

Holy Spirit Byzantine Catholic Church
4815 Fifth Avenue
Pittsburgh, Pennsylvania 15213-2917

Parish Office: 412-687-1220
Website: www.HolySpiritByzCath.com
Prayer Request Line: HolySpiritPrays@gmail.com

Father Michael D. Kunitz, Administrator

SUNDAY, FEBRUARY 27, 2022
THE SUNDAY OF CHEESEFARE
(THE FIFTH PRE-GREATFAST SUNDAY)

LITURGICAL SCHEDULE FOR PURE WEEK

Sunday, February 27:	11:00 a.m. – Sunday Divine Liturgy of Saint John Chrysostom <ul style="list-style-type: none">• * <i>For the Intention of our Holy Spirit Parish</i>• + <i>George Carr by Miss Mary Anne Meredith</i> 4:00 p.m. – Forgiveness Vespers (Saint John the Baptist Cathedral, Munhall)
Monday, February 28:	Pure Monday – Beginning of the Great Fast (Strict Fast Day) 8:30 a.m. – First and Third Hour 9:00 – 10:00 a.m. – Confessions (Priest's Sacristy) 5:30 p.m. – Vespers
Wednesday, March 2:	11:30 a.m. – Third and Sixth Hour 4:30 – 5:30 p.m. – Confessions (Priest's Sacristy) 5:30 p.m. – Liturgy of The Presanctified Gifts
Saturday, March 5:	8:00 – 9:00 a.m. – Confessions (Priest's Sacristy) 9:00 a.m. – Divine Liturgy
Sunday, March 6:	The First Sunday of the Holy Forty-Days Fast: The Sunday of The Triumph of True Worship 11:00 a.m. – Sunday Divine Liturgy of Saint Basil the Great <ul style="list-style-type: none">• * <i>For the Intention of our Holy Spirit Parish</i>• + <i>Charles and Ruth Bacasa by Joseph and Dolores Bacasa, brother</i>

Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21

PRAY FOR PEACE.....

Please remember to pray for an end to the violence in Ukraine, for those who have perished, and for peace in the world. Pope Francis has called for a day of prayer and fasting on March 2 (Ash Wednesday for Roman Catholics) for peace and an end to the war in Europe.

OPEN PARISH MEETING.....

March 6th will be our first quarterly full parish meeting following the Sunday Divine Liturgy. These meetings are designed to allow total transparency for parishioners regarding the state of the Parish, and welcomes open, orderly, and rational discussion with all parishioners. Questions, concerns, and comments are welcomed, and all parishioners are encouraged to come and participate.

FASTING REGULATIONS DURING THE SEASON OF THE HOLY FORTY-DAYS FAST.....

The fasting regulations for this greatfast season for the faithful of the Archeparchy of Pittsburgh are as follows. **Pure Monday, February 28th**, is a day of **strict fast**. No meat or dairy products may be eaten on this day. It is to be noted that **facsimiles, substitutes, and synthetic derivatives** of meat or dairy products violate the law of fast and abstinence and thus may not be used in place of such food items. **Wednesdays and Fridays** throughout the greatfast season are days of **abstinence** from meat and meat products. We are exhorted to keep faithfully the fasts and abstinences throughout the entire forty-day period of the Holy Great Fast! Make an intention with your prayers, and offer-up your fasts to God each time for a specific and particular purpose. For serious and just reasons, the faithful can obtain from their pastor dispensations, transferals, or commutations of the fasting regulations into other pious practices. Therefore, consult with the pastor in each instance for such permissions.

ADULT ECF OPPORTUNITY.....

The next Adult Eastern Christian Formation opportunity will occur on **Saturday, March 19th** after the Noon Divine Liturgy at **St. Pius X Church**. The topic will be concerned with the use of the Prayer Corner in our homes for personal pieties and devotions for keeping a strong foundation in our personal spiritual lives. All are invited and encouraged to attend.

THE FINAL PRE-GREATFAST SUNDAY – CHEESEFARE SUNDAY.....

Cheesefare Sunday is the fifth and last of the preparatory Sundays for the **Holy Forty-Days Fast**. In the Christian Church of antiquity, after this day the faithful abstained from dairy products for the entire holy greatfast season, and this day was therefore a true “farewell to cheese” and to all such milk-related products. This Sunday is also termed **Forgiveness Sunday**, a designation that is derived from today’s scriptural passages at the Divine Liturgy. The liturgical offices for Cheesefare Sunday develop the theme of the expulsion of Adam and Eve from their paradise of bliss, the Garden of Eden. This theme so aptly summarizes the entire preparation for the holy greatfast season. God created humans for paradise, for knowledge of and communion with Him. But the **Ancestral Sin** of our protoparents Adam and Eve deprived us of that blessed life, and our existence on earth is seen as “an exile.” Jesus—our Savior—opens the doors of paradise to everyone who follows Him and His Church during this earthly life—a pilgrimage toward the heavenly fatherland. Thus at the beginning of the Holy Fast, we are like Adam and Eve—expelled from paradise and God, awaiting our liberation from the “prison” of this world as we now proceed through the “desert” of this Great Fast of 2022. We have been prepared for the past four Sundays for this penitential period. The themes presented on these pre-greatfast Sundays have shown us that in order to exhibit **repentance**, we must have the proper **desire**; we have to be **humble** and feel our alienation from God, while showing sincere **sorrow** for the sins committed. We must demonstrate our **love** for God and for our fellow human being (our neighbor) as we engage in **fasting** practices and offer **forgiveness** to others, while seeking forgiveness for ourselves from God and from our fellowman. On Cheesefare Sunday, **FASTING** and **FORGIVENESS** are the final two elements presented to us as being necessary for repentance.

THE FIRST WEEK OF THE GREAT FAST: PURE WEEK.....

The Church provides us with the desert season of the Great Forty-Days Fast in order that we might have time for a spiritual rebirth and a religious renewal, which is engendered primarily by fostering within ourselves an attitude of repentance and reconciliation with God. The solemn penitential nature of the greatfast period is exemplified visually by the use of red vestments for all of the daily liturgical services. As we meditate upon Jesus’ redemptive acts, red is the liturgical color indicative of the Savior’s precious blood poured-forth during His dreadful passion and His horrific sufferings which He endured for our salvation. The journey of the Great Fast begins on **Pure Monday**, February 28th, and terminates forty days later on **Palm Friday**, April 8th, prior to the initiation of Passion Week. The first week of the Holy Great Fast is called **Pure Week**, for we are to **purify** ourselves bodily and spiritually for the great penitential tasks facing us. Such purification begins with various ascetical practices which include increased personal prayer, fasts, and regular attendance at the liturgical services which comprise the public worship of the Church. On Pure Monday, we properly initiate this sacred penitential period by being **anointed** with the **holy oil of gladness** as a sign of our spiritual joy in the sight of God, indicating that we now are ready and willing to begin the Great Fast. During Pure Week, we especially purify ourselves by receiving the **Holy Mystery of Penance** and making a worthy **confession** and then by receiving the Most Holy Eucharist.