

Epiphany of Our Lord Byzantine Catholic Church

2030 Old Alabama Road · Roswell, Georgia 30076

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Deacon James Smith, Administrator

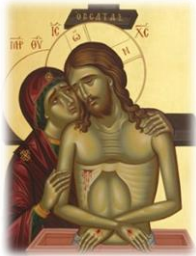
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February 26, 2017 + Sunday of Forgiveness "Cheesefare"

Divine Liturgy	Saturday, 5:30 PM · Sunday, 10:00 AM · Holy Days, 7:30 PM
Confessions	Saturday, 4:30-5:00 PM · Sunday, 9:00-9:30 AM
Collection	Last week: \$2,024.00 . God bless you for your generosity.
Capital Campaign	Pledges to Date: \$16,612.00 · Received to Date: \$15,777.00
Sunday Readings	Epistle: Romans 13:11b-14:4 + Gospel: Matthew 6:14-21

Thought for the Week...



"Even if we perform thousands of good works by fasts, prayers and almsgiving ... even if we shed our own blood for Christ ... and we don't have love of God and love of each other, but on the contrary have hatred and malice toward our brethren, all the good we have done is transformed into the devil's poison."

Cosmas of Aetolia

Cheesefare Sunday. Today we observe the **Sunday of "Cheesefare"**, traditionally the last day we eat dairy products until Pascha. Please stay and join us for our pot-luck "meatless" parish luncheon after the Sunday Liturgy.



Adult Education. Our spring program, **Icons ... a Mystical Language** begins next Sunday, **March 5**. Icons are an integral part of Eastern Christian belief, tradition and worship. They are referred to as "theology in color" or "windows to the Kingdom" and express the profound truths of our faith as handed down from the Apostles. Icons are indispensable tools to aid us in our prayer life, spiritual growth and the understanding of our faith. To grasp their power and meaning takes study. However, with the right tools, icons serve as a powerful devotional resource that we can turn to again and again in prayer. Please join Father Deacon Michael on the Sundays of the Great Fast following the Divine Liturgy as he takes us on a unique journey through the mystical language of icons. Please refer to the Lenten Calendar for more details.

Together in the Holy Trinity ... One Faith, One Church, One Future!

Regulations for the Season of the Great Fast

Monday, February 26 is the first day of the Great Fast, a day of strict fast and abstinence.

Traditionally, the monastic fast of strict fasting and abstinence from all meat and dairy products on all the days of the Great Fast was observed by all the faithful; however, this is no longer obligatory and the current regulations for Byzantine Catholics are as below:

Simple Abstinence forbids the use of meat, but permits the use of eggs and dairy products. All faithful who receive the Eucharist are obliged to **observe simple abstinence on all Wednesdays and Fridays of the Great Fast.**

Strict Abstinence (fasting) forbids the use and consumption of all meat, eggs and dairy products. All faithful who receive the Eucharist are obliged to **observe strict abstinence on Pure Monday, February 27 (the first day of the Great Fast) and Great and Holy Friday.**

As we journey through the Great Fast towards the glorious day of Resurrection, we are also encouraged to give alms, to nourish our souls as often as possible with the Divine Eucharist, to participate in spiritual exercises, and to make special acts of repentance and Christian charity. It is important to keep in mind that fasting is not a law for us—rather, a voluntary way of remembering not to sin and to help keep our focus on prayer, repentance and doing acts of kindness, for we "are not under the law but under grace" (Romans 6:14).



Spiritual Exercises This Week. As we embark on the Great Fast all are encouraged to avail themselves of the parish's spiritual exercises:

Presanctified Divine Liturgy: Wednesday and Friday, 7:30PM. The Holy Eucharist is the source of Life and the fulfillment of our very existence. Since the Divine Liturgy is a joyful commemoration of Christ's Resurrection, its celebration on weekdays of Lent is forbidden. Rather, the Church prescribes the evening **Liturgy of the Presanctified Gifts** during which the Divine and Holy Eucharist is distributed. These days being days of abstinence are thereby "crowned" with the partaking of the Bread of Life.

Lenten Supper: After Liturgy each Friday, we share a meatless pot-luck supper; we come together as a Christian community in the name of our Lord to encourage each other on our Lenten journey.

Spiritual Reading: Friday, 6:30PM. Before the Friday Liturgy we meet to discuss *The Way of the Disciple*, an extraordinary book which shows the way to companionship with Jesus and how to "become wet clay" in the His hands so that He can transform us into the person God wants us to be.

Lenten Meditations and the Third Hour: Sunday, 9:15AM. Join us before the Divine Liturgy to discuss the theme of each week of the Great Fast. On March 5, our topic will be **"The Prayer of Saint Ephrem, Answering Christ's Call"**. Afterwards at **9:40AM**, we will pray the **Third Hour** of the Church's Divine Praises.