

# **Saint Mary's Byzantine Catholic Church**

(Saint Mary's Ruthenian Greek Catholic Church, Inc.)

On the Corner of East 15<sup>th</sup> Street and Second Avenue

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Boris Derow ~ Music Director/Cantor

Parish Office

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**March 2, 2025**

Sunday of Cheesefare

**March 9, 2025**

First Sunday of the Great Fast

The Sunday of the Holy Images

# LITURGICAL SERVICES

**Sunday, March 2**

**10:00 AM**

**Sunday of Cheesefare  
Forgiveness Sunday**

For the Parish Families of  
St. Mary's and Holy Cross  
+Mikulas Beno by Mary Galus  
Celebration of Forgiveness  
Followed by Fashengy!

**Tuesday, March 4**

6:30 PM

Presanctified Liturgy  
+Helen and +Charles Gaydos  
By Patricia Dietz  
Lenten Soup Meal

**Wednesday, March 5**

12:15 PM

Lenten Moleben  
Lenten Soup Meal

**Sunday, March 9**

**10:00 AM**

**1<sup>st</sup> Sunday of the Great Fast**

For the Parish Families of  
St. Mary's and Holy Cross  
+Vasil Vira  
By Debbie Sank

**Tuesday, March 11**

6:30 PM

Presanctified Liturgy  
+Edward Zapala  
By Mary Zapala  
Lenten Soup Meal

**Wednesday, March 12**

12:15 PM

Lenten Moleben  
Lenten Soup Meal

**Sunday, March 16**

**10:00 AM**

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

For the Parish Families of  
St. Mary's and Holy Cross  
+John and +Mary Malast  
+Kevin Guiteras  
By Debbie Sank  
Followed By Panachida  
and the Reading of the  
Hramoty for the  
Second All Souls Saturday

**Tuesday, March 18**

6:30 PM

Presanctified Liturgy  
+John Murphy  
By John Rossiello  
Lenten Soup Meal

**Wednesday, March 19**

12:15 PM

Lenten Moleben  
Lenten Soup Meal

**Sunday, March 23**

**10:00 AM**

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

**Veneration of the Cross**  
For the Parish Families of  
St. Mary's and Holy Cross  
+Mike and +Mary Goda  
By Goda Family  
Followed By Panachida  
and the Reading of the  
Hramoty for the  
Third All Souls Saturday

**Tuesday, March 25**

6:30 PM

***Feast of the Annunciation***

For the Parish Families of  
St. Mary's and Holy Cross

# WELCOME VISITORS

**“MY HOUSE SHALL BE CALLED A HOUSE OF PRAYER  
FOR ALL PEOPLES.” - Isaiah 56: 7**

If you are a visitor to St. Mary’s, we want you to know how deeply we appreciate your presence. Whether you have come from another part of the country, from across the world, or simply from another parish, we are grateful for your interest in our church. We warmly welcome you and hope you find our worship true and reverent. We consider you part of our family and would be more than honored by your presence in our spiritual home. For more information about becoming a parishioner, please see Fr. Ed.

## Mystery of Reconciliation

Fr. Ed is always available to celebrate the Mystery of Reconciliation before the Divine Liturgy and at any other time. If Fr. Ed is not in the confessional, please look for him; he will gladly help you.



Instagram

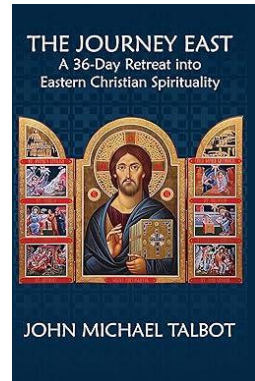
St. Mary’s is now on Instagram. You can find us at [@stmarynyc](https://www.instagram.com/stmarynyc)



## ST MARY'S LENTEN BOOK CLUB

Join Fr. Ed in reading the Journey East as we walk our Lenten Journey. We will read this book and discuss it on the Sundays of the Fast as we enjoy our coffee social. Please take a copy of the book and sign the sheet to let Fr. Ed know you are participating.

The Journey East is a rich and practical resource, drawing upon the deep wells of the spirituality of the Christian East by one rooted in the monastic life of the Christian West, showing how to breathe with both lungs of the Christian tradition. Arranged as a thirty-six-day itinerary with meditations on different aspects of the spiritual journey, each ending with questions inviting further reflection so that what is offered is made part of our own life and practice, we are led deeper into the mystery of hesychia, the stillness in which we come to know God and ourselves.



## Church Cleanup



### Mark Your Calendars!!!

All Hands on Deck!

Church, Rectory and Social Hall  
Organizing and Clean-up Day

**Saturday, April 5**

9:30 AM to 1:00 PM

Lunch Included

The Akathist will be celebrated at 8:30 AM

*Come and start the day with prayer,  
and stay and help clean the Church and Social Hall.*



## The Prayer of St. Ephrem, the Syrian

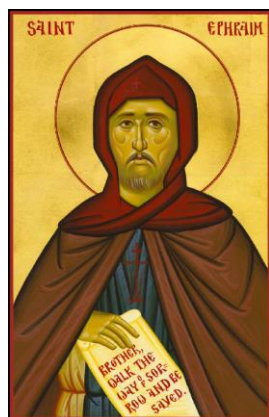


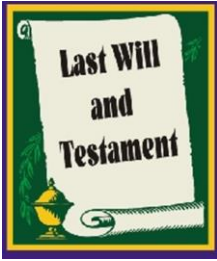
O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters, for You are blessed now and ever and forever. Amen

### **WHO WAS VENERABLE EPHREM THE SYRIAN?**

Ephrem was born in Syria to poor parents during the reign of Emperor Constantine the Great. He spent his young life rather tempestuously, but a change took place in his soul all at once, and he began to burn with love for the Lord Jesus. Ephrem was a disciple of St. James Nisibis (January 13). From the enormous Grace of God, wisdom flowed from his tongue as a brook of honey, and ceaseless tears flowed from his eyes. Industrious as a bee, Ephrem continually either wrote books or orally taught the monks in the monastery and the people in the town of Edessa or he dedicated himself to prayer and contemplation. Numerous are his books, and his prayers are beautiful. The most famous is his prayer recited during the Honorable Fast Season.

When they wanted to appoint him a bishop by force, he pretended to be insane and began to race through the city of Edessa, dragging his garment behind him. Seeing this, the people left him in peace. Ephrem was a contemporary and friend of St. Basil the Great. Saint Ephrem is considered mainly to be the Apostle of Repentance. Even today, his works soften many hearts hardened by sin and return them to Christ. He died in extreme old age in the year 378 AD.





**Remember St. Mary's** ~ It's not a topic we are comfortable discussing or even considering. Maybe that's why over 60 percent of Americans die without a will. And yet, a will is one of the most profound expressions of love and commitment we can leave behind. It is how we let family and friends know how much we truly treasure them. It is also a way to ensure that our

parish will continue to prosper after we are gone. Your bequest to St. Mary's is a beautiful way to thank God for our parish's place in your life. Please complete a will for your own sake and your family's sake after you are gone. Please consider St. Mary's in your estate plans.

## FORGIVENESS SUNDAY

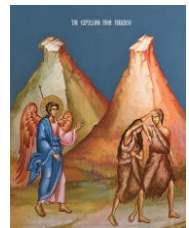


In the Eastern Church, the last Sunday before Great Lent is known by many titles: the Sunday of the Casting out of Adam from Paradise, Cheesefare Sunday, and Forgiveness Sunday. The last title comes from the Rite of Forgiveness, which takes place at the end of the Great Vespers held on this day. This exquisite rite is for the faithful to beseech forgiveness of the sins, known and unknown, committed against

each other. During this time, each of the faithful bow (or prostrate) before each other to ask forgiveness for their sins. The person bowed to greets the person bowing with a bestowal of forgiveness. This moving experience allows the faithful to enter the Lenten period with a cleaner heart and conscience, a greater sense of humble-mindedness, and more awareness of their sinfulness.

## Sunday of Cheesefare: Expulsion of Adam and Eve from Paradise

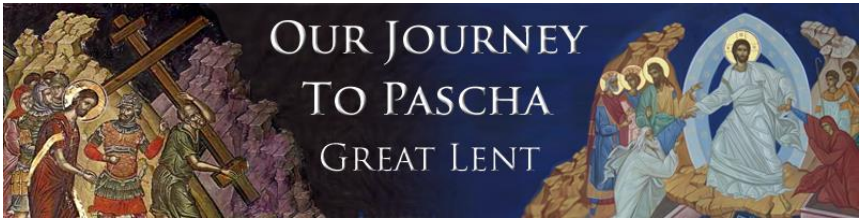
As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16) but did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God,



and communion with Him, for which they were created. Both they and their descendants became heirs of death and corruption.

Let us consider the benefits of fasting and the consequences of disobedience and recall our fallen state. Today, we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be negative, a mere abstention from certain foods. It is an opportunity to free ourselves from our fallen nature's sinful desires and urges, nourish our souls with prayer and repentance, participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers, we sing: “Let us begin the time of fasting in great joy, preparing ourselves for spiritual efforts. Let us purify our soul; let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit....”



Going to Church daily during the Great Fast is impossible for most of us. What, then, is our participation during Lent? How can we spiritually profit through the Great Fast? We may spiritually benefit from the Great Fast by doing the following:

### FASTING

Fasting helps the faithful exercise more self-control and helps to prepare them for the sacramental encounter with Christ in the Holy Eucharist. Christ fasted and taught men to fast. Blessed fasting is done in secret, without ostentation. (Matthew 6:16; Romans 14) *Let us fast with a fast pleasing to the Lord. This is the true fast: the casting off evil, the bridling of the tongue, the cutting off of anger, the cessation of lusts, evil talking, lies and cursing. The stopping of these*

*is fast, true, and acceptable.* (From Monday Vespers of the First Week)

### **PRAYER**

Lent is a time of increased and deepening prayer. The simplest way to do this is to add the Lenten Prayer of St. Ephrem the Syrian to our private morning and evening prayer. Set certain hours of the day for short prayer. This can be in the car, at the office, as you walk. It is important to remember that we are in Lent and to be spiritually focused on its final goal -- closer contact with God.

### **SPIRITUAL READING**

By reading the lessons and books that the Church reads in her worship, we can follow the progress of Lent. In a chapter of the Book of Geneses, some passages from Proverbs and Isaiah do not take much time. Reading a few psalms we see true repentance, a thirst for communion with God. Reading a religious book such as the Lives of Saints, History of the Church, or Eastern Spirituality takes us from our daily life to a higher level of interest; it feeds us with ideas and facts which are usually absent from our practical and efficient world.

### **CHANGE OF LIFESTYLE**

During Lent, we must make every effort to decide to slow down our life. We must return quietness, silence, contemplation, and meditation to our way of life. Cut down to a minimum: music, TV, newspapers, social media, alcohol, and parties. We do not lessen the amount of these things because they are bad but because we have something more important to do. It is impossible to do this without a change of life. We must concentrate and discipline ourselves as we re-evaluate our lives in the light of our faith. This requires a very real effort and discipline.

**Please Take This Bulletin Home!  
Share it with Your Family and Friends!**