

**February 22, 2026
Cheese-Fare Sunday
Forgiveness Sunday**

**Romans 13:11-14:4
Matthew 6:14-21**

READER SCHEDULE

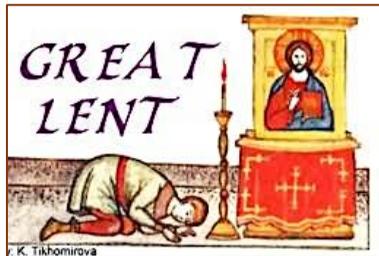
Sun. Feb. 22- Gregory Kuzmenchuk
Sun. Mar. 1 - Wesley Hatch
Sun. Mar. 8- Joseph Yevich
Sun. Mar. 15- James Hamer

Sun. Feb. 22 - Divine Liturgy 9am- Hours at 8:45am
Oath of Office for New Board and Forgiveness Service after Liturgy!

GREAT AND HOLY LENT BEGINS THIS EVENING!!

Mon. Feb. 23 –Great Penitential Kanon of St. Andrew of Crete - 6:30pm
Wed. Feb.25 - Presanctified Liturgy- 6:30pm
Fri. Feb.27 - Presanctified Liturgy - 9:30am
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

KONTAKION FOR THE FIRST WEEK OF GREAT LENT



**My soul, my soul, arise!
Why are you sleeping?
The end is drawing near,
and you will be confounded.
Awake, then, and be watchful,
that Christ our God may spare you,
Who is everywhere present
and fills all things.**

☪☪☪☪ 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

Feb. 23 - Michael Euler
Feb. 27 - Josh Domsohn

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!!

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

Thank You Card received from the Sisters of St. Elizabeth Convent in Etna, California for our Charity Donation in January for \$640.75.

COOKING SESSIONS

Sun. Feb. 22 - After Liturgy – Pack Cabbage
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

Starting 2026 our annual dues have increased to \$250 dollars per year. Please use your White Dues envelope to allow a quick view of paying dues and accurate tracking. Use your weekly envelopes and include your name for ALL DONATIONS they are recorded! Blank envelopes are in back of church if you forget your assigned envelope! Thank You! Janet Gbur

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. Approx Half-Hour South of Coatesville.

Attendance Feb. 15 - 39

ABOUT FASTING...we must realize that without fasting, there is no Lent! To that end, the Fathers of the Church established in ancient times through their collective experience the guidelines for Lenten Fasting. Essentially, 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. This time includes both Saturdays and Sundays, which in the Orthodox reckoning are considered a part of Lent, unlike the reckoning of the Western Churches. All parishioners are wholeheartedly encouraged to partake of this practice as much as they are able. On the other hand, 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 and forgotten. With the realization that not everyone is able to strict fast for the whole of Lent, one might consider simply fasting from meat. And if it is not possible to fast entirely from meat, perhaps fasting from meat during the weekdays of Lent, may be a more manageable discipline. It is suggested, as has been the practice of many in our UOC of the USA over the years, 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. I encourage you to speak to me for guidance in determining a fasting regimen that makes sense for your personal and family life situation, that sufficiently challenges you yet is not detrimental to one's physical and spiritual health. Keep in mind 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. Make the most of the time, pray fast and help others and your church community. You will certainly be blessed! A beautiful Lenten Journey to All! Father Nick