

WE ARE TO PRAY WITHOUT CEASING

One of the aims of the Great Lent is to improve the prayerlife of the faithful. Happily, on this Second Sunday of the Fast, the Church provides us with a great teacher on prayer. Honored this day is **ST. GREGORY PALAMAS**, famed Byzantine mystic, monk and theologian of the 14th century. He was raised in Constantinople, then became an ascetic on Mt. Athos. From there he went to Thessalonika, Greece, and became its Archbishop. Born in 1296, Gregory fell asleep in Christ in 1359.

Over the centuries, the ascetics of the East developed a system of mystical contemplation of God which had as its aim the union of the person with the Lord. This has been called **"deification in Christ."** The method involved physical exercise, bodily posture, silence, proper breathing and the Jesus Prayer: **"Lord Jesus Christ, Son of God, have mercy on me a sinner."** The height of this spiritual experience was said to be a vision of the Divine Light, the radiance which Jesus showed at His transfiguration. It is termed **"hesychasm,"** which means tranquility or quietness.

Here is what St. Gregory had to say about praying without ceasing: **"Let no one think that it is the duty only of priests and monks to pray without ceasing and not of laymen. No, no; it is the duty of all Christians to remain always in prayer . . ."**

"Bear in mind the method of prayer . . . namely by prayer in the mind. And this we can always do if we wish. For when we sit down to work with our hands, when we walk, when we eat . . . we can always pray mentally -- the true prayer pleasing to God. Let us work with the body and pray with the soul . . ."

The teachings of St. Gregory were accepted by two councils of the Church held at Constantinople in 1341 and 351. Eight years after his death, the Archbishop of Salonika was proclaimed a saint of the Faith.



2nd SUNDAY OF LENT

WEEKLY PARISH BULLETIN

March 27, 2016.

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TODAY'S READINGS

GOSPEL: Mark 2, 1-12; John 10, 9-16;

EPISTLE: Hebrew 1, 10-2,3; 7, 26-8,2;

TODAY WE CELEBRATE:

THE VENERABLE BENEDICT

Benedict was born in Nursia [Nocria] a province in Italy, in the year 480 A.D., of wealthy and distinguished parents. He did not remain long in school for he alone saw that because of lack of knowledge one can lose "the great understanding of his soul." He left school "an unlearned wise man and an understanding fool." He retreated to a monastery where he was tonsured by the monk Romanus after which he withdrew to a steep mountain where he remained in a cave for more than three years in a great struggle over his soul. Romanus brought him bread and lowered it down the steep mountain on a rope to the opening of the cave. When Benedict became known in the vicinity and in order to retreat from the glory of man, he withdrew from this cave. He was merciless toward himself. Once, when an unclean and raging passion of the flesh seized him, he removed all his clothes and rolled around naked in the thorns until he repelled every thought of a woman. God endowed him with many spiritual gifts: he discerned thoughts; he healed; he expelled evil spirits; he raised the dead; he appeared to some openly; and to others who were distant, he appeared in dreams. At one time, Benedict perceived that the glass of wine served to him was poisoned. When he made the sign of the cross over it, the glass burst. In the beginning he established twelve monasteries and in all of them, he placed twelve monks each. Later on, he founded the special order of the Benedictines which exists even today in the Roman Church. On the sixth day before his death, he ordered that his grave which had been prepared earlier be opened for the saint foresaw that his end was near. He assembled all the monks, counseled them and then gave up his soul to the Lord whom he had faithfully served in poverty and in purity. Scholastica, his sister by birth, lived in a convent and looking up to her brother, she greatly mortified herself and reached a high state of spiritual perfection. When St. Benedict gave up his soul, two monks, one traveling on the road and one at prayer in a far away cell, simultaneously saw the same vision. They saw a path extending from earth to heaven, covered with a precious woven fiber and illuminated on both sides by rows of men. At the head of the path, there stood a man of indescribable beauty and light who said to them that this path was prepared for Benedict, favored by God. As a result of this vision, these two brothers learned that their good abbot departed from this world. He died peacefully in the year 543 A.D. and entered into the eternal Kingdom of Christ the King.

Every Saturday during the Lent we will have Vesper Service in our Church at 6:00PM.

REFLECTION

We can hardly find a better example as to how we should not become lazy and how we should not procrastinate in prayer and in work for tomorrow's day than by this example which is given to us by St. Ephrem the Syrian. "Once a brother was inspired by the devil to think: Give yourself rest today and tomorrow rise for vigil." But he answered the thought, "Who knows, perhaps, I will not even get up tomorrow, that is why I need to rise today." Before work, he was also inspired with this thought, "Give yourself rest today and complete your work tomorrow." And again he responded, "No, I will complete my work today and about tomorrow's day, the Lord will take care of it." St. Anthony teaches, "Before the closing of each day, arrange your life as though this is your last day on earth and you will protect yourself from sins."

**DON'T
WAIT
FOR
PEOPLE
TO BE
FRIENDLY,
SHOW
THEM
HOW.**

OUR LENTEN VESPER SERVICE

Is today at 5:00 p.m.

Homily will be given by Fr. Dr. Rodney Torbic

Our KCC Sveta Petka Kolo will prepare the Lenten Supper: Soup, fish, pasta, roasted potatoes, mixed vegetables, pogaca, dessert and coffee- Donation \$10 for adults, students and young children are FREE. Please attend and bring a friend!

The DINNER will be held UPSTAIRS in the Center

The KCC will sponsor a luncheon downstairs in the church hall after church NEXT Sunday, April 3, 2016. Please plan to attend! This will be a posno lunch prepared by Protinica Sava and donated by Prota and Protinica Krstic. Please join us in an afternoon of fellowship.

Menu: Smoked salmon chowder, oven baked breaded fish, Serbian potato salad, vegetables medley and homemade bread. Remember, everything is from scratch. We promise to have enough for everyone (at least for 100 people). Price: \$12.00

SARRIS CANDY orders are ready for pick-up today. Thank you for all who helped support the choir!

© Pittsburgh Deanery Lenten Vespers are at 5 PM©

April 3 - MIDLAND - St. George - Fr. Rajko Kosic

April 10 - STEUBENVILLE - Holy Resurrection - Fr. Milan Krstic

April 17 - CARMICHAELS - St. George - Fr. Rade Merick

April 24 - PITTSBURGH - Holy Trinity Cathedral - Fr. Dragan Zaric



Today, after Divine Liturgy, we will have PARASTOS for the souls of NICK BELICH and GEORGE SKORICH

SAVE THE DATES:

CHURCH SCHOOL- The last day of Church School will be on Sunday, May 1st

ANNUAL DAN RALICH GOLF TOURNAMENT- Saturday, May 7th

SPRING FOOD FESTIVAL- May 14th and 15th

TEA and TREASURE BASKETS fundraiser Sunday, June 26th from 1pm-3:30 pm

On Friday, April 1st, we will have:

SERVICE OF HOURS9:00AM; CONFESSION9:30AM;

PRESANCTIFIED LITURGY9:45AM.

VISITS:

March 22nd - West Hills - Joseph Mrkonja, Smilja Milosh

March 24th - Franciscan Manor - Millie (Rebich) Winlow, Nell Semick, Rudy Kosanovich, Ann Trbovich, Christina Lambros

March 24th - Cambridge Village - Mary Ulinski

