

March 1, 2026

Hebrews 11:24-26, 32-12:2

1st Sunday of Great Lent John 1:43-51

Sunday of Orthodoxy

READER SCHEDULE

Sun. Mar. 1 - Wesley Hatch
Sun. Mar. 8- Joseph Yevich
Sun. Mar. 15- James Hamer
Sun. Mar. 22- Gregory Kuzmenchuk

Sun. Mar. 1- Divine Liturgy - 9am - Hours at 8:45am
Wed. Mar. 4 - Presanctified Liturgy - 9:30am
Fri. Mar. 6. - Presanctified Liturgy - 6:30pm
Sun. Mar. 8 - Divine Liturgy - 9am - Hours at 8:45am
Wed. Mar. 11-Presanctified Liturgy-6:30pm
Fri. Mar.13- Presanctified Liturgy-9:30am
Sun. Mar.15- Divine Liturgy- CROSS VENERATION-9am-Hours at 8:45am

TRIUMPH OF ORTHODOXY SUNDAY



We venerate Your most pure image, O Good One, / and ask forgiveness of our transgressions, O Christ God. / Of Your own will You were pleased to ascend the Cross in the flesh / to deliver Your creatures from bondage to the enemy. / Therefore, with thanksgiving we cry aloud to You: / You have filled all with joy, O our Savior, / by coming to save the world.

Prayer Corner for the Health of:

Brenda Euler, Paul Domsohn, Erin Bove, Darrell Kinney, Amber Curry, Michael & Dorothy Panaski, Denise Gavin, John Hendershot, Theresa, Margaret Hendershot, Vonda, Diana, Jay, Alicia Winther, Carl, Carolyn Sullivan, Kathy S, Elena, Carl F. Helen Domsohn, Maria F. Susan F. Audra Kriston, Betsy Gose, Don T, Elaine, Verdon Taylor Haines, Mariann, Anne Ruczhak, Linda Kozlowski, David Anderson, Minerva Hawa, Rose Dmytryk, Ray Vito, Brandon, Jenny Elmo, Lillian Maskula, Irene Pashesnik, David Vito, John Gbur, Rose Ugolnik, Marcia Mulvaney, Wayne, Darius, Kira Morales, Carol Burke, Michele Ruczhak, Mike Pyszczymuka, Ron & Marge C. Briggs, Dominique, Declan, Vincent, Linda Gindin, Tom Leslie.

BIRTHDAYS

Mar. 4 - Minerva Hawa
Mar. 7- Mark Teijaro

ANNIVERSARIES

None this Week

MARCH CHARITY

Ukrainian Orphanages

PARISH BOARD MEETING

Tuesday, Mar. 17 - 7pm in the Church Hall

JOIN US FOR COFFEE HOUR AFTER LITURGY

ST. ANASTASIA SISTERHOOD MEETING

Sunday, March 1 after Divine Liturgy in the Church Hall. New members are encouraged to attend!!

Sunday of Orthodoxy Service **TODAY** at 4pm.
Descent of the Holy Spirit Romanian Orthodox Church, 1323 Ashbourne Rd Elkins Park, PA.

On March 8, SPRING FORWARD!

Set your clocks ahead 1 hour before going to sleep on Saturday, March 7!

Father Robert Holet Mid-Atlantic Deanery Project

Donate a Generator for Ukraine that Archbishop Daniel will bring from Poland to Ukraine!!

COOKING SESSIONS

Fri. Mar. 6 – 8:00am - Roll Prep, Baking/Pack
Fri. Mar. 13 - Sauerkraut Prep following Morning Presanctified Liturgy
Sat. Mar.14 - 8:30am - Sauerkraut Pierogis
Sun. Mar. 22 - Wrapping Kielbasa after Liturgy

ANNUAL DUES

Annual due have increased to \$250 dollars per year. Use white Dues envelope to allow accurate tracking. Use weekly envelopes and include names for ALL DONATIONS!

Let's cheer on Brandon Armour and our Holy Ghost Church sponsored Basketball Team on March 3 and March 10 at 7:15pm. Free Admission. Gymnasium at 109 Gypsy Hill Road, Landenberg, PA.

UOL LENTEN RETREAT

Saturday, March 28 "Taste and See that the Lord is Good" Focus on Communion and Communion Prayers. Speakers: Fathers Anthony Perkins and Roman Marchyshak. Basilian Spirituality Center, 710 Fox Chase Rd, Jenkintown, PA. \$45 Contact Oleh or Natalie Bilinsky at 610-892-7315

PRAYER CARDS of Christ in the Garden of Gethsemane are available on the Tetrapod. Please pray at 9pm every day as a Parish Family!

ABOUT FASTING The Fathers of the Church established the guidelines for Lenten Fasting. The rule of the Church for Lent is to "Strict Fast" - abstaining from meat and dairy products from the First Monday of Lent until Pascha, which includes both Saturdays and Sundays, which are considered a part of Lent. All parishioners are encouraged to partake of this practice as much as they are able. The Fathers of the Church have also put forth that a light and steady rule that is kept is preferable to a difficult one that is soon broken. Since not everyone is able to strict fast for the whole of Lent, one might consider simply fasting from meat. And is that's not possible, fast from meat during the weekdays of Lent. It is suggested that the following fasting discipline be observed as a minimum baseline upon which to build with each passing year: A strict fast from meat and dairy products on the first day of Lent, Good Friday and Holy Saturday and abstinence from meat on Wednesdays and Fridays, and the entire Holy Week. Please speak to me for guidance in determining a fasting regimen that makes sense for you, that challenges you yet is not detrimental to one's physical and spiritual health. The elderly and infirm are not bound by the physical fast. Also, fasting without increased prayer and acts of charity is merely a "diet" and will have no spiritual benefits. Pray, fast and help others and your church community. You will certainly be blessed! A beautiful Lenten Journey to All! Father Nick