

**March 5, 2023**  
**SECOND SUNDAY OF THE GREAT FAST**  
**SAINT GREGORY PALAMAS**



*Icon of the Healing of the Paralytic -- Mark 2:1-12*

***Sabbath Renewal***

Another reason why the Sabbath day was blessed is that He who formed this world in six days foresaw that man would turn towards evil and would, as a result, go back to the ground, descend to Hades, and be imprisoned there; and this whole world would grow old and useless because of man, but would be renewed by God becoming man. This renewal was effected when God incarnate descended into Hades through death and declared there on the Sabbath the recall of souls. It was because He foresaw that this would happen on the Sabbath that He rightly deemed it the only day worthy to be blessed. However, although this work was secretly made ready on the seventh day, the Sabbath, everything was clearly brought to light and accomplished when the body too

had been summoned to immortality through the Lord's Resurrection on the eighth day. This is why we call it the Lord's Day. As Friday, the day of preparation, stands in relation to the Sabbath, so is the Sabbath in comparison with Sunday, which is obviously superior to it. As perfection and reality surpass beginning, pattern, and shadow, so is Sunday more excellent and honorable, because on it the exceedingly blessed work was finished, and on it we await the General Resurrection of all, the perfect entry of the saints into the divine rest and dissolution of the world into its elements.

*St. Gregory Palamas*

For more information on Eastern spirituality, visit  
[www.ecpubs.com](http://www.ecpubs.com)

**Contact Information**  
**St. John Chrysostom, Columbus**  
**Phone: 614-882-7578**

**Office Hours: Mondays, Wednesdays and Fridays 9am until 1pm**  
**E-Mail: [stjohnbyz@hotmail.com](mailto:stjohnbyz@hotmail.com) Website: [www.byzantinecolumbus.com](http://www.byzantinecolumbus.com)**  
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# LITURGY SCHEDULE

## ST. JOHN CHRYSOSTOM, COLUMBUS

### Mission Statement of St. John Chrysostom Byzantine Catholic Church

To give thanks to God continually, as Byzantine Catholics, through our spirituality, our service, and preaching the Risen Christ through our everyday life.

**Confession/Spiritual Counseling is offered one hour before any Liturgy**

### Liturgy Dates and Times

#### Sunday, March 5

#### **2<sup>nd</sup> Sunday of the Great Fast**

**9:30am** 3<sup>rd</sup> Hour with Patristic Readings

**10am** Divine Liturgy of St. Basil

*Intention: For the Faithful  
Social & ECF*

**12pm** Ge'ez Liturgy

**NO Social**

#### Monday, March 6

**7pm** Liturgy of St. Gregory the Great  
(Presanctified)

*Intention: +Jerome Stasek, Sr.*

#### Wednesday, March 8

**9am** Third Hour followed by Book Study in hall

**7pm** Book Study "Praying w/Church Fathers" in hall

#### Friday, March 10

**6:45pm** Panachida for 3<sup>rd</sup> All Souls

**7pm** Liturgy of St. Gregory the Great  
(Presanctified)

*Intention: Deceased of Parish*

#### Saturday, March 11

**7pm** Vespers w/OT readings

#### Sunday, March 12

#### **3<sup>rd</sup> Sunday of the Great Fast;**

#### **Veneration of the Cross**

**9:30am** 3<sup>rd</sup> Hour with Patristic Readings

**10am** Divine Liturgy of St. Basil

*Intention: For the Faithful*

*Social NO ECF*

**12pm** Ge'ez Liturgy

*Social in hall*

### Readings – Week of March 5

#### **Sunday, Mar. 5**

#### **2<sup>nd</sup> Sunday of the Great Fast**

Epistle, Heb 1:10-2:3

Gospel, Mark 2:1-12

#### **Monday, Mar. 6**

Gen 6:9-22

Prov 8:1-21

#### **Tuesday, Mar. 7**

Gen 7:1-5

Prov 8:32-9:11

#### **Wednesday, Mar. 8**

Gen 7:6-9

Prov 9:12-18

#### **Thursday, Mar. 9**

Gen 7:11-8:4

Prov 10:1-22

Epist; Heb 12:1-10

Gosp; Matt 20:1-16

#### **Friday, Mar. 10**

Gen 8:4-21

Prov 10:31-11:12

#### **Saturday, Mar. 11**

Epistle, Heb 10:32-38

Gospel, Mark 2:14-17

#### **Sunday, Mar. 12**

#### **3<sup>rd</sup> Sunday of the Great Fast;**

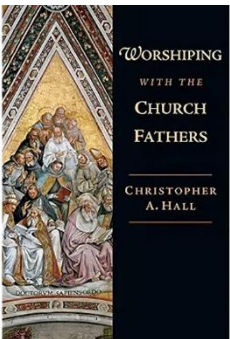
#### **Veneration of the Cross**

Epistle, Heb 4:14-5:6

Gospel, Mark 8:31-9:1

### **LENTEN ADULT EDUCATION**

**Wednesday mornings** after the Third Hour, we start a Book Study Group reading *Worshiping with the Church Fathers* by Christopher Hall. This group focuses on the sacraments. We start at 9am with prayer in the church and study from 9.30 - 10.30am in the Hall. This group will meet every other Wednesday.



**03/08**

**04/12**

**03/22**

**04/19**

**03/29**

**Wednesday evenings from 7pm - 8pm** we meet to continue the reading of Christopher Hall's, *Worshiping with the Church Fathers*, focusing on the section on prayer! We gather in the Hall. This group will meet every Wednesday evening beginning February 22<sup>nd</sup>.

**03/08**

**03/29**

**03/15**

**04/12**

**03/22**

### **Fasting Regulations for the Season of the Great Fast - 2023**

#### Simple abstinence

- The law of simple abstinence forbids the use of meat, but permits the use of eggs and dairy products.
- All the faithful, from the age of 16 years old to 65, who receive the Eucharist are obliged to observe simple abstinence when prescribed. It is highly encouraged to keep abstinence on the Mondays of the Great Lent; abstinence is **obligatory** on all Wednesdays and Fridays of the Great Fast. People with health issues are exempt from abstinence.

#### Strict abstinence

- The law of strict abstinence (fasting) forbids the use and consumption of all meat, eggs and dairy products for the faithful from the age of 16 years old to 65. Only one full meal per day on days of strict abstinence.
- Strict abstinence (fasting) is to be observed in 2023 on Pure Monday, February 20 (the first day of the Great Fast), and on Great and Holy Friday, April 7<sup>th</sup>.

PASCHA SALE

The Pascha Foods Sale is April 1<sup>st</sup> from 11am until 1pm. We are in need of volunteers to help bake the Pascha loaves and rolls for the sale on the following Saturdays, March 11, 18 & 25. Lisa Sulich is coordinating these volunteers and will be contacting parishioners. If you are available over the next four Saturdays (March 11, 18, 25) and do not hear from Lisa, please contact the office with your availability.

We need help **now** with the following:

- 1. 2-3 families to sign up to bring in food/snacks for the Sunday parish social after Divine Liturgy. It can be donuts, veggies, store bought snacks or homemade. Please plan on enough for about 25-40 people. You can sign up for the date you wish to bring in your snacks. There is a clipboard with a sign-up sheet in the hall, usually on the table with the food. If you do not see it, please ask Pat Papai or Rose Jager where it is so you can sign up. You can also email the office and volunteer.
- 2. We need more people to clean the church every other week. We currently have 6 volunteers but do need more. This would be on a rotating basis and can work around your schedule.

Please call or text Pat Papai to volunteer for either or both of these. You may also leave your contact information with Teresa in the office via email or phone.

Parish Activities this week

- Sun. March 5  
2:00p Ukrainian Ass. Mastnyitsa event in hall
- Wed. March 8  
9:30a 1<sup>st</sup> Book Study 'Worshiping' in hall  
7:00p 2<sup>nd</sup> Book Study 'Praying' in hall
- Fri. March 10  
5:30p Ge'ez Choir Practice  
6:30p Mother's Prayers
- Sat. March 11  
10:00am Pascha Bread Baking
- Sun. March 12  
NO ECF following 10a Liturgy  
Ge'ez Social following 12p Liturgy

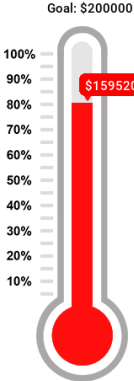
LENTEN REFLECTION



"Let us fast an acceptable and very pleasing fast to the Lord. True fasting is the estrangement from evil, temperance of tongue, abstinence from anger, separation from desires, slander, falsehood and perjury. Privation of these is true fasting."  
St Basil the Great

PARKING LOT RENOVATION

Thank you for all your help in raising money for this greatly needed repair. We are close to our goal. We currently have \$159,520.00 (80%) of the \$200,000.00 estimated that is needed to replace the parking lot.



Prayer to Saint Charbel Makhlouf



Lord, infinitely Holy and Glorified in Your Saints, You have inspired Charbel, the saint monk, to lead the perfect life of a hermit. We thank You for granting him the blessing and the strength to detach himself from the world so that the heroism of the monastic virtues of poverty, obedience, and chastity, could triumph in his hermitage.

We beseech You to grant us the grace of loving and serving You, following his example. Almighty God, Who has manifested the power of St. Charbel's intercession through his countless miracles and favours, grant us... (State your intention(s) here...) through his intercession. Amen.

For the sick in our parish families, please remember in your prayers:

Abby	Tim Hill	Cathy Pitt
Hussein Abdi	Esther Imhoff	Keith Pope
Adrian	Tad Imhoff	Maria Rakowsky
Bob Atha	Dora Johnson	Terry Rasor
Paula Balcarcel	Jackson Family	Nadia Ritchey
Louis Bambick	Gordon Kaercher	Stephanie Salerno
Charles Branham	Susan Kaiser	Trey Shearon
Carol	Kathy	Rosemary Steinbauer
Mary Carroll	James Kester	John Sikora
Charyton Intentions	Kathy Krofcheck	Dennis Stinich
Will Culver	Regina Lee	Josh Taylor
Maria Czymik	Christine Leon	L.T. Tekle
DeClue Intentions	Jessie Madzia	Ruth Turanchik
Ron Doctor	Bill Martin	Owen Ward
Aimee Evans	Joe Martin	Stelmack Intentions
Joseph Evans	Judy Martin	Steve
Frye Intentions	Madelyn Martz	Steven Woryk
Elizabeth Gamez	Melissa	Dave Zaroka
Weyni Girmay	Joy Mersch	Rita Zaroka
Deborah Gordon	Angela Merva	Nicholas Zvansky
Charlene Grabner	Rosemary Nyahay	Sandra Zvansky
Nataly Grace	Mic O'Halloran	Intentions of Fr. Robert
John Griffen	John Oshinski	Dave Martz
Hagos	Paula Oshinski	Fr. Ignatius Harrington
Gerri Herald	Carol Osifchin	
Jeanette Hill	Beauetta Parks	



- |                   |                    |
|-------------------|--------------------|
| Isaac Figler      | Rose Ann Jirles    |
| Dana Hardin       | Michael O'Halloran |
| Martin Hodovanich | John Oshinski      |
| Margo Hospodar    | Helena Zvansky     |

**FROM THE EPARCHY OF PARMA**  
**2022-2023 Annual Stewardship Appeal**  
**St. John Chrysostom's Goal is \$9,500**

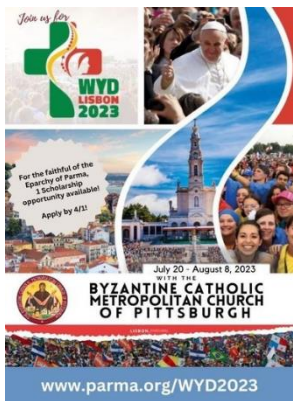
\$8,935 has been pledged; \$8,885 has been received by Parma. We are at 94% of our goal! Amount over our goal is returned to parish

**During the Great Fast**, we consider ways in which we can share our faith in Christ for all to see. One way to do that is by contributing to the needs supported by the Stewardship Appeal. Have you made your pledge or payment yet? If so, thank you! If not, there is still time! Visit us online at [parma.org](http://parma.org) to submit your one-time or monthly donation.

**THE SECOND ANNUAL MEN'S RETREAT**

March 10-12, 2023 at Our Lady of the Pines Retreat Center, Fremont, OH. Retreat Master is Fr. Cyril Pinchak.

Contact Karl Busam for further information at [karl.busam.77@gmail.com](mailto:karl.busam.77@gmail.com) or 419-626-6811.



**World Youth Day –  
Lisbon 2023**

The Byzantine Catholic Eparchy of Parma will be providing one scholarship to a young member of our Eparchy which will cover the cost of the full trip **July 20 - August 8, 2023**, including airfare. The recipient will serve as a chaperone for an English

summer camp in Slovakia and enjoy a European road trip to Portugal, stopping in Nice, Lourdes, and Fatima, before arriving to Lisbon to participate in the World Youth Day Pilgrimage.

Visit [www.parma.org/WYD2023](http://www.parma.org/WYD2023) to learn more and **Apply by April 1, 2023**.

**FROM THE DIOCESE OF COLUMBUS**

**40 Days for Life** is an internationally coordinated 40-day campaign that aims to end abortion locally through prayer and fasting, community outreach, and a peaceful all-day vigil in front of abortion businesses.

The Spring 40 Days for Life Campaign will run from Wednesday, February 22<sup>nd</sup>, until Sunday, April 2<sup>nd</sup>, from 7am until 7pm at Planned Parenthood (3255 E Main Street, Columbus). You are invited to pray for an hour with the campaign. You can learn more about the campaign at [www.gcrtl.org/40-days-for-life](http://www.gcrtl.org/40-days-for-life)

**CATHOLICS FOR LIFE-COLUMBUS**

Our next Torchbearers event is Tuesday, March 7, 2023 from 9:30am-4:00pm.

Our Third Friday event is March 17, 2023 from 7:00am-12:00pm.

For more information or to RSVP please email: Gabriel Vance at [gabriel@catholicsforlife.us](mailto:gabriel@catholicsforlife.us) or you can call or text him at 740-972-2570.

**PRAYER FOR PEACE IN UKRAINE:** *We thank You, Master and Lover of mankind, King of the ages and giver of all good things, for destroying the dividing wall of enmity and granting peace to those who seek your mercy. We appeal to You to awaken the longing for a peaceful life in all those who are filled with hatred for their neighbors, thinking especially of those at war or preparing for war. Grant peace to your servants. Implant in them the fear of You and confirm in them love one for another. Extinguish every dispute and banish all temptations to disagreement. For You are our peace and to You we ascribe glory: to the Father and to the Son and to the Holy Spirit, now and forever and unto ages of ages. Amen.*

**MESSAGE OF HIS HOLINESS POPE FRANCIS FOR  
LENT 2023**

**Lenten Penance and the Synodal Journey**

*Dear brothers and sisters!*

The Gospels of Matthew, Mark and Luke all recount the episode of the Transfiguration of Jesus. There we see the Lord's response to the failure of his disciples to understand him. Shortly before, there had been a real clash between the Master and Simon Peter, who, after professing his faith in Jesus as the Christ, the Son of God, rejected his prediction of the passion and the cross. Jesus had firmly rebuked him: "Get behind me, Satan! You are a scandal to me, because you do not think according to God, but according to men!" (Mt 16:23). Following this, "six days later, Jesus took with him Peter, James and John his brother and led them away to a high mountain" (Mt 17:1).

The Gospel of the Transfiguration in the Latin church is proclaimed every year on the Second Sunday of Lent. In the Byzantine church on the feast of the Transfiguration. During this Lenten liturgical season, the Lord takes us with him to a place apart. While our ordinary commitments compel us to remain in our usual places and our often repetitive and sometimes boring routines, during Lent we are invited to ascend "a high mountain" in the company of Jesus and to live a particular experience of spiritual discipline – *asceticism* – as God's holy people.

Lenten penance is a commitment, sustained by grace, to overcoming our lack of faith and our resistance to following Jesus on the way of the cross. This is precisely what Peter and the other disciples needed to do. To deepen our knowledge of the Master, to fully understand and embrace the mystery of his salvation, accomplished in total self-giving inspired by love, we must allow ourselves to be taken aside by him and to detach ourselves from mediocrity and vanity. We need to set out on the journey, an uphill path that, like a mountain trek, requires effort, sacrifice and concentration. These requisites are also important for the synodal journey to which, as a Church, we are committed to making. We can benefit greatly from reflecting on the relationship between Lenten penance and the synodal experience.

In his "retreat" on Mount Tabor, Jesus takes with him three disciples, chosen to be witnesses of a unique event. He wants that experience of grace to be shared,



For it is in togetherness that we follow Jesus. Together too, as a pilgrim Church in time, we experience the liturgical year and Lent within it, walking alongside those whom the Lord has placed among us as fellow travelers. Like the ascent of Jesus and the disciples to Mount Tabor, we can say that our Lenten journey is “synodal”, since we make it together along the same path, as disciples of the one Master. For we know that Jesus is himself the Way, and therefore, both in the liturgical journey and in the journey of the Synod, the Church does nothing other than enter ever more deeply and fully into the mystery of Christ the Saviour.

And so, we come to its culmination. The Gospel relates that Jesus “was transfigured before them; his face shone like the sun and his clothes became white as light” (*Mt 17:2*). This is the “summit”, the goal of the journey. At the end of their ascent, as they stand on the mountain heights with Jesus, the three disciples are given the grace of seeing him in his glory, resplendent in supernatural light. That light did not come from without, but radiated from the Lord himself. The divine beauty of this vision was incomparably greater than all the efforts the disciples had made in the ascent of Tabor. During any strenuous mountain trek, we must keep our eyes firmly fixed on the path; yet the panorama that opens up at the end amazes us and rewards us by its grandeur. So too, the synodal process may often seem arduous, and at times we may become discouraged. Yet what awaits us at the end is undoubtedly something wondrous and amazing, which will help us to understand better God’s will and our mission in the service of his kingdom.

The disciples’ experience on Mount Tabor was further enriched when, alongside the transfigured Jesus, Moses and Elijah appeared, signifying respectively the Law and the Prophets (cf. *Mt 17:3*). The newness of Christ is at the same time the fulfilment of the ancient covenant and promises; it is inseparable from God’s history with his people and discloses its deeper meaning. In a similar way, the synodal journey is rooted in the Church’s tradition and at the same time open to newness. Tradition is a source of inspiration for seeking new paths and for avoiding the opposed temptations of immobility and improvised experimentation.

The Lenten journey of penance and the journey of the Synod alike have as their goal a transfiguration, both personal and ecclesial. A transformation that, in both cases, has its model in the Transfiguration of Jesus and is achieved by the grace of his paschal mystery. So that this transfiguration may become a reality in us this year, I would like to propose two “paths” to follow in order to ascend the mountain together with Jesus and, with him, to attain the goal.

The first path has to do with the command that God the Father addresses to the disciples on Mount Tabor as they contemplate Jesus transfigured. The voice from the cloud says: “Listen to him” (*Mt 17:5*). The first proposal, then, is very clear: we need to listen to Jesus. Lent is a time of grace to the extent

that we listen to him as he speaks to us. And how does he speak to us? First, in the word of God, which the Church offers us in the liturgy. May that word not fall on deaf ears; if we cannot always attend Mass, let us study its daily biblical readings, even with the help of the internet. In addition to the Scriptures, the Lord speaks to us through our brothers and sisters, especially in the faces and the stories of those who are in need. Let me say something else, which is quite important for the synodal process: listening to Christ often takes place in listening to our brothers and sisters in the Church. Such mutual listening in some phases is the primary goal, but it remains always indispensable in the method and style of a synodal Church.

On hearing the Father’s voice, the disciples “fell prostrate and were very much afraid. But Jesus came and touched them, saying, ‘Rise, and do not be afraid.’ And when the disciples raised their eyes, they saw no one else but Jesus alone” (*Mt 17:6-8*). Here is the second proposal for this Lent: do not take refuge in a religiosity made up of extraordinary events and dramatic experiences, out of fear of facing reality and its daily struggles, its hardships and contradictions. The light that Jesus shows the disciples is an anticipation of Easter glory, and that must be the goal of our own journey, as we follow “him alone”. Lent leads to Easter: the “retreat” is not an end in itself, but a means of preparing us to experience the Lord’s passion and cross with faith, hope and love, and thus to arrive at the resurrection. Also, on the synodal journey, when God gives us the grace of certain powerful experiences of communion, we should not imagine that we have arrived – for there too, the Lord repeats to us: “Rise, and do not be afraid”. Let us go down, then, to the plain, and may the grace we have experienced strengthen us to be “artisans of synodality” in the ordinary life of our communities.

Dear brothers and sisters, may the Holy Spirit inspire and sustain us this Lent in our ascent with Jesus, so that we may experience his divine splendour and thus, confirmed in faith, persevere in our journey together with him, glory of his people and light of the nations.

*Rome, Saint John Lateran, 25 January, Feast of the  
Conversion of Saint Paul*  
FRANCIS