

*Our Lady of the Sign  
Byzantine Catholic Church*

7311 Lyons Road, Coconut Creek, Florida 33073  
[www.SouthFloridaByzantine.org](http://www.SouthFloridaByzantine.org)

**Rev. Martin Vavrak**

***Pastor***

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**Mr. Fred Wilson**

***Parish Manager & Cantor***

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*Website*



*Contribute*

Fr. Deacon Michael Opalka

Mr. Jon Cipyak, III & Ms. Lynn McFadden  
*Assistant Cantors*

Ms. Susan Scotts & Mr. Mike Donegan  
*Parish Guild Co-Chairs*

Mr. Jon Cipyak, IV & Mr. Mike Donegan  
*Lay Trustees*

**SLAVA ISUSU CHRISTU! SLAVA NA VIKI!  
GLORY TO JESUS CHRIST! GLORY FOREVER!**

**LITURGY SCHEDULE**

**Second Sunday of the Great Fast  
with Second All Souls Panachida**  
EPISTLE Hebrews 1: 10-2: 3  
GOSPEL Mark 2: 1-12

*Sanctuary Candle:  
Health & Blessing of the Parish Family*

**Saturday, February 28, 2026, 5:00 p.m.**  
Jon & Melissa Cipyak  
by Jon & Suzie Cipyak

**Sunday, March 1, 2026, 10:00 a.m.**  
+Steve Hodovanich  
by Robert Hodovanich

**Liturgy of the Presanctified Gifts**  
Genesis: 7: 6-9  
Proverbs: 9: 12-18

**Friday, March 6, 2026, 6:00 p.m.**

**Third Sunday of the Great Fast – Veneration of the Cross  
w/Third All Souls Panachida**  
EPISTLE Hebrews 4: 14-5: 6  
GOSPEL Mark 8: 34-9: 1

*Sanctuary Candle:  
Health & Blessing of the Parish Family*

**Saturday, March 7, 2026, 5:00 p.m.**  
For the Faithful of the Parish

**Sunday, March 8, 2026, 10:00 a.m.**  
+John L. Monito  
by Susan Scotts

**CONFESSION SCHEDULE**

Fr. Martin is available to hear confession immediately following each Divine Liturgy or by scheduling an appointment in advance by contacting Fr. Martin.

**ROSARY SCHEDULE**

- Friday: 5:40 p.m.
- Saturday: 4:40 p.m.
- Sunday: 9:40 a.m.

**WELCOME!**

We welcome our guests and visitors, and are happy to have them join us in prayer.  
If you have not officially registered in the parish, and would like to, please speak with Fred.

**REMEMBER IN YOUR PRAYERS** Please continue to remember in our prayers all the needs of the parish family, the sick and suffering, those who have asked for our prayers, especially Frantisek Vavrak, Helena Huk, Nadiia Mykytiak, Angie Nemeth, Lesia, Chris Finnegan, Dan Asche, Natasha Lemeshova, Henry Zondag and Stephen Finnegan. Let us remember the priests and bishops of the Catholic Church, those people who have been denied their basic human rights and dignity, the oppressed, the lonely, the homeless and those who suffer, and those who have no peace of mind or heart. **The prayer list is now available on our website!** Please check the list during your daily prayers for an up-to-date listing of those who are in need of our prayers.

*Pastoral Message*

Dear faithful parishioners, and you who have come to our church for the first time – welcome!  
WHO WAS SAINT GREGORY PALAMAS?

Saint Gregory Palamas was an Athonite monk who later became the Archbishop of Thessalonica. Born in Constantinople to a noble Anatolian family, he had always been interested in the monastic life. Around 1318 A.D., he and his two brothers went to Mount Athos and became monks. However, with the Turks encroaching upon Greece, he fled to Thessalonica, where he entered the priesthood in 1326 A.D. Shortly afterward, he took up the eremitic life at a mountain near Beroea, and eventually returned to Athos in A.D. 1331. Six years later, he became involved in a controversy with Barlaam, a Greek monk from Calabria, Italy.

In A.D. 1347, Palamas became Archbishop of Thessalonica, but the political climate made it impossible for him to take up his see until A.D. 1350. During a voyage to Constantinople, he was captured by Turks and held in captivity for over a year. He died in A.D. 1359, and the Eastern Orthodox Church glorified him a mere 9 years later. “When Jesus, it says, ‘saw their faith’, the faith, that is, of the bed-ridden man who had been lowered, and of those who had let him down from the roof, he said unto the sick man, Son thy sins be forgiven thee.’ What a blessed way to be addressed! He hears himself called ‘son’ and is adopted as the child of the heavenly Father. He is joined to God who is without sin, having immediately become sinless himself through the forgiveness of his sins. In order that his body can subsequently be renewed, his soul first receives deliverance from sin from the Lord, who knows that in the beginning when the soul fell into the snares of sin, physical illness and death followed, in accordance with His righteous judgment.”

*St Gregory Palamas*

*In Christ,  
Fr. Martin Vavrak - Pastor*

*Directives for the Great Fast  
from the Office of the Bishop*

Our Tradition is to abstain from meat after Meatfare Sunday and from dairy products after Cheesefare Sunday until Easter. The following are the minimum requirements:

1. All who receive Communion in the Eparchy of Passiac are required to abstain from meat on Wednesdays and Fridays of the Great Fast.
2. All adults who receive Communion in the Eparchy of Passaic are required to abstain from meat, eggs, and milk products on the first day of Lent, Monday, February 16, and on Great and Holy Friday, April 3.

*Announcements & Reminders, continued...*

**SLAVIC KITCHEN** If you would like to order pierogi, kielbasa, stuffed cabbage and baked goods from our sister church in Ft. Pierce, you are in luck as order forms are now available! Orders are due by Sunday March 22.

**HELP NEEDED** As mentioned last week, we are looking to make some repairs and paint the interior of the shed, and would like to do so during the month of March, before the heat sets in. We also need to finish sorting through the pile of bricks. If you can volunteer, please speak with George Behary or Bob Toth.

**WILLS AND TRUSTS** Our Lady of the Sign welcomes charitable donations made by bequest through your Will or through Trust. A Bequest is a unique gift of money or assets left through your will and is an investment in the future of your Parish. By leaving a bequest, you are making a lasting difference in the life of the Parish community. Please contact parish manager, Fred Wilson or lay trustee Michael Donegan if you have any questions.

**FLOWERS** Parishioners are encouraged and should feel free to bring fresh flowers as a devotion. The wall containers placed inside the church surrounding some icons are for everyone's use.

**EASTERN CATHOLIC FORMATION** Are you seeking to grow closer to Christ through the beautiful liturgical and spiritual heritage of the Byzantine Catholic Church? Our Eastern Catholic Formation classes offer a transformative journey into the depths of our ancient faith. Everyone is welcome, whether you're a lifelong Byzantine Catholic or newly discovering our traditions. Contact David Wilson for more information at: 407.985.8834

**GRAVE WATCH** Great and Holy Friday is one of the most solemn days of the Byzantine Church. On this day, we witness our Lord willingly give His life for our sake. We watch our Lord's crucifixion by the hands of those He came to save. An ancient tradition in the Byzantine Church is the Holy Vigil at the Tomb of Christ, also referred to as Grave Watch. After our Lord died on the Cross, Nicodemus and Joseph of Arimathea took the body of Jesus, bound it in linen cloths with spices and buried it in a new tomb. Mary Magdalene and the other Mary sat opposite the tomb watching as their Lord was buried. The Church has joined with these two women in keeping watch over Jesus' tomb. The Holy Vigil is our opportunity to help keep watch over our Lord's body as He descends into Hell to loosen the bonds of death.

A Grave Watch will be held following Friday night Vespers and end Saturday morning. Individuals or families may sign up via the sheet posted by the coffee table for one-hour blocks of time throughout the evening of Great and Holy Friday. Time slots are used to ensure our Lord's body is not left alone in the tomb. That does not mean if a slot is full, others cannot join. Everyone is welcome to pray at any time throughout the vigil. Just remember to be respectful, as this is a time for quiet self-prayer.

**2025 / 2026 BISHOP'S APPEAL** You should have received a mailer from the Chancery for this year's pledge drive. If not, copies are available in the back of the church. Our goal, \$6,200.00, equates to \$175.00 per family. If we are successful again in reaching our goal, Bishop Kurt will generously refund our parish 40%. This year, we ask you to submit your contribution directly to the Chancery via the mailer, or via the link on our website.

## *Announcements & Reminders*

**ANNUAL PICNIC** Our second annual parish picnic is scheduled for Palm Sunday, and will take place on the parish grounds immediately following liturgy. The menu will include hamburgers, hot dogs, lamb chops, garden salad, soda, coffee, and cookies. There will be games for kids and adults. Tickets for the event are \$20 per adult, and \$10 per child under 10 years old. Friends and family are most welcome to attend. A 50/50 raffle will also be held, with advance purchase available starting this week. Please see Fred to purchase your tickets.

### **DIVINE LITURGY OF THE PRESANCTIFIED GIFTS – FRIDAYS AT 6:00 P.M.**

As we journey together through the holy season of Great Lent, we are called to slow down, to fast, to pray, and to enter more deeply into the mystery of God's love for us. At the heart of this sacred season shines a treasure of our Byzantine tradition: The Divine Liturgy of the Presanctified Gifts. We do not consecrate the Eucharist anew, but rather bow in adoration before the Gifts already sanctified.

The faithful who gather bow before the living Christ. The church is dim as the incense rises and the priest and cantor sing with quiet longing. It is not a service of triumphant joy but rather of tender aching hope; the hope of a people who know that Pascha is coming, and who prepare their hearts to receive it. "Let my prayer rise before You as incense, the lifting up of my hands as the evening sacrifice." — Psalm 141

This Lent, consider joining us each Friday evening for this sacred service.

**SPECIAL CONTRIBUTIONS** Many of the projects performed around the parish have been funded by the generosity of parishioners. If you would like to contribute towards a project, please speak with Fred Wilson or lay trustee Michael Donegan.

**LITURGY INTENTIONS** If you would like a Liturgy offered for the blessed memory or health of a loved one, please fill out the form located in the back of the church. **Requests can also be made online.** Simply visit the Contribute page on the parish website, and follow the link to our secure online payment portal.

**SANCTUARY CANDLE** Each week, we light a seven-day candle, that remains lite inside the church for the entire week, symbolizing the presence of Jesus within the Tabernacle. The faithful can offer the week-long burning light in remembrance or for the health and blessings of a loved one. This is a long-standing tradition within many of our churches. If you would like to make an offering, please complete the form located in the back of the church.

### **HOLY WEEK & PASCHA LITURGICAL SCHEDULE**

- ❖ Holy Wednesday, Holy Thursday, Great and Holy Friday: 7:00 p.m.
- ❖ Holy Saturday: 5:00 p.m.
- ❖ Pascha: 10:00 a.m.

*Blessing of Baskets will take place after Liturgy on Holy Saturday and Pascha Sunday*

## *Second Sunday of the Great Fast*

The following is an outline to use with the Green Hymnal.

Page Number		Page Number	
11-13	Enarxis & Litany of Peace <b>SIT</b>	49-50	For the precious gifts...
14-15	First & Second Antiphons	53 Melody B	Creed
18 Melody A	Hymn of the Incarnation <b>STAND</b>	55 & 96	Anaphora
22	Third Antiphon	96	Holy, Holy, Holy
25	Entrance Hymn		Take, eat... <b>PROFOUND BOW</b>
146	Troparion <b>SIT</b>		Drink of this... <b>PROFOUND BOW</b>
222	Kontakion	98	We praise you...
27 Melody A	Thrice-holy Hymn <b>STAND</b>	98	Instead of "It is truly proper..."
222	Prokeimenon	63-65	Preparation of Communion <b>SIT</b>
	Epistle <b>SIT</b>	74	Our Father <b>STAND</b>
148	Alleluia <b>STAND</b>	78 Melody A	Communion Hymns
35	Preparation for Gospel	83	We have seen...
	Gospel	84	May our mouth... <b>SIT</b>
	Homily <b>SIT</b>	87	Arise! Now that we... <b>STAND</b>
35-37	Litany of Fervent Supplication	88 Melody A	Blessed be the name...
42 Melody A	Cherubikon <b>STAND</b>	432	Panachida
		454 Melody A	Beneath your Compassion

### **EPISTLE**

Hebrews 1: 10-2: 3

Scripture says: "Lord, of old you established the earth, and the heavens are the work of your hands. They will perish, but you remain; all of them will grow old like a garment. You will roll them up like a cloak, like a garment they will be changed. But you are the same, and your years will have no end." To which of the angels has God ever said, "Sit at my right hand till I make your enemies your footstool"? Are they not all ministering spirits, sent to serve those who are to inherit salvation? In view of this, we must attend all the more to what we have heard, lest we drift away. For if the word spoken through angels stood unchanged, and all transgression and disobedience received its due punishment, how shall we escape if we ignore a salvation as great as ours? Announced first by the Lord, it was confirmed to us by those who had heard him.

## *Hymns*

### *Beneath Your Cross I stand*

Beneath Your Cross I stand, O Savior hear my request.

Turn me from all sin; let me feel remorse; here let me pray and rest.

For me You suffered shame; for me You suffered Your Cross.

You paid for my sins; You paid for my faults; You redeemed mankind lost.

From You I'll never turn; for me Your last breath You spent.

Let Your seven words, spoken from Your Cross be my strength to repent.

### *The grieving mother*

The grieving Mother stood beneath the Cross; weeping in sorrow, tearfully she prayed:

O Son, my Son, innocent and faultless, why must You suffer this bitter passion on the Cross?

Bitter tears are falling near Your holy body. O my child I raised You long before these enemies.

Now as I lose You, while I weep before You, O my Son You leave me and Your life I will no longer see.

### **HOLY GOSPEL**

Mark 2: 1-12

At that time Jesus came back to Capernaum after a lapse of several days and word got around that he was at home. At that the people began to gather in great numbers. There was no longer any room for them, even around the door. While Jesus was delivering God's word to them, some people arrived bringing a paralyzed man to him. The four who carried him were unable to bring him to Jesus because of the crowd, so they began to open up the roof over the spot where Jesus was. When they had made a hole, they let down the mat on which the paralytic was lying. When Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there asking themselves: "Why does the man talk in that way? He commits blasphemy! Who can forgive sins except God alone?" Jesus was immediately aware of their reasoning, though they kept it to themselves, and he said to them: "Why do you harbor thoughts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Stand up, pick up your mat, and walk again'? That you may know that the Son of Man has authority on earth to forgive sins" (he said to the paralytic), "I command you: Stand up! Pick up your mat and go home." The man stood and picked up his mat and went outside in the sight of everyone. They were awestruck; all gave praise to God, saying, "We have never seen anything like this!"