

THE ENLIGHTENER

Newsletter of St. Ann Byzantine Catholic Church

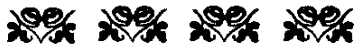
Volume 1, Issue 4

Harrisburg, PA

February 2002

“Patiently endure the distressing and painful things that befall you, for through them God in His providence is purifying you.”

St. Thalassios the Libyan



Tropar

We bow before Your sacred image, O gracious Lord, and beg forgiveness for our offenses, O Christ our God; for You, of Your own will, deigned to ascend the cross in Your human nature to deliver from bondage under the enemy, those whom You created. Therefore, we gratefully cry out to You: “Through Your coming to save the world, O Savior, You have filled all with joy.”



St. Ann Byzantine Catholic Church

5408 Locust Lane
Harrisburg, PA 17109

Served by Fr. Michael Shear
717-652-1415

stann@stannsbyzhbg.org
www.stannsbyzhbg.org

Divine Liturgies at 8 a.m. and 10:30 a.m.; Summer 8 a.m. and 10 a.m.; Holy Day Vigil 7 p.m.



Preparing for Pascha

Prayer, Fasting and Almsgiving

The Great Fast begins on Monday, February 11. All Wednesdays and Fridays are days of abstinence during the Great Fast. Check your calendars.

There is no season of the year more filled with special customs and practices than this time of preparation for Pascha. Both at home and at church, make this a time for refocusing on the Lord.

During the Fast we try to intensify the usual practices of Christian life: prayer (including our liturgical practices), fasting and almsgiving. This generally means replacing some of our ordi-

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Respect Life News

Great Fast a time for reflection on Gospel of Life

The Great Fast is a beautiful gift of our church. It is a time for us to reflect upon our relationship with God. We ponder the mystery of Jesus' humiliation, suffering and death, all done for our sake. Finally, as we anticipate our Lord's resurrection on the feast of Pascha, we realize that what his sacrifice brings to us is Life. Christ became like us to save us, and to show us how we are to live. The Great Fast gives us an opportunity to follow Christ's example of life-giving sacrifice, to be mindful of how prevalent death is in our world. We too can be "life givers," and our Respect Life Committee has some simple ways to help us to be Christ's messengers of the Gospel of Life:

● Light a candle, and pray for all pregnant mothers.

● On your next grocery trip, pick up a package of diapers or a bottle of formula to donate to a pregnancy center. A collection box is located next to the Shrine Room.

● Spiritually "adopt" a baby who is the victim of abortion, by praying for him/her.

● Go to the Priests for Life website at www.priestsforlife.org to learn more about how abortion hurts women, men, and families.

● Offer a Liturgy for the healing of a woman who has had an abortion.

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Preparing for Pascha (continued from Page 1)

nary activities (entertainment and leisure) to make room in our lives for the Lord. Some specific suggestions are given below. Try to arrive at a family consensus as to how you will augment your:

Home Prayer: Perhaps deciding on a half-hour quiet time every evening when people can concentrate on extra prayer.

Church Attendance: parishes generally observe the Fast by praying the Presanctified Liturgy, Great Compline and the Akathist hymn on the weeknights of the season, as well as a parish mission and special celebrations of the Mystery of Confession.

Fasting: should be increased during this season - that's what makes it the "Great" fast. Traditionally we ease into the fast during Meat Fare week, the last week before the onset of the season, by putting aside meat. Use this week for easing into the practice you have decided upon.

Almsgiving: should also be intensified in a way the family decides together. Children should be expected to give of their own sources, not simply to contribute their parents' money while leaving their own allowance intact.

Forgiveness Sunday: (The last day before the start of the Fast) When Jesus discussed religious observance He noted that, "If you bring your gift to the altar and there recall that your brother has anything against you, leave your gift at the altar, go first and be reconciled with your brother, and then come and offer your gift." (Mt 5:23-24. This is why we try to right any relationships which may have gone astray before engaging in religious observances. Otherwise our worship is not coming from a heart ready to do the Lord's will and cannot be considered sincere.

Saturdays of the Dead: (First Saturday in Tridion period and Saturday before Pentecost) Parishes gener-

ally encourage people to submit their lists of departed loved ones for remembrance on this day. At your family prayer time, talk about your deceased parents, grandparents and other departed family members or friends. Place their photographs in a prominent place such as the icon corner and remember them in prayer. Children often love to hear stories of their ancestors and this observance is an ideal time to share these reminiscences in an atmosphere of prayer.

From A Guide for the Domestic Church, Diocese of Newton. 1986

Respect Life

(Continued from Page 1)

● Live Christ's example by showing respect and love for the people you encounter - even when they hurt your feelings, or just drive you crazy. Remember, that we are all made in the image of God.

During the Great Fast, even simple actions like these can be a beautiful witness to life. Our Lord loves the smallest efforts we make on behalf of others just as much as the great sacrifices. Use this time to make those efforts, and fully participate in the life-giving joy of Pascha.

St. Ann's on national television!



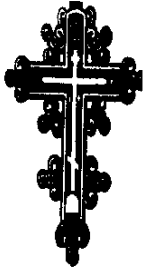
Photo by Frank Haninck

Members of St. Ann's were interviewed live on EWTN at the 29th annual March for Life on Jan. 22. They were very proud to represent our parish and the Byzantine Catholic Church!

BYZANTEEN YOUTH RALLY-2002: June 27-30, 2002 at Mt. St. Macrina, Uniontown, PA. An exciting spiritual event that brings together Byzantine Catholic teenagers, ages 13-19. More information to follow. If you are interested call Joan Trautlein at 564-8257, or Father Mike at 652-1415.

WORLD YOUTH DAY WITH THE POPE - July 23-28, Toronto, Canada, ages 16-35. World Youth Day Office for Byzantine Catholics: (909) 822-7663.

Eternal Memory



Our parish family offers prayers and condolences to the families of the following:

Sophic Mehalko
Stephania Dacko
Eleanor Figler
Sara Plouse

Crowned in Marriage

Ian Castaneira and Ann Trautlein
February 2, 2002

Initiated into New Life with Christ

Olivia Theresa Wagner—
daughter of Gary and Beth (Flute) Wagner

Welcome to Our Parish Community

John and Patricia Coleman—Camp Hill
Bernadet Heckman—Newport
Thomas and Patricia Kuzma—Mohnton
Mary Ann Cremo—Harrisburg
David and Gina Reynolds—Newport
Joseph and Nancy Ann Aponich—Harrisburg

May our parish be a source of spiritual
as we follow the path to Christ.

Please remember our Clergy who are ill:

Father Michael Shear
5408 Locust Lane
Harrisburg, PA 17109

Fr. Richard Kanar
Epiphany of Our Lord Church
3410 Woodburn Rd.
Annandale, VA 22003

It would also be nice to remember our retired Bishop.
He will appreciate hearing from you.
The Most Rev. Michael J. Dudick, D.D.
32 Lakeview Trail
Sugarloaf, PA 18241-1043

Giving is for the giver

(This is an excerpt from an article, written by author Stephen King, which appeared in the Nov. 1, 2001 issue of Family Circle)

No matter how large your bank account, no matter how many credit cards you have, sooner or later things will begin to go wrong with the only three things you have that you can really call your own: your body, your spirit and your mind.

So I want you to consider making your life one long gift to others. And why not? All you have is on loan, anyway. All that lasts is what you pass on. Giving isn't about the receiver or the gift but the giver. It's *for* the giver. One doesn't open one's wallet to improve the world, although it's nice when that happens; one does it to improve oneself. I give because it's the only concrete way I have of saying that I'm glad to be alive and that I can earn my daily bread doing what I love. Giving is a way of taking the focus off the money we make and putting it back where it belongs - on the lives we lead, the families we raise, the communities that nurture us.

A life of giving-- not just money, but time and spirit -- repays. It helps us remember that we may be going out broke, but right now we're doing OK. Right now we have the power to do great good for others and for ourselves.

So, I ask you to begin giving, and to continue as you begin. I think you'll find in the end that you got far more than you ever had, and did more good than you ever dreamed.

What's Happening

Enclosed is a form for anyone who wants to donate for the **festival raffle**.

Enclosed is a reprint of the **Bishop Samra's** comments made at a former Byzantine Congress. Please take the time to read them.

Lenten Renewal - Sunday, March 17 and Monday, March 18. The details and any possible changes will be in the weekly bulletin.

The **Great Fast (Lent) begins on Monday, February 11**. All Wednesdays and Fridays are days of abstinence during the Great Fast (Lent). Check your calendars.

The **Procession for Resurrection Matins** includes lighted candles held by the people. This year a large beeswax candle with a wax saver will be used. Please consider donating a dollar to help cover the cost for this candle that you can use in your Easter basket and can take home to shine on Pascha. You may give this donation when you receive the candle.

Adult Education classes conducted by Jim Kushlan, our cantor, will continue. Please watch you bulletin for more details.

A Day of Recollection for the women of our parish will be held on Saturday, February 16. Watch the bulletin for more information.

Lenten services will be announced in the weekly bulletin. Normally they will be on Wednesday and Friday nights.

If anyone requires a **pastoral visitation**, please call beforehand so that the person is on the prayer list. If anyone who is ill and would like the sacrament of healing, call Father to make arrangements.

Father will continue **house blessing** but will call before the visitation.

Journey through the Great Fast, a new book, is available in the back of the church and in the church store. The cost is \$6.

Celebrate the Family and join other parents every second Sunday of the month as they watch the "**Parenting by**

Heart" video series. February 10 and March 10 are the next two meetings.

Mark you calendars for the **Slavic American Festival, Sunday, July 28**. Plan to attend to enjoy the food and to dance to the music of two popular bands.

Have you seen the Holy Resurrection Monastery Newsletter in the back of our church. Take one and read it to **learn more about the Eastern Church** and monasticism.

Nut Roll Sale and Perohi Sale on Saturday, March 23. Check the bulletin for more details.

Attention **Young Adults**: a group from St. Ann's parish will be attending a workshop on Christian leadership on Sunday, Feb. 24, at 1 p.m. at Cardinal Keeler Center. Join us! For more info, see Marya Tipton.

Urgent help is needed at Bingo. Each volunteer shift is scheduled to report every 5 weeks. If we don't get more people to help at bingo, we will be forced to discontinue bingo at St. Ann's. Please give your serious consideration to this matter. Call Father Mike at 652-1415, Tom Walko at 545-4046, or Stephen Plouse at 652-0545.

ECF News

Magic Show

Magic Show - A Spectacular Magic Show filled with excitement for everyone will take place on February 24, at 1 p.m. in the parish center. Come early to get a good seat because an invitation has been extended to the community. Check the Sunday bulletin for more details.

Fundraisers

Support the E.C.F. fundraisers: Perohi Sale every Wednesday during the Great Fast. There is also an Easter Candy Sale and a Sub Sale. Check your bulletin for more details.

Icon Sunday

Icon Sunday, February 17 - The 4th grade students are preparing their own icons for the icon Sunday procession.

Please remember the sick:

REMEMBER THE SICK - those who are hospitalized, those who are residents in nursing homes, those who in some way are incapacitated, and those who cannot worship with us during this Easter Holiday, THE HOLY RESURRECTION. Please remember them with a prayer, a card, a visit, or a gift to let them know we are thinking about them and have not forgotten them.

Mrs. Anna Langes
Cedar Haven Nursing Home
590 S. 5th Ave., Rm 302D
Lebanon, PA 17042

Kathryn Yuska
10 House Avenue, #14
Camp Hill, PA 17011-2337

Mrs. Winifred Collins
12 S. Queen St.
Littlestown, PA 17340

Mr. John Peda
Room 621
Memorial Building
Polyclinic Hospital
2603 N. Third St.
Harrisburg, PA 17110

Mr. John Pinchorski
6164 Randolph Ct.
Harrisburg, PA 17111

Mrs. Mildred Potochney
121 Prince Street
Harrisburg, PA 17109

Mrs. Rose Lefever
623 Firehouse Rd.
Grantville, PA 17028

Mrs. Alice Pawlinski
Arden Courts
2625 Ailanthus Lane
Harrisburg, PA 17110-3450

Donald Smith
Mary Smith
334 Third Street
Hanover, PA 17331-4909

Mrs. Mary Mucha
24730 Marva Point Way
Hollywood, MD 20636

Mrs. Mary Gnall
7102 Sandy Hollow Road
Harrisburg, PA 17112-9319

Mrs. Helen Houser
Villa Teresa Home
1051 Avila Road
Harrisburg, PA 17109

Mr. Mike Ondeck
602 Drexel Road
Harrisburg, PA 17109

Miss Isabella Lesko
Outdoor Pointe at Harrisburg
3560 North Progress Avenue
Room 211
Harrisburg, PA 17921

Mrs. Mary Lucas
1020 North Union Street
Frey Village
Middletown, PA 17057

Mrs. Margaret Bastardi
4907 Virginia Avenue
Harrisburg, PA 17109

Mrs. Ann Rosiak
(Ann M. Falatovich's Mother)
Church of God Home
801 South Hanover Street
Peace Wing, Room. 405
Carlisle, PA 17013-4112

Clothing and food will be sent to Eastern Europe before Pascha. Please bring your donations to the parish center as soon as possible.

Fasting a weapon established by God

The Saviour began the work of salvation with fasting. In the sameway, all those who follow in the footsteps of the Saviour, build on the foundation the beginning of their endeavor, since fasting is a weapon established by God. Who will escape blame if he neglects this? If the Lawgiver Himself fasts, how can any of those, who have to obey the law, be exempt from fasting? This is why the human race knew no victory before fasting, and the devil was never defeated by our nature as it is: but this weapon has indeed deprived the devil of strength from the outset. Our Lord was the Leader and the first example of this victory, in order to place the

first crown of victory on the head of our nature. As soon as the devil sees someone possessed of this weapon, fear straightway falls on this adversary and tormentor of ours, who remembers and thinks of his defeat by the Saviour in the wilderness; his strength is at once destroyed and the sight of the weapon, given us by our Supreme Leader, burns him up. A man armed with the weapon of fasting is always afire with zeal. He who remains therein, keeps his mind steadfast and ready to meet and repel all violent passions.

St. Isaac of Syria
(Sixth Century)

Liturgical Schedule for Pascha

Though it is not prescribed for every day, Great Week-Holy Week is a week of fasting: Wednesday, Great Friday, and Holy Saturday are fast days. Great Friday is Black Fast day which means no meat or dairy products are eaten. Who is bound to fast? All those who receive the Holy Eucharist are bound to fast. Only those people who are ill, pregnant or older are excused from the fast.

LITURGICAL SCHEDULE

SATURDAY - MARCH 23 - SATURDAY OF LAZARUS

9:00 A.M. - FIRST CONFESSIONS

SUNDAY - MARCH 24 - FLOWERY SUNDAY (PALM SUNDAY)

8:00 A.M. - DIVINE LITURGY

10:30 A.M. - DIVINE LITURGY

NOTE: Children's procession prior to both Liturgies. Blessing of willows at both Liturgies. Anointing with Holy Oil and distribution of Blessed Bread (Mirovanije) after each Liturgy.

WEDNESDAY - MARCH 27 - GREAT AND HOLY WEDNESDAY (FAST DAY)

7:00 P.M. - PRESANCTIFIED LITURGY WITH THE MYSTERY (SACRAMENT) OF HEALING

THURSDAY - MARCH 28 - GREAT AND HOLY THURSDAY

7:00 P.M. - DIVINE LITURGY OF ST. BASIL THE GREAT WITH VESPERS.

COMMEMORATION OF THE INSTITUTION OF THE EUCHARIST - SOLEMN COMMUNION

NOTE: Light refreshments will be served in the parish center after the services. Everyone is invited to attend.

FRIDAY - MARCH 29 - GREAT AND HOLY FRIDAY - (STRICT FAST: NO MEAT IS ALLOWED TO BE EATEN!)

12:00 NOON - "STRASTI" - READING OF THE TWELVE GOSPELS

NOTE: We will need people for the reading of the Twelve Gospels and to hold candles.

7:00 P.M. - GREAT VESPERS AND BURIAL PROCESSION WITH THE HOLY SHROUD
(Outdoor procession, weather permitting)

PLEASE MAKE EVERY EFFORT TO ATTEND CHURCH SERVICES ON GREAT AND HOLY FRIDAY.

ALL NIGHT VIGIL - GUARDING OF THE GRAVE - BEGINS FRIDAY AFTER VESPERS UNTIL VIGIL LITURGY, SATURDAY, MARCH 30, AT 5:30 P.M. NO PERIOD OF GUARDING OF THE GRAVE SHOULD BE WITHOUT ONE, TWO OR MORE PEOPLE PRESENT IN THE CHURCH. THERE WILL BE A SIGN-UP SHEET IN THE VESTIBULE. PLEASE CHOOSE AN HOUR WHEN YOU AND YOUR FAMILY CAN SPEND TIME IN PRAYER TOGETHER, AND IN THIS WAY, WE SHALL NOT LEAVE THE TOMB UNGUARDED.

SATURDAY - MARCH 30 - GREAT AND HOLY SATURDAY

5:30 P.M. - VIGIL LITURGY OF ST. BASIL THE GREAT (THE GREAT RESURRECTION)

9:00 P.M. - REMOVAL OF THE PLASCHANITZA FROM THE TOMB, PASSING OF THE NEW LIGHT, PROCESSION OF HASTE, RESURRECTION MATINS, DIVINE LITURGY OF ST. JOHN CHRYSOSTOM WITH GOSPEL IN MANY LANGUAGES, BLESSING OF ARTOS, PASCHAL HOMILY OF ST. JOHN CHRYSOSTOM (FOLLOWED BY HIS TROPARION), KISSING OF THE CROSS WITH PASCHAL STICHES, BLESSING OF PASCHAL FOODS, AND DISTRIBUTION OF RED EGGS.

NOTE: There will be anointing with oil of gladness (Mirovanije) after the Divine Liturgy. When coming to church, please bring all baskets to the parish center. This applies to Easter Sunday also.

Ten ways the Liturgy teaches us

BY FATHER YAROSLAV

In all, I counted ten specific ways the liturgy teaches us – all of us, both clergy and laity – to participate in worship. Let me share them with you briefly:

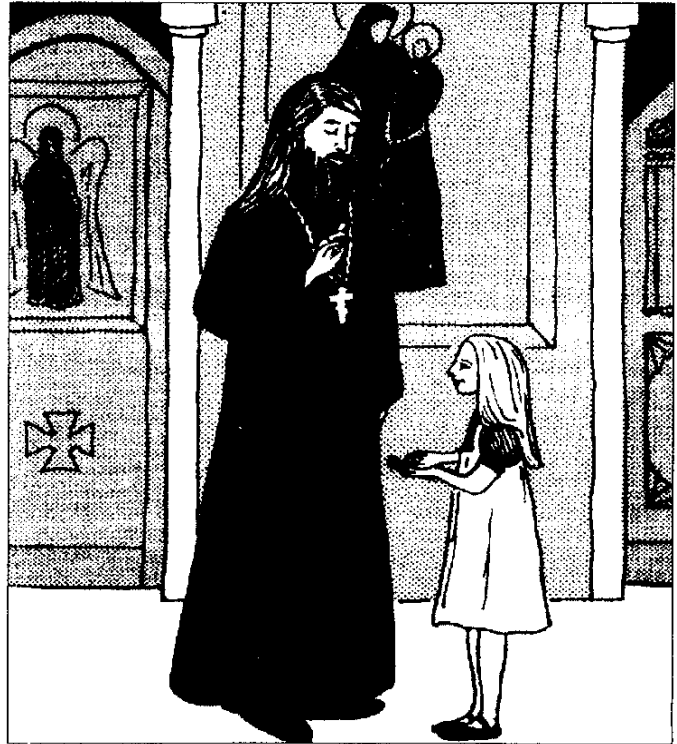
1) We participate in worship through frequent communion. This is the most important way of participating in the liturgy. When the priest comes forward with the chalice and lifts it high, he says, "With the fear of God, with faith and love, draw near." Come close to communion with God. That's a command, an instruction. After all, what is the Eucharistic Liturgy all about? Simply, it's the way the Church prepares, consecrates, and administers the Mystery (Sacrament) of Holy Communion. Receiving Holy Communion, receiving Christ, is the central act of liturgy.

2) We participate in worship through faithful gathering as a Church. The Divine Liturgy begins with the words "Blessed be the kingdom of the Father, the Son and the Holy Spirit." What's the Kingdom? The Place where the King reigns. Who's the King? God. Who are his subjects? Christians. Where does the King reign? Where God is present and the Christians are present. God's kingdom is made manifest in us during worship. One cannot be manifesting the kingdom liturgical if he's not there. **Being present is crucial to liturgical life and your salvation.**

3) We participate in worship through entering into it responsively. The language the liturgy contains a number of dialogues in various parts of the service. For example, the priests say, "Let us lift up our hearts." Then the people respond "We lift them up to the Lord." The words of the liturgy in these dialogues invite us to involvement and participation. But because we are not taught to participate in worship, the dialogues often go unnoticed and unheeded; the commands they contain often are not obeyed in the people's hearts.

4) All of our services include litanies in which the priest or deacon names a petition and the people sing the response – either **Lord have mercy** or **Grant this O Lord**. The priest is not actually addressing himself to God in these petitions; he's addressing the congregation. He's saying, for example, "For the Peace from above and the salvation of our souls, let us pray to the Lord." The people sing the response, but they are not really praying either. They give the same response to all the petitions. It's really the congregation's role to pray these prayers. If the congregation does not enter in, then nobody is praying.

How does one pray the litany? Simply do what the priest says. The priest says, "Let us pray for the peace from above and for the salvation of our souls." You can just say in your hearts, Dear Lord, grant us your peace



from above and the salvation of our souls. You can also think of particular people and situations you want to pray for with each petition. When the prayers are no longer just words, you are following the instructions of the litany.

5) We participate in the worship through singing. Many people are not accustomed to singing in church. They are afraid of being conspicuous. But even in a parish where the cantor does all the singing, it's possible to sing along with the cantor softly. You don't have to sing loud enough to be heard, but sing! The patristic tradition tells us that the people are supposed to sing. And we know that in the past they did sing. We need to revive this tradition in all our churches.

6) There are two places in the liturgy where we sometimes say the words, instead of singing or chanting them – The Creed and the Lord's prayer. The people say the Creed and the Lord's prayer as a body. In the Lord's prayer it is clear that we are talking to God. Our challenge is to make the prayer our own so that it truly expresses our thoughts and feelings.

But the Creed is different. To make the Creed come alive, you must consider to whom you are confessing it. I find if I think of talking to God, it really becomes personal. Because I am telling God what I believe, it is a prayer and it touches my head and my soul.

(TEN WAYS continued on Page 8)

Ten Ways

(Continued from Page 7)

7) We participate in worship through physical actions. Instructions such as "Let us bow our heads to the Lord" require you to worship with your body. There are many ways that we use our bodies in the liturgy. The most important say that we use our bodies in worship in the church is when we make the sign of the cross. Making the sign of the cross is one of the most profound things a Christian can do. To make the sign of the cross is to mark yourself, to identify ourselves as Christians.

8) We participate in worship through listening to the readings and the sermon. What are we told at the beginning of the readings? "Let us be attentive." Unfortunately we tend to make those words into mere ritual. But the words actually are saying to us, "**Pay attention! Listen! There's something important here.**" That's an instruction! Christians ought to really perk up and listen to what the Gospel has to say.

9) We participate in worship through involvement in its structure. The Divine Liturgy, as it exists today, has an organization and a pattern. That structure is revealed in what we call the Little Litanies, in which we pray, "Again and again, let us pray to the Lord."

These repeated litanies do contribute to the length of the service, which most consider being a problem. But if

you begin to participate in the Liturgy and do the things the Liturgy instructs you to do – guess what? The Liturgy gets shorter! You don't notice the length of the Liturgy, because you didn't attend as a mere observer, just waiting for the final blessing to go home.

10) Finally, we participate in worship through personal devotion. The Liturgy can be understood in a literal sense, and it can be understood in a literal sense, and it can also be understood as symbolic. Some of the things we do in the Liturgy today have no real meaning except as symbols. Take the Great Entrance. The Great Entrance originated in Constantinople, where they would begin the Divine Liturgy in one Church, then move to a special saint's Church or chapel to conclude it. In order to conduct the Liturgy, they had to move the bread and wine, the chalice and the diskos, to the new location. So it became a grand procession.

What does it mean for us today? Not much, if all we do is remember that 15 centuries ago, they moved the elements of the Mystery (Sacrament) from one Church to another. But if you think of the procession as symbolizing Christ bearing His cross on the day He was crucified for your salvation, that act can become an act of personal worship and devotion.

Vespers for the Sundays of the Great Fast will be on Sunday, February 17, at 4 p.m. Our parish will be the host for other parish communities in our Protopresbyterate. Plan to attend to prepare both spiritually and physically for the Feast of Pascha.

The Easter raffle will be sent out shortly.

We thank all who support our parish endeavors. The following are the winners of the Christmas drawing:

1. Father Daniel Mahoney, Harrisburg; 2. Kim Rudisill, Littlestown; 3. Michael Grosso, Bloomfield, NJ; 4. John Petty, Trenton, NJ; 5. Maryjo Szada, Steelton.

Prayer for Vocations

Ever-Faithful God,
You have called us and graced us
through our baptism to continue the mission
of your beloved Son, Jesus.

Open us to listen to your call
and empower us to witness to the gospel
with courage.

Inspire women and men
to follow the path of service.
Together may we build up the Church
as a living and vibrant sign of your presence
in our world.



We offer this prayer
in the name of your beloved Son, Jesus . AMEN!