let us welcome
John's message of conversion. * By
abstinence, let us prepare ourselves for the
holy Supper of the Lord on Zion. * By our
tears, let us purify ourselves * before He

bathes us as He did the glorious disciples. *
Let us prepare to adore the holy Cross * so
that we may glorify the Resurrection of Christ
our God; * and let us say to Him: O Lord and
Lover of Humankind, * You are our hope; do
not drive us far from You.

How beautiful is the manner of your
exchange, O Saints; * for you have given your
blood and received heaven. * Truly, you have
done well! * You have obtained immortality
by forsaking corruptible things. * Making a
single choir with the angels, * you sing
unceasingly the praises of the consubstantial
Trinity.

Glory ... now and ever: O Virgin, You saw on
the Cross, * the One to whom you gave birth
in purity, * and you could not bear the wound
of his heart. * In your distress you cried out: *
O Lord, who provides for all creation with a
gesture of your hand, * how do You now
remain on the Cross as one condemned? * For
you wish to save the human race.

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Upcoming Programs



House of Prayer

Women's Discernment Retreat

April 5-7, 2013

Contact: vocations@sistersofstbasil.org

Rescheduling Young Adults Retreat

November 8-10, 2013

Resources

February 28, 2013

9:30 a.m. - 12:30 p.m.

Busy Women's Retreat

Presenter to be announced.

Offering: \$15, includes lunch

Registration deadline: 2/23/13

March 2, 2013

9:15 a.m. - 12:30 p.m.

Lenten Day of Prayer

Presented by: Deacon Dennis Prestash

Offering: \$25, includes lunch

Registration deadline: 2/25/2013

March 3, 2013

1:15 p.m. - 4:30 p.m.

Lenten Day of Prayer

Presented by: Rev. Valerian Michlik

Offering: \$25, includes dinner

Registration deadline: 2/26/2013

March 5, 12, 19, 26, 2013

10 a.m. - 11:30 a.m.

Lenten Book Series

Presented by: Sr. Barbara Jean Mihalchick, OSBM

Free will offering

Registration deadline: 3/1/13

April 5-7, 2013

7 p.m., Fri. - 1 p.m., Sun.

Women's Discernment Retreat

Presented by: Sr. Barbara Jean Mihalchick, OSBM

Registration deadline: 3/27/13

April 13, 2013

9 a.m. - 3:00 p.m.

Healing Retreat

Presented by: Rev. William Kiel

Offering: \$35, includes lunch

Registration deadline: 4/9/13

Please note that all programs take place at the House of Prayer unless otherwise specified. To register, please call (724) 438-7149.

"Spirituality of Soil: A Lenten Journey from Cosmic Dust to Easter Garden" with Holy Child Jesus Sr. Terri MacKenzie. Materials for groups or individuals include prayers, reflection, music/video suggestions and ritual. Cost: free.

Additional spiritual resources:

www.oltv.com

www.ancientfaithradio.org

www.archpitt.org

www.anunslife.org



Sr. Barbara Jean gave a mission weekend at SS. Cyril and Methodius Byzantine Catholic Church in Cary, North Carolina recently. The theme was "The Healing Power of the Eucharist."

SACRAMENT OF RECONCILIATION

God's commandments are life-giving: they expose the darkness of our lives to the light of His word so that we can turn to Him in confession and receive forgiveness. Through His commandments **God wants to help us to discover His plan for our lives.** In our examination of conscience we bring to light the patterns of sin which hold us in bondage and do not allow us to live a full life. The Lord wants to deliver us from our sins.

Confession is a great gift from the Lord to his people. (Jn 20, 22, 23) "In the Sacrament of Penance, priests are ambassadors to you of Christ's loving forgiveness." (John Paul II) As you prepare for Confession, let us meditate on the Ten Commandments, that they may remind us of our sins and imperfections.

The Ten Commandments (Exodus 20: 1-17)

I. I am the Lord your God, you shall have no other gods besides me.

- Do I make a god out of my friends, my possessions, or my image so that these rule my life instead of God?
- Have I been distracted or disrespectful in church instead of praying to God? Do I ask God what is His plan for my life?
- Have I tried to grow in knowledge of God through prayer and tried to discover my call in life?

II. You shall not take the name of the Lord your God in vain.

- Have I been hypocritical by making fun of my faith, or the authority of the church?
- Have I used profane language by cursing and swearing by using God's name in anger?

III. Remember to keep Holy the Lord's day.

- Have I allowed myself to become so dominated by other things that I have not set aside Sunday for spiritual and family activities?

IV. Honor your father and your mother.

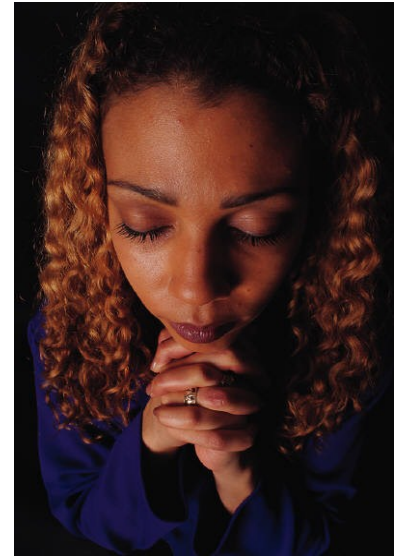
- As a young person in the family home, do I listen to, respect, and obey my parents?
- Do I harbor resentments towards my parents?

V. You shall not kill.

- Have I ever struck anyone in anger, intending to injure them?
- Have I ever endangered myself or the life of another person through the taking of drugs, the abuse of alcohol or reckless driving?

VI. You shall not commit adultery.

- Have I read pornography or watched indecent movies or TV shows?
- In conversation, have I told lewd or obscene jokes or stories?



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Saints, Scriptures & Solemnities

February 24
2nd Sunday of the Great Fast
Heb 1:10-23
Mk 2:1-12

March 3
3rd Sunday of the Great Fast
Veneration of the Cross
Heb 4:14-5; Mk 8:34-9:1

March 10
4th Sunday of the Great Fast
John Climacus Venerable
Heb 6:13-20; Mk 9:17-31

March 17
5th Sunday of the Great Fast
Mary of Egypt Venerable
Heb 9:11-14
Mk 10:32-45

March 24
Palm Sunday
Phil 4:4-9; Jn 12:1-18

March 25
Holy Monday
Annunciation of the Theotokos
Ex 1:1-20; Job 1:1-12; Heb 2:11-18; Lk 1:24-38;
Mt 24:3-35

March 28
Holy Thursday
Is 50:4-11; 1 Cor 11:23-32; Mt 26:2-20; Jn 12:3-17;
Mt 26:31-39; Lk 22:43-45; Mt 26:40-27:2

March 29
Good Friday
Is 52:13-1; 1 Cor 1:18-2:2; Mt 27:1-38; Lk 22:39-44;
Mt 27:39-54; Jn 19:31-37; Mt 27:55-61

March 30
Holy Saturday
Rom 6:3-11; Mt 28:1-20

March 31
Resurrection of Our Lord - Easter Pascha
Acts 1:1-8; Jn 1:1-17

SACRAMENT OF RECONCILIATION *(Continued from page 3)*

VII. You shall not steal.

- Have I taken anything that did not belong to me? Have I defaced others' property with graffiti?

VIII. You shall not bear false witness against your neighbor.

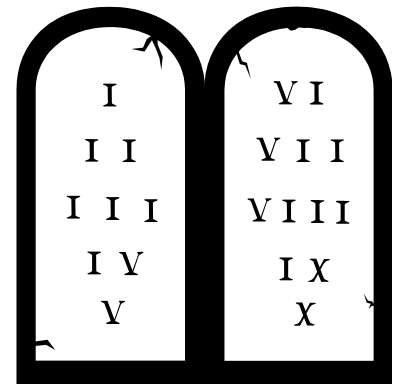
- Have I defamed the good name of another person by taking part in gossip or slander?
- Have I injured the reputation of other persons by speaking about their failures and sins?

IX. You shall not covet your neighbor's wife.

- Have I given my mind over to hateful thoughts or fantasies?

X. You shall not covet your neighbor's goods.

- Do I compare myself with others in terms of wealth status, popularity?
- Am I jealous of the personal qualities of others or envious of what they have?



Lord Jesus Christ, Son of the Living God, have mercy on me a sinner!