



Our Lady of Perpetual Help

Our Lady of Perpetual Help Byzantine Catholic Church

1773 Woodbourne Road * Levittown, PA 19057

Fr. Edward G. Cimbala, D.Min – Pastor

Residence

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Rev. Myron Badnerosky – Pastor Emeritus

Liturgical Schedule

for the Week of March 26, 2017

- Saturday, March 25 ~ Annunciation of the Theotokos**
8:30 AM +Edward Zapala by wife Mary
Vigil of the Fourth Sunday of the Great Fast
Synaxis of the Archangel Gabriel
5:30 PM Divine Liturgy
of St. John Chrysostom
For the Parish Family of OLPH
- Sunday, March 26 ~ Fourth Sunday of the Great Fast**
Synaxis of the Archangel Gabriel
9:00 AM Divine Liturgy of St. Basil the Great
+Raul Stevens by Steve Macinsky
Confession Following the Divine Liturgy
Festal Anointing in celebration of the
Feast of the Annunciation following both weekend Liturgies
- Wednesday, March 29 ~ Mark, Cyril & Others - Martyrs**
7:00 PM The Great Canon of Andrew of Crete
- Friday, March 31 ~ Hypatius - Bishop**
Noon Akathist to the Mother of God
- Saturday, April 1 ~ Vigil of the Fifth Sunday of the Great Fast – Mary of Egypt**
4:45-5:15 PM Confession
5:30 PM Divine Liturgy
of St. St. Basil the Great
For the Parish Family of OLPH
- Sunday, April 2 ~ Fifth Sunday of the Great Fast – Mary of Egypt**
8:15-8:45 AM Confession
9:00 AM Divine Liturgy
of St. John Chrysostom
+Edward Kravcak by Robert Donatelli
Confession Following the Divine Liturgy



Easter Confessions

In addition to the times listed above Fr. Ed will be available for Confession:
Wednesday, April 5
Following Presanctified
Friday, April 7
11:15-11:45 AM
and Following the Moleben Holy Week after all services.

If these times are not convenient for you, please make an appointment with Fr. Ed.



OUR LENTEN THEME
Jesus Christ Son of God
Have Mercy
on Me a Sinner

LENTEN WRISTBANDS – Please continue to out the wristbands and share our Lenten message. Thank you for your enthusiastic response.

MAILING ADDRESS – Please note that if you wish to mail anything to OLPH the new mailing address is:

Our Lady of Perpetual Help

PO BOX 777

Levittown, PA 19058-0777



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 brother; for You are blessed now and ever and forever. Amen

NO COFFEE SOCIAL TODAY

The Kool Kids Consignment Sale will be taking place in the Parish Center.

APRIL COFFEE SOCIALS

April 9 – Palm Sunday

April 23- Thomas Sunday

We will celebrate birthdays

the first social of each month

NEXT ADVISORY COMMITTEE MEETING

April 30 - Following the Divine Liturgy in the church.

All parishioners are welcome to attend.

Candle Intentions for March

SANCTUARY

In Memory of Theresa Sudik, our daughter

By Maura & Michael Sudik

TETRAPOD

In Memory of Robert C. Donatelli, my grandfather

By Robert P. Donatelli

ALTAR OF PREPARATION

In Memory of Helen Yulich, my mother

By Betty Yulich Slezak & Dan Slezak

ALTAR OF BLESSING

In Memory of the Yatsko & Puketza Families

By Helen Yatsko

Offertory – March 18 & 19, 2017

	Saturday	Sunday	Total
Regular	\$510.00	\$1498.00	\$2008.00
Flowers	\$45.00	\$195.00	\$240.00
Candles	0	\$29.00	\$29.00
Total	\$555.00	\$1722.00	\$2277.00

Attendance	24	55	79
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Saturday, April 8

Following the 8:30 Divine Liturgy for Lazarus Saturday Volunteers needed to clean up the grounds of OLPH to make it attractive for Easter.

Bring your rakes, brooms, shovels and whatever you like to use for yard work.

We will also continue the clean-up in the Parish Center Kitchen at that time.

Plenty of work for people of all ages!!!

PIZZA FOR LUNCH!

INFORMATION ABOUT THE EASTER SERVICES

Resurrection Matins & Divine Liturgy Saturday, April 15 – 7:00 PM

These services are the most important of the Liturgical Year. This is the culmination of your Lenten Journey, it is what makes our prayer, fasting and alms giving complete. We will celebrate Matins and Divine Liturgy as one service. The Matins portion with the procession takes the place



after that we continue as usual with the singing of “All you who have been baptized” and the readings. Fr. Ed hopes that the church will be jam-packed with hundreds of people singing Christ is Risen! Invite your family and friends for this beautiful celebration. **Please note that there is NO 5:30 Divine Liturgy on this day.**

BLESSING OF BASKETS

The blessing of the Easter Baskets will take place in the Parish Center. Please bring in your baskets before you come into church for the Easter services. FYI – Fr. Ed has been known to “steal” from the baskets!



PROPER POSTURE FOR PRAYER DURING THE EASTER SEASON

~ From Resurrection Matins until the Kneeling Prayers of Pentecost the proper posture for **all** prayer is to stand rather than to kneel. Standing is a sign of joy. And what greater joy do we have other than the Resurrection of Christ? After the celebration of Pentecost the proper posture for prayer during the celebration of the Divine Liturgy is to stand during the times OLPH has been used to kneeling. This is because each Divine Liturgy is a celebration of the Resurrection. All of the parishes in the Metropolitan Church of Pittsburgh have been following this directive of the Bishops which was promulgated in 2006. This is a restoration of true Eastern Tradition. **If it is not physically possible for you to stand, please feel free to kneel or sit.** You may begin standing during the Divine Liturgies now if you wish to. If you have any questions about this, please do not hesitate to ask Fr. Ed.

SAY HELLO If you see someone in church that you do not know – stop and say hello and welcome them to OLPH. Your friendly greeting will help them to decide to

make OLPH their spiritual home. Make sure you introduce newcomers to Fr. Ed. Don't be shy!

The Canon of Andrew of Crete

The Great Canon of St Andrew, Bishop of Crete, is **celebrated on Wednesday, March 29th at 7:00 PM.** There is no other sacred hymn which compares with this monumental work, which St Andrew wrote for his personal meditations. Nothing else has its extensive typology and mystical explanations of the scripture, from both the Old and New Testaments. One can almost consider this hymn to be a “survey of the Old and New Testament”. Its other distinguishing features are a spirit of mournful humility, hope in God, and complex and beautiful Trinitarian Doxologies and hymns to the Theotokos in each Ode. The canon is a dialog between St. Andrew and his soul. The ongoing theme is an urgent exhortation to change one's life. St Andrew always mentions his own sinfulness placed in juxtaposition to God's mercy, and uses literally hundreds of references to good and bad examples from the OT and NT to “convince himself” to repent.

General Themes of the Great Canon

How we should think about ourselves

Where shall I begin to lament the deeds of my wretched life? What first-fruit shall I offer, O Christ, for my present lamentation? But in Thy compassion grant me release from my falls.

Desire to change - dialogue with the soul

Come, wretched soul, with your flesh, confess to the Creator of all. In the future refrain from you former brutishness, and offer to God tears of repentance.

Recognizing Reality

The end is drawing near, my soul, is drawing near! But you neither care nor prepare. The time is growing short. Rise! The Judge is at the very doors. Like a dream, like a flower, the time of this life passes. Why do we bustle about in vain?

How to pray - Laments and supplications to God

Thou art the Good Shepherd; seek me, Thy lamb, and neglect no me who have gone astray.

OT and NT examples of righteousness and unrighteousness, for the purpose of emulation or avoidance.

Do not be a pillar of salt, my soul, by turning back; but let the example of the Sodomites frighten you, and take refuge up in Zoar.

I have reviewed all the people of the Old Testament as examples for you, my soul. Imitate the God-loving deeds of the righteous and shun the sins of the wicked.

THE MOST IMPORTANT THING TO KNOW ABOUT THE GREAT CANON.

The Great Canon was written by a holy man to teach himself the right way to live. We cannot benefit from it unless we make it a priority to stand in prayer, in the church, and listen to it, with a great desire and expectation for God's grace to teach us and heal us. Our theology is first and foremost – experienced and prayed, and not only “studied”.



Don't Forget To Check
Our Website
For Up to the Minute News
About OLPH!

olphbyz.com

On the site you will find weekly bulletins, special announcements, cancellations, schedule changes, educational materials and pictures of our events – just to name a few things. Thanks to Michael Sudik, our website is one of the best in the Eparchy.



THE AKATHIST **HYMN**

**CELEBRATED FRIDAY
MARCH 31 AT NOON**

The Akathist Hymn is a profound, devotional poem, which sings the praises of the Holy Mother and Ever-Virgin Mary. It is one of the most

beloved services in the Eastern Church. It was composed in the imperial city of Constantinople, “the city of the Virgin,” by St. Romanos the Melodist, who reposed in the year 556. The Akathist Hymn has proven so popular in the liturgical life of the Church that many other hymns have been written following its format. These include Akathists to Our Lord Jesus Christ, to the Cross, and to many Saints.

The Akathist hymn consists of praises directed to the Mother of God, beginning with the salutation of the Archangel Gabriel: “Rejoice.” As the hymn is chanted all of the events related to our Lord's Incarnation pass before us for our contemplation. The Archangel Gabriel marvels at the Divine self-emptying and the renewal of creation which will occur when Christ comes to dwell in the Virgin's womb. The unborn John the Baptist prophetically rejoices. The shepherds recognize Christ as a blameless Lamb, and rejoice that in the Virgin “the things of earth join chorus with the heavens.” The pagan Magi following the light of the star, praise Her for revealing the light of the world.

The word “akathistos” means “not sitting,” i.e., standing; normally all participants stand while it is being prayed. The hymn is comprised of 24 stanzas, arranged in an acrostic following the Greek alphabet. The stanzas alternate between long and short. Each short stanza is written in prose and ends with the singing of “Alleluia.” Each longer stanza ends with the refrain: “Rejoice, O Bride and Maiden Every Pure”

The first part of the hymn is about the Annunciation to the Virgin Mary by the Angel. It describes Mary's surprise at the news, her visit to her mother and Joseph's doubts as to her innocence. The second part is about the birth of Christ, the worship of the Shepherds and Magi, the flight to Egypt and the visit to Saint Simeon in the Temple. In the third part the hymn directs our attention to the renewal of the world by Christ's coming, and the amazement of the Angels and the wise men at the sight of the Incarnation of God's Son. The fourth and the last part is once more a lyric and rhetorical appraisal of Virgin Mary, whom the poet adorns with the most beautiful of adjectives asking her to accept his poetical offering and to intercede for the salvation of human race from the earthly sin.



If you know of anyone who is homebound, please call them and ask if they would like a visit from Fr. Ed. Then let him know and he will visit them.



How to Make a Good Confession

Confession is not difficult, but it does require preparation. We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through

repentance and a resolve to sin no more. Then we review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

To make an examination of conscience:

- Begin with a prayer asking for God's help.
- Review your life with the help of some questions, which are based on the 10 Commandments (see below).
- Tell God how truly sorry you are for your sins.
- Make a firm resolution not to sin again.

Examination of Conscience

Recall your sins. Prayerfully ask yourself what you have done with full knowledge and full consent against God's and the Church's commandments.

Do I pray to God every day? Have I thanked God for His gifts to me?

Did I put my faith in danger through readings contrary to Catholic teachings or involvement in non-Catholic sects? Did I engage in superstitious practices: palm-reading or fortune-telling?

Did I take the name of God in vain? Did I curse or take a false oath?

Did I miss the Divine Liturgy on Sundays or holy days of obligation through my own fault? Am I attentive at the Divine Liturgy and other services?

Did I keep fast and abstinence on the prescribed days?

Did I disobey my parents and lawful superiors in important matters?

Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?

Did I get drunk? Did I take illicit drugs?

Did I willfully look at pornography, entertain impure thoughts or engage in impure conversations or actions? Did I use artificial means to prevent conception?

Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage?

Did I steal or damage another's property? Have I been honest and just in my business relations?

Have I been responsive to the needs of the poor and respected the dignity of others?

Did I tell lies? Did I sin by calumny, or detraction, of others? Did I judge others rashly in serious matters?

Have I envied other people?

From the Diocese of Pittsburgh

MARK YOUR CALENDARS – OUR LENTEN & HOLY WEEK SCHEDULE



Wednesday, April 5

7:00 PM – Presanctified Liturgy

Fridays, April 7 – Noon – Lenten Moleben

Saturday, March 25 – 8:30 AM

Divine Liturgy Feast of the Annunciation

Wednesday, March 29 – 7:00 PM

The Great Canon of Andrew of Crete

Friday, March 31 – Noon – Akathist to the Mother of God

GREAT & HOLY WEEK

Great & Holy Wednesday, April 12 – 7:00 PM – Presanctified & Holy Anointing

Great & Holy Thursday, April 13 – 7:00 PM – Vespers and Liturgy of St. Basil

Great & Holy Friday, April 14 – 7:00 PM – Burial Vespers & Procession

Great & Holy Saturday, April 15 – 7:00 PM

Resurrection Matins & Divine Liturgy (all one service) followed by the blessing of baskets

The GREAT Day – Easter, April 16

9:00 AM – Divine Liturgy followed by the blessing of baskets