

Christ is among us!
He is and will be!



LITURGY INTENTIONS

Христос посеред нас!
Є і буде!

Sunday, March 2 • Sunday of Cheese-fare	Romans 13:11 - 14:4 ~ Matthew 6: 14-21
5:00 pm (Sat.) Health of Fr. Frank.....	Ron and Evelyn Cinch
8:30 am God's Blessings for St. Joseph's parishioners	
10:00 am (HFH) †Archbishop Michael Bzdel, CSsR.....	Winnipeg CSsR Community
11:00 am †Nicholas Jaman.....	Allan and Joanne Malenko
Monday, March 3 • First Day of Lent	1 Corinthians 3: 18-23 ~ Luke 21: 8-36
8:00 am God's Blessings for all members.....	UCWL
11:00 am (Bethany) †Alex Blake.....	Mary Bernatsky
Tuesday, March 4 • Venerable Gerasimus	Romans 8: 14-21 ~ Matthew 6: 1-13
8:00 am Birthday Blessings for Nettie Rodeck.....	Prayer Partner
11:00 am (Bethany) God's Blessings and Health for Olga Palmer.....	n.n.
Wednesday, March 5 • Martyr Conon of Isuria	2 Corinthians 4: 13-18 ~ Mark 11: 22-25
8:00 am Lenten Matins	
10:00 am (HFH) †Harold Skazyk.....	Skazyk family
7:00 pm Devotions to Blessed Vasyl and Anointing	
Thursday, March 6 • 42 Martyrs of Amorius	Romans 15: 30-33 ~ Matthew 7: 7-11
8:00 am †Alice, †Vern, †George Carter.....	Sirdar family
11:00 am (Bethany) †Borys and †Mynik families.....	John and Lesia Borys
7:00 pm Akaphist (UKR) to Bl Vasyl and Anointing.....	
Friday, March 7 • Priest Martyr Ephrem, Basil & Eugene	1 Timothy 2: 1-7 ~ Luke 15: 1-10
8:00 am †Nicholas Jaman.....	Dave and Genia Gnutel
11:00 am (Bethany) †Baba and †Dido Krysowatz.....	Matt and family
6:30 pm Stations of the Cross (English)	
Saturday, March 8 • Confessor Theophylactus	Hebrews 1: 1-12 ~ Mark 2:23 - 3:5
7:30 am (HFH) NO Liturgy	
8:30 am †Members of St. Joseph's Parish and Sorokousty.....	
Sunday, March 9 • First Sunday of Lent	Hebrews 11: 24-26; 32 - 12:2 ~ John 1: 43-51
5:00 pm (Sat.) God's Blessings and Health for Matthew Stebeleski.....	Family
8:30 am God's Blessings for St. Joseph's parishioners	
10:00 am (HFH) †Rev. Nestor Yakiwchuk.....	Eugene and Veria Baraniuk
11:00 am †Elsie Michasiw (40th day).....	Family
6:00 pm Stations of the Cross (UKR)	

SUNDAY COLLECTION February 23, 2014 THANK YOU! 135 envelopes \$ 3,499.00

Open Collection \$ 79.00 ; Vigil Lamps \$ 83.20 ; Outreach \$ 350.00 ; Initial Offering \$ 5.00;
Building & Capital Maintenance Fund \$ 410.00

Parishioners who need a ride to Divine Liturgy 5:00pm Saturday (ENG), 8:30am Sunday (UKR), are asked to please call Josie & Rudy 694-8763 or 797-4639 no later than 6:00 pm the evening before.

Parishioners and Guests: We have recently purchased an AED Defibrillator that is kept by the Shrine door, in case anyone has a SCA (Sudden Cardiac Arrest) in church. We also have purchased a portable oxygen tank (which is also kept by the Shrine door)

ST. JOSEPH'S UKRAINIAN CATHOLIC CHURCH

Українська Католицька Парафія Святого Йосифа

250 JEFFERSON AVENUE WINNIPEG, MANITOBA R2V 0M6

MARCH 2ND 2014 • CHEESE-FARE SUNDAY
FORGIVENESS SUNDAY
2 БЕПЕЗНЯ 2014 • Неділя Сиропусна

PASTORAL CARE - REDEMPTORISTS
PASTOR: FATHER BOHDAN LUKIE, CSSR
ASSISTANT: FATHER FRANK SZADIAK, CSSR

FATHER LEONARD RATUSHNIAK, CSSR
Pastor of ST. ANDREWS PARISH

SUNDAY DIVINE LITURGY
5:00 PM SATURDAY (ENGLISH)
VESPERS SATURDAY 4:15-5:00 PM
8:30 AM (UKRAINIAN) • 11:00 AM (ENGLISH)

DAILY DIVINE LITURGY
8:00 AM MONDAY - FRIDAY • 8:30 AM SAT.

Holy Days
8:30 AM (UKRAINIAN) • 7:00 PM (ENGLISH)

PARISH OFFICE
SECRETARY - CYNTHIA BRYANT
☎ 204-339-4512 •
• EMAIL: stjosephukr@mymts.net
• WEBSITE: www.stjoeswinnipeg.com
AUDITORIUM ☎ 204-339-0061

PROVINCIAL:
FATHER LARRY KONDRA, CSSR
☎ 204-339-5737 • FAX: 339.1062

THE WELCOME HOME
FATHER MICHAEL SMOLINSKI, CSSR
FATHER JOHN SIANCHUK, CSSR
☎ 204-946-5352 • FAX: 943.0960
188 EUCLID AVENUE WINNIPEG R2W 2X4
EMAIL: whome01@mts.net

UKRAINIAN CATHOLIC ARCHDIOCESE (WINNIPEG)
WEBPAGE: www.archeparchy.ca



REDEMPTORIST YOUNG ADULT MINISTRY
MICHELLE THIESSEN ☎ 204-799-1060
• EMAIL: rymcssr@gmail.com
WEBPAGE: www.yorktonredemptorists.com

BLESSED VASYL VELYCHKOVSKY, CSSR
BISHOP - MARTYR

SHRINE - MUSEUM - GIFT SHOP
HOURS OF OPERATION
SUNDAY: AFTER DIVINE LITURGIES
MONDAY: CLOSED
TUESDAY - FRIDAY: 10:00 AM - 5:00 PM
SATURDAY: 10:00 AM - 1:00 PM

SHRINE DIRECTOR: FR. JOHN SIANCHUK, CSSR
SHRINE ADMINISTRATOR: MARY JANE KALENCHUK
☎ 204-338-.7321 • EMAIL: bvshrine@mts.net
WEBPAGE: www.bvmartyrshrine.com

Glory be to Jesus Christ! Glory be Forever!
 The parish of St. Joseph extends a warm welcome to all our guests. We are pleased that you have come to pray with us. May the Lord bless you!

СЛАВА ІСУСУ ХРИСТУ! СЛАВА НА ВІКИ!
 Парафія святого Йосифа сердечно вітає всіх гостей, які прибули до нас на Богослуження. Нехай Бог вас благословить!

Slava Isusu Khrystu!

When authorities want to discourage drivers from speeding here in Winnipeg, they place a narrow piece of asphalt across the road. It is called a "**speed bump**", and is meant to make us slow down. Allow these thoughts to be your **Church's speed bump**. On **Mar. 03rd**, we spiritually commence the holy season of **Great Lent**. SLOW DOWN and do some reflecting...



From the Pastor's Desk

We often mistakenly think that "**forgiveness**" is something that **we do** for someone else; yet in reality, it is a gift that we give to ourselves. Forgiving someone means being willing to overlook the wrong and pain that has been committed against you, and then wisely moving on with your life. Indubitably part of you will strongly resist, saying "**What? Forgive them? Did you see what they did to me? I will never forgive!**"




But you must forgive! "**Not forgiving**" keeps you in an eternal struggle. Whereas, the willingness to forgive can bring a sense of peace and well-being. It effectively lifts anxiety and liberates you from depression. It enhances your low self-esteem and gives you much needed hope.


Whether you committed a sin or someone else committed it against you is not so important! If you are obsessing about it, **YOU** are the one who must act to change things. Who cares who started it! What is more urgent is **who will end it**. This is not to say that there is no such thing as right and wrong. Certainly, there are such things as aggression, dishonesty, and faithlessness. But if you are not willing to move on from the wrong done to you, this could be more painful for you than the original "**hurt**".


Please do not foster a grudge for long periods of time. And for God's sake and yours, do not be angry for months or years. Yes, perhaps you were the "**wounded innocent**". The fault may be completely theirs. Yet you are the one who is a prisoner within...

We are not only called to forgive huge transgressions. There are hundreds of things in our daily lives that also need our forgiveness. Forgive those who cut you off in traffic. Forgive the person who stole your parking space. Forgive the one who took that last piece of cake that you had been waiting for. Forgive those who ignore you and forgive those who gossip about you. Forgive the person who was late and made you wait all afternoon. Forgive the person who laughed at you. And especially forgive yourself for the stupid and harmful things that you did to yourself!

Yes, forgive and forgive... and really listen to the words of your daily prayer: "**Father, forgive us our trespasses as we forgive those who trespass against us**" It is so true, it is not always easy to forgive by one's own strength and then we are not alone! We have an **ever-loving God** to Whom we can turn for help. Remember how He looked down upon His tormentors from the cross and forgave them. God does give us the grace to do the same. We must sincerely pray for this great blessing!

<p>March 1st Mar 2, 2014</p>	<p>March 8th Mar 9, 2014 (clocks 1-hour ahead)</p>	<p>St. Joseph's Seniors/Parishioners Perogy Bee Mar 11 & Mar 12.  We need your help to peel, pinch, or pack. Call Millie 589-3518 to place your order. Perogies \$4.50/dozen.</p> <p>THANK YOU  I praise and thank the Dear Lord Jesus for our priests who visited me with the most precious gifts...the Holy Eucharist and prayer. Thank you, too, to all who visited me and prayed for me. God Bless You.  Jean Rubel</p> <p>Sun Mar 2 - Holy Eucharist's 68th Annual Daffodil Tea ~ 1-3pm ~ at Parish Center, 460 Munroe Ave</p> <p>Fri Mar 7 - World Day of Prayer ~7:30 pm at St. Francis Church (formerly St. Anne's Anglican), 253 Burrin Ave at Aikins St. Women of <u>Egypt</u> ~ "<u>Streams in the Desert</u>"</p> <p>Sat Mar 8 - Opening Ceremonies for the yearlong commemoration of the 200th Anniversary of Taras Shevchenko's birth, at 1:30pm at the Shevchenko monument at the MB Legislative Grounds</p>
<p><u>Epistle Readers</u> 5:00 pm Saturday S. Sumka 8:30 am Sunday Parish Choir 11:00 am Sunday J. Malenko</p>	<p><u>Epistle Readers</u> 5:00 pm Saturday G. Winch 8:30 am Sunday W. Lukie 11:00 am Sunday J. Peters</p>	
<p><u>Ushers</u> 5:00 pm Saturday D. Sumka S. Sumka 8:30 am Sunday S. Prokop P. Kurjewicz 11:00 am Sunday G. Fallis G. Lasko</p>	<p><u>Ushers</u> 5:00 pm Saturday D. Dahl D. Dahl 8:30 am Sunday T. Rodeck E. Yarish 11:00 am Sunday P. Samorodny B. Wowczuk</p>	
<p><u>Vigil Lamps</u> Mar 3 - Mar 16, 2014 G. Iwanuck P. Iwanuck</p>	<p><u>Vigil Lamps</u> Mar 3 - Mar 16, 2014 G. Iwanuck P. Iwanuck</p>	

 Condolences and prayers are offered to Fr. Bohdan Lukie's family & friends on the repose of their brother-in-law **†Walter Pindera**. May God grant his soul eternal rest. Вічна пам'ять

Condolences and prayers are offered to Jo-Anne Jackson's family & friends on the repose of her mother **†Anne Kowalyk**. May God grant her soul eternal rest. Вічна пам'ять 

- Upcoming at St. Joseph's:**
- Mar 01 Sat Radist' sings** at 5pm Liturgy
 - Mar 02 Sun Forgiveness Sunday- Lent begins; St. Joseph's Choir Sing** Liturgy 8:30 am Catechism 10 am & **Adult Spiritual Study** 10 am
 - Mar 03 Mon First day of Lent! UCWLC meeting** following Lenten Stations of the Cross 7:00 pm
 - Mar 04 Tues Outreach meeting** 6:30 pm
 - Mar 05 Wed Lenten Matins** 8am; **Altar Servers** 5:30 pm; **Pre-Sanctified Liturgy** 7:00 pm
 - Mar 06 Thur Akaphist (UKR) to Bl. Vasyl** at 7pm; **Knights of Columbus** Executive meeting 7pm
 - Mar 07 Fri Fish Fry** 4:30 pm - and **Stations of the Cross (Eng)** 6:30 pm
 - Mar 08 Sat Liturgy and Sorokousty** 8:30 am
 - Mar 09 Sun Daylight Saving Time begins, please turn your clocks one hour forward / ahead;** Catechism 10 am & **Adult Spiritual Study; Stations of the Cross (Ukr)** 6:00 pm
 - Mar 10 Mon Knights of Columbus meeting** 7:30 pm
 - Mar 11 & 12 Perogy Bee** 9:00 am; (Wed) **Lenten Matins** 8am; **Pre-Sanctified Liturgy** 7:00 pm



U R Youth Session - Sunday, March 2 -10:00-11:00 am-in the Youth Room at St. Joe's



Talking Dead - Zombie Resurrection! A RETREAT for youth, young adults and parents. Sunday, March 2, 3-7pm at St. Anne Ukrainian Catholic Church (35 Marcie St) Retreat facilitators: Fr. Mark Gnutel and Fr. Mike Smolinski, CSsR



A Family Sleigh Ride! Sunday March 16, 2014 2:45pm at Bird's Hill Park Ranch Families are invited to an afternoon of fun! Cost is \$8/person. Sleigh ride leaves at 3pm. Bonfire, hotdogs and marshmallows to follow! Please RSVP (by Wed. Mar. 12) to Michelle Thiessen at rymcssr@gmail.com or 799-



"**Rusalka** is excited to reunite with Calgary's Tryzub Ukrainian Dance Ensemble, and join with Saskatoon's Yevshan Ukrainian Folk Ballet Ensemble and Regina's Tavria Ukrainian Folk Dance Ensemble to present **Razom 2**. This performance will combine the strengths and diverse styles of these four groups in their dances and when they join together to present **Virsky's Pryvit and Hopak**.

This performance will take place at the Centennial Concert Hall on **Sunday March 23, 2014**. Tickets are available at Ticketmaster at www.ticketmaster.ca"

Enrich Your Lenten Journey WITH A SPIRITUAL STUDY ON
SEVEN DEADLY SINS & SEVEN LIVELY VIRTUES

Sin separates us from the love of God, but the cultivation of virtue can restore right relationship with Him. This Lent, begin the journey from sin to saintliness with Father Robert Barron's spiritual study:

Seven Deadly Sins & Seven Lively Virtues. Please join us Sunday Mornings, 10 -11am

Pride, envy, anger, sloth, gluttony, avarice and lust are all patterns of dysfunction within us that lead to unhappiness. Father Barron explains the nature of these sins and offers a corresponding virtue for each one, giving practical advice on how to instil this virtue in your own life.

Fri Mar 14 - Lecture "Will Ukraine Survive Yanukovich?" Alexander Motyl, Prof of Political Science, will discuss the institutional devastation of Ukraine by the Yanukovich regime, examine the Euro Revolution as a response to that devastation, and evaluate Ukraine's post-Yanukovich prospects.
6 pm - 7:30 pm ~ Archives & Special Collections-330 Elizabeth Dafeo Library-UofM-free



Worldwide Marriage Encounter is looking for the **longest married couple in Canada for 2014**. To nominate: simply submit the names of the husband and wife, their wedding date and current address, as well as contact information for the nominating person, by email to longestmarriedcouple@yahoo.ca, **Nomination deadline is April 30, 2014**.

The Catholic Foundation of Manitoba 2014 Annual CARITAS AWARD DINNER
Honouring Actionmarguerite, St. Joseph's Residence, and Holy Family Home
Wednesday, April 30, 2014

~ Winnipeg Convention Centre ~ Reception 6 pm, Dinner 7 pm ~

Tickets \$95 (\$30 tax receipt/individual)

Call Catholic Foundation office 204-233-4268 or St. Joseph's Parish office 204-339-4512

Email: cfmb@mts.net Visit: catholicfoundation.mb.ca

Special Services during the Great Fast

The Great Fast (Lent) begins with Forgiveness Vespers. During this beautiful service, we seek forgiveness from God and from one another as we begin our journey to Pascha (Easter). Please come and pray with us during each liturgy **Sat. March 1st & Sunday, March 2nd**

Matins of Great Lent - every Wednesday 8:00 am, beginning March 5th

Liturgy of the Pre-Sanctified Gifts at 7:00 pm on Wednesdays, beginning March 5th

Liturgy and Sorokousty, the service of intercession for our deceased ancestors
at 8:30 am on Saturdays: **Mar 8, Mar 15, Mar 22, Mar 29, & Apr 5**

Please provide a list of family names (if we do not already have from past years) along with the **blue Sorokousty' envelope** from your Sunday offering box, and place in the collection plate.

The Way of the Cross: 6:30 pm Fridays (English) and **6:00 pm Sundays** (Ukrainian)

ANNUAL LENTEN FISH FRY - 4:30 PM EVERY FRIDAY NIGHT DURING THE GREAT FAST

Sponsored by **Knights of Columbus Father Shyshkovich Council #8925**

March 7, March 14, March 21, March 28, April 4, & April 11

* Followed by **Lenten Stations of the Cross (Eng) 6:30 pm**

Halibut fish(2pc) served with fries, coleslaw, dinner roll: adult-\$9.00* ; child-\$4.50(1pc fish)
Clam chowder \$4.00; Deep fried or boiled perogies (6) served with onions and sour cream\$5.00
Combo plate: 3 perogies & 1 pc fish & coleslaw \$7.00*
Extra fish \$4.50/piece; French fries \$2.00 single order; Beverage and dessert (silver collection)
Spaghetti Plate: (Meatless Sauce) Adult - \$4.00*; Child - \$2.00*

The Traditional Eastern Lenten 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. (prostration)

Instead, grant to me, your servant, the spirit of wholeness of being, humble-mindedness, patience and love. (prostration)

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother or sister; for You are blessed now and for ever and ever. Amen. (prostration)

Scripture Readings during the First Week of Great Lent Mar 3 - Mar 7

Monday: Isaiah 1: 1-18; Tuesday: Isaiah 1: 19-2:3 ; Wednesday: Isaiah 2: 3-11

Thursday: Isaiah 2: 11-21 ; Friday: Isaiah 3: 1-14

Parish Renewal Mission ~ Presented by Fr. Jack Kingsbury, CSsR

Sat, March 15th 5 pm - Liturgy & Sermon

Sun, March 16th 7 pm - Akaphist to Blessed Mother & Sermon

Mon, March 17th 7 pm - Akaphist to Christ the Lover & Sermon

Tues, March 18th 7 pm - Moleben to Blessed Vasyl & Sermon

Wed, March 19th 7 pm - Pre-Sanctified Liturgy, Sermon & Anointing

WHAT ARE THOSE SERVICES ALL ABOUT?

I won't tell you. You must experience them. But I assure you, you will enjoy them, and they will be a great aid in your Lenten journey toward Pascha.

AND THE "ALMSGIVING"?

Material things are given to us by God as gifts, over which we are to be responsible stewards. You are to use those gifts and the gifts that you ARE sacramentally. All things are potentially sacramental, since they are intended for communion with God and communion with each other. When we share the goods of the earth with each other in love, we are "in communion," in fellowship in and with the Lord. How are you handling your material possessions? They are not ends in themselves, but they are to produce that communion. Are they? Look around you, and the Lord will show you how to give alms, and exactly what you should share. One idea is to save the money gained by fasting and use it for charitable purposes.

THAT SOUNDS GREAT - WHEN DO WE START?

We have already started; you have been thinking about it for a while. And the Church has already put us in the **Sundays of the Triodion** (Preparation time for Lent, when the Church primes the pump, giving us ideas, motivation and directions for Lent). On the **Sunday of the Publican and Pharisee**, we think of the need for humility, to be realistic about our strengths and weaknesses and to acknowledge our need for God. The **Sunday of the Prodigal** speaks about repentance as a joyful return to our Father. The **All-Souls Saturday** reminds us of our communion with all our brother and sister Christians who have fallen asleep in the Lord, who are in a communion of love and life with us in Christ; they pray for us and we for them, that we may all grow together in God. **Meat-fare Sunday** speaks of the criteria God uses in judging us, a correct set of standards for Christian living. **Cheese-fare Sunday** speaks of a fasting and forgiving, sending us off into Lent as a unified parish family.

EVERYTHING YOU WANTED TO KNOW ABOUT LENT

... But Were Afraid to Ask!

WHAT IS LENT?

The Great Lent (there are four on the calendar of the Eastern Church: before Christmas, before Easter, before the Dormition on August 15, and before Sts. Peter and Paul on June 29) is the seven week period of preparation before the celebration of Pascha (Easter). It is like a retreat held by the whole Church - a time of spiritual renewal - a time of repentance.

ISN'T LENT KIND OF MORBID AND NEGATIVE?

No! Repentance is not "giving up" - it is a turning back to God whom we realize is the very source and goal of our life. HE IS OUR LIFE! By repentance we realize we aren't where we should be - we are far from our Father. Our happiness, our "wholeness", our sense of identity, well-being and joy for all flow from being close to God as the very center of our lives.

So Lent - *the time for repentance* - is the time to rediscover this truth, to be convinced of it and make it more of a conscious reality in our everyday lives. In Pascha, the Easter Mystery. Christ gives us a chance to be "born again" as children of God - as complete men and women possessing the life, grace and joy of God which "completes" and heals our nature as human beings.

WHERE DID LENT COME FROM?

The early Christians kept vigil during the last few days of Holy Week. As time went on, the vigil was extended to approximately forty days: it was a period in which the catechumens (candidates to become Christians) were given a last, intensive preparation for Baptism, Chrismation and Eucharist: and a period in which the penitents did penance, relearning the basic and beautiful lesson of the mystery and dignity of being a Christian and our way of life in the Lord. They were reconciled with the rest of us at the end of Lent.

Since the season was a type of "boot-camp" for Christianity for the catechumens and penitents, all the faithful entered into the instructions, prayers, fasting and preparation as a type of renewal, and "refresher course" in their own living of the new life of Christ, given to us at Pascha.



BUT WHY THE BIG INTEREST IN FORTY DAYS?

The number calls up memories from our past as a People of God. It reminds us of the forty years Israel wandered in the desert. As they were led by God to their Promise Land, they were tested, their faith was strengthened, and they learned to "know" the Lord as the very center of their lives. (Thus during Lent, we are tested, our faith is deepened, and we move toward the fullness of the heavenly Kingdom which is our inheritance). It speaks of the forty days Jesus spent in the desert after His Baptism, which He resisted temptation, giving Himself to a close communion with his Father, the source of His Life. As He embraced His mission as the servant of His Father and our Redeemer, so we take more seriously our mission as Christians.

The forty days call to mind Moses and Elijah, who spent that amount of time preparing for important encounters with God, as we will encounter Him in His Paschal Mysteries, where He reveals to us His love, who He is, who we are, and the real meaning of life.

BUT DO WE REALLY NEED THAT MUCH PREPARATION FOR EASTER?

Yes! Pascha, Easter, is the feast of all feasts. In it, Christ destroys death, our enemy. He breaks the power of the devil, sin, suffering the evil. He "passes over" to a deeper, fuller life, opening to us the Kingdom of Heaven, making us truly children of God, and communicating life and immortality to us: the very life of God which we can share. He causes us to be "born again" and this is an awesome mystery which we should deeply, intensely, and joyfully celebrate, experience and live. It takes preparation!

SO WHAT SHOULD I DO DURING LENT?

Don't "do", rather "be" a Lenten Christian. Live a Lenten style of life. Remember the basics: you are trying to turn more fully to God (*repentance*) and taste more fully the beauty and dignity that are yours as a child of God. You must think about that (which means eliminating some distractions) and seriously turn to Him. The Church has three traditional helps for this: **fasting, prayer and almsgiving.**

WHY THESE THREE: FASTING, PRAYER AND ALMSGIVING?

They are recommended by the Scriptures and Tradition. They get to the very root of repentance, which is turning back to God. They help strip away the glitter of a false self, a false view of the world and others (*secularism*) and aid in discovering our true identity, our relation to God, others, the world and ourselves. Fasting helps us discover our true hunger for God at the root of our being and our total dependence on Him as the source of our life and strength. Serious prayer puts us in communion with Him. Almsgiving helps us share God, His gifts, and ourselves with others, establishing a true communion with them in the Lord.

WAIT A MINUTE - WHAT ABOUT FASTING?

The reason for giving up something is that something better may take its place: especially the things of God. We fast so that we may "*lay aside all earthly cares, that we may receive the King of all.*" Does your life depend on food? You must eat to live, but no matter how much you eat, you are going to die. Life depends not on food, but on God, the Giver of Life. We fast to experience that on a deep level.

Fasting has been prescribed by Christ Himself. The Church can and should remove from the realm of obligation "*this*" or "*that*" exercise of fasting, but the Church cannot dispense us from Christ's command to fast. We must each comply with that command as best we can. The abstaining from food should lead to an abstaining from sin and evil intentions.

BUT WHAT DOES FASTING MEAN IN PRACTICE?

In practice, fasting is expressed through abstaining from certain foods for certain times. To follow our full Eastern program of fasting would mean not eating any meats or dairy products during the whole time of Lent. That is the "**maximum.**" The "**minimum**" asked by our Church for Lent is this: Abstain from the use of meat, eggs and dairy products on the first day of Great Lent, and on Good Friday. The abstinence from meat applies to **ALL FRIDAYS** during Lent. Each family and individual should understand **WHY** we fast (the spiritual purpose), pray over it, and decide what is to be done in this regard during the holy season.