

ST. NICHOLAS NEWS

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ST. NICHOLAS ORTHODOX CHURCH

505 Jefferson Avenue, Scranton, Pa. 18510

Fr. Nicholas Ferencz, Ph.D., Pastor

Jane Togher, Board President

Rectory: 570-344-5917

570-842-3311

Cell: 724-953-6046

jtogher@yahoo.com

nferencz35@gmail.com

Madelyn Hodanich, Choir Director

www.stnicholasorthodoxscranton.org

Hall - 570-344-1522

February 22, 2015

CHEESE-FARE SUNDAY, OR, THE SUNDAY OF FORGIVENESS

LAST DAY OF THE FEAST OF THE ENCOUNTER.

PARISH CALENDAR

Sun., Feb. 22 *Cheese-fare Sunday, or, the Sunday of Forgiveness.* Last Day of the Feast of the Encounter. Martyr Nichephoros.

Confessions after Forgiveness Vespers today.

9:30 AM Divine Liturgy – Special Sheets

Social Hour - about ½ hour

Church School Meets

Quick Altar Society Meeting - see below

Forgiveness Vespers

Confessions

Wed., Feb. 25 Alexios, Wonderworker of All Russia

5:30 PM Confessions

6:00 PM Liturgy of the Presanctified Gifts

Fri., Feb. 27 Bishop Cyril, Apostle to the Slavs

5:30 PM Confessions

6:00 PM Paraklis

Sun., Mar. 1 *Sunday of Orthodoxy.* Martyred Priests Pamphilus, Porphyrius et al.

8:45 – 9:15 AM Confessions

9:30 AM Divine Liturgy – Special Sheets

3:00 PM Lenten Mission – St. Michael, Freeland–Paraklis, Fr. Mark preaching

Confessions: from about 45 minutes before any Divine Liturgy until about 15 minutes before.

PEOPLE STUFF

Please remember in your prayers:

Living: Matt & Lori Algar. Stephanie Bonk. Gloria Bracey. Tim & Christina Bracey. Susan Danchak. Ricky, Rick & Sarah. Michael Danchak. Fr. George Dursa. Jada Eiden. Tammy Hall. Heather Harris. Robert & Eddie Hawley. Lorraine Kacaba. Dawn & Warren Kieffer. Anna Mae Kuklis. Dee Lositski. Dan & Teri Ludwig. Peggy Majcher. Theresa Niester. John Polanichka. Emma Sacco. Amy Shimo. Connie Lou Slater. Faye Snell. Marion Sosnowski. Russell Spilka. Jeff Thomas. Ann Marie Tigue. Fr. Donald Valasek. Gary Wassel. Julia Worobey.

At Home: Michael Andreosky. Elizabeth Basalyga. George & Anna Senich. Kathryn Stocoski.

Assisted Living Homes: Julie Kovacs. Julie Roberts.

COMMUNITY SERVICE OPPORTUNITIES

Ongoing Food Collection Project: *To all of our parishioners:* Please remember those families who rely on food donations to help make ends meet. As you are aware, the funding for the Bread Basket of NEPA has been cut, and they rely on donations to help those families in need. A food donation container is available in the Church Hall. Please help fill this

container with non-perishable food items: cans, dry goods, etc.

YOUR GIFTS TO GOD AND HIS CHURCH

ST. NICHOLAS CHURCH

FEBRUARY 15, 2015

\$ 834.00	General Collection
\$ 51.00	7 Day Light
\$ 33.00	Holy Days
\$ 828.00	Church Dues
\$ 47.00	Maintenance & Repairs
\$ 17.00	Taper Candles
\$1,810.00	Total Collection

PARISH STUFF

Auditors Sought: One more auditor is needed. If you are willing to consider taking on this task, please see Fr. Nik or Jane Togher. Ordinarily there are 2 auditors selected to check the parish's books every year.

Pirohi Sales: The next Pirohi Sale is Fri., March 6.

Altar Society: The Altar Society will be coordinating and serving the Lenten Meal for the Mission here on March 22. There will be a *quick* Altar Society meeting **after Liturgy today** to discuss *only* the menu for the upcoming Lenten Mission on March 22. Those who are present will have the opportunity to help set the menu.

Lenten Missions: We have received the schedule for the 4 Deanery Missions for Lent this year. Please note that as usual all Missions begin at 3 PM on Sunday: Everyone is encouraged to participate in at least one Mission (besides our own – I expect *everyone* to be here for that). They are a good way to stay in Lent.

- March 1 @ St. Michael, Freeland: Paraklis, Fr. Mark preaching.
- March 8 @ St. Nicholas, Lansford: Lenten Vespers, Fr. Nik preaching.
- March 15 @ St. Mary, Dickson City: Moleben to the Cross, Fr. Larry preaching.
- **March 22 @ St. Nicholas, Scranton:** Lenten Vespers, Fr. Bob preaching.

EASTERN REGION
DIOCESAN LENTEN RETREAT
Saturday, March 28, 2015
9:00 Am to 5:00 Pm

At

Holy Ghost Orthodox Church
Starr and Bridge Streets
Phoenixville, Pa

Cost to Attend (Includes Lunch):

\$20.00 Adults / Teens

\$7.00 (Ages 6 to 12)

Overnight Accommodations

Available upon Request

Registration Deadline: March 21, 2015

Contact

Tracey Bilanin

Tbilanin@yahoo.com

(484) 624-4664

Sponsored by the National ACRY

FROM THE DIOCESE & OTHER STUFF

St. John's Byzantine Catholic Church, 310 Broadway St., Scranton, Pa. is having a **Lenten Food Sale Monday, March 2**. They will be offering: Haluski at \$7.00 per Quart; Clam Chowder at \$8.00 per Quart and Pirohi at \$8.00 per dozen by order only. The deadline for orders is Thursday, Feb. 12, 2015 and you may pick them up on Monday, March 2, 2015 from 10am to 2 pm. Please call Sylvia at 570-343-8820. Place orders early, do not be disappointed.

"Meatless Meal for Lent: "BAKED HADDOCK" FISH DINNER. " on Friday, March 27, 2015 sponsored by SS. Cyril and Methodius Ukrainian Catholic Church, Olyphant, PA. Sponsored by Ss. Cyril & Methodius Ukrainian Catholic Church, Olyphant, Pa. TIME: 5:00 p.m. - 7:00 p.m. PLACE: At the REGAL ROOM (Ballroom/side entrance), 216 Lackawanna Avenue, Olyphant, Pa. MENU: Baked haddock, potato, vegetable, cole slaw, roll and dessert Sit Down or Take Out!! Pre sold tickets are \$13.00 per dinner. Call 570-383-9487 for Reservations.

*Deadline for pre-sold Tickets is Monday, March 23, 2015. *LIMITED amount of Dinners will be available a the Door \$15.00.

THE LENTEN FAST

Below is an expanded explanation of fasting, which includes both the Diocesan Regulations and more traditional fasting guidelines for all of Lent. *Please note: The “traditional rules” regarding fasting published here have been very simplified from the actual rules.*

CLEAN WEEK (FEB. 23 – FEB. 28): The first week of Lent is called Clean Week, since the emphasis is on the cleansing of both the soul and the body.

DIOCESAN RULES require Strict Fast on Clean Monday, no meat on Wednesday & Friday.

TRADITIONAL RULES call for not eating at all between Vespers on Sunday and the Presanctified Liturgy. If one does eat, they are supposed to only eat boiled vegetables and fruit juice during this whole week. At most one small meal should be eaten.

WEEKS 2 THROUGH 6:

DIOCESAN RULES require fasting from meat on Wednesdays and Fridays (which we are supposed to do all year anyway).

TRADITIONAL RULES call for STRICT FAST (no meat, dairy, wine or oil products) *every weekday* during the Great Lenten Season, with some few exceptions which I note in the bulletin. On Saturdays and Sundays the Traditional Rules permit wine and oil. Meals should be limited to one a day.

Wine and Oil are also permitted on the following Feasts: Apr. 6 (Mar. 24) (*Pre-feast of the Annunciation*); Apr. 8 (Mar. 26) (*Synaxis of Archangel Gabriel*)

FEAST OF ANNUNCIATION, APR. 7 (MARCH 25) *is also Great Tuesday this year:* Even so, the fast is mitigated (lessened) this day because of this Great Feast. The Traditional Rules say you may eat fish, oil and dairy on this day. If you are not yet keeping the Traditional Fast, you may “step up” two steps on this day. For instance, if you are fasting from meat and dairy only, you may eat meat.

LENT ENDS ON FRIDAY, APRIL 3.

LAZARUS SATURDAY AND PALM SUNDAY are days of rejoicing, and the Fast is mitigated (lessened) the same way as on *Annunciation* (see above).

FOR HOLY WEEK:

TRADITIONAL RULES call for STRICT FAST (no meat, dairy, wine or oil products) *every weekday* during the Holy Week, starting on Great Monday.

DIOCESAN RULES require the following for Holy Week: Monday through Thursday, no meat. Great Friday and Holy Saturday, STRICT FAST.

BRIGHT WEEK:

From Pascha through Thomas Sunday, there is *no fast* permitted, even on Wednesday or Friday, as we celebrate the great joy of our salvation in the Resurrection.

DURING GREAT LENT:

EVERYONE IS ENCOURAGED TO DO MORE THAN THE MINIMUM, AS MUCH AS YOU ARE ABLE. PLEASE REMEMBER THAT TOGETHER WITH FASTING, WE ARE CALLED ESPECIALLY TO GIVE ALMS DURING THIS SEASON.

We are always called to grow in our spiritual life. With the Lenten Fast, we should be trying each year to be more and do more than we did last year. Here are a couple of ideas to get you started thinking:

- 1) Try fasting one more day a week than last year. For example, if you abstained from meat 2 days a week, go for 3 days this year.
- 2) Try fasting more on one or more days of the week. For example, if you abstained from meat 2 days a week, then abstain from meat and dairy both on those days.

By building up slowly, we become stronger spiritually. If we just do the same old thing we always did, we never exercise our spiritual muscles, and never grow in our faith and love for God.

Please remember that the rules are given to us so that we may THINK about what we are doing, and not just go through the motions. Thinking about it can lead us to praying about it, and hopefully enriching our life through the fast.

COMMUNION FASTING:

For the reception of Holy Eucharist in the morning, we must fast from bed-time until we receive, as usual. To receive Holy Eucharist in the evening (for instance, at the Liturgy of the Presanctified Gifts), we must fast for *at least 3 hours before the beginning of the service.*

ESSENTIALLY, THIS MEANS NOT EATING AFTER LUNCH UNTIL YOU RECEIVE THE EUCHARIST, IF POSSIBLE.

Finally, of course, those who are under a doctor's care or are infirm must follow the doctor's orders. If you have any question about this, please see me.

CAMP NAZARETH NEWS

Important new information from Fr. Stephen Loposky, Director of Camp Nazareth, for those who are considering going to Camp (kids) or working at the Camp (adults):

I am trying to ensure our families from our diocese get the greatest discount available to them for Camp. I am also trying to get them to register much earlier for the sake of the Camp. So, a couple of reminders:

I. \$20 EARLY BIRD DISCOUNT PER CHILD!!!!

- One-time only, not per week
- Register & pay by May 15, 2015!!!!
- All forms listed below AND payment must be submitted by May 15 in order to qualify for the Early Bird Discount.
 - Completed and signed Registration Application Form
 - Completed, signed and dated Health History and Examination Form (signed by BOTH the parent/guardian and the appropriate licensed medical professional)
 - Completed and signed Media Consent Form signed by the parent/guardian
 - Completed and signed Dress Code Policy signed by the parent/guardian and the camper
 - Payment In-Full by check, money order, or credit card. Checks and Money Orders are to be made payable to Camp Nazareth and sent to Camp Nazareth at 339 Pew Road, Mercer, PA 16137.

II. THE CAMP IS CALLING FOR APPLICATIONS FOR STAFF!

- Staff applications are due March 15th!
- Even if you are unsure about your summer plans, but are considering working at the Camp, please call Fr. Stephen. They We often work around family vacations, family events, etc. Camp does not happen without a committed and hardworking Staff!

III. NEW REQUIREMENTS FOR ALL CLERGY AND LAITY WHO WISH TO WORK AT OR *BE VOLUNTEERS AT THE CAMP:*

[Note: Fr. Stephen says in his email that the following does not necessarily need to be published in the bulletin. However, I think it is important for all, both those who may work at the Camp and those parents who are sending their children to the Camp, to know that our Camp fully complies with the latest Child Protective Services Law recently passed by the State of Pennsylvania for the protection of the children of Pennsylvania.] Finally, as of October 2014 Pennsylvania Law now requires us to do more thorough background checks, which include fingerprinting, for volunteers and workers who are responsible for or are working around children.

- Simply, this requires more time and more money.
- Volunteer and Clergy Applications are due NO LATER THAN JUNE 1st !!!!
- How does this affect Clergy and Lay Volunteers?
 - Clergy and Laity will be required to get fingerprinted on their own
 - and then provide Camp with proof of this BEFORE they arrive at Camp.
- More information on this will be available to those who wish to work at or volunteer at the Camp. Please see Fr. Nik about this if you are interested.