Forgiveness Sunday
"We venerate Your sacred image, O Lord, and we beg forgiveness of our sins."

February 14, 2021
SUNDAY OF CHEESEFARE

Saints Cyril and Methodius
Byzantine Catholic Church

2510 Piney Plains Road
Cary, NC 27518-6870
919-239-4877

Rev. Fr. Vasyl Sokolovych
Parochial Administrator
908-404-0777

Sunday
9:00 and 11:00 AM Divine Liturgy
(If unable to attend in person, our Divine Liturgy is streamed via our Facebook page.)

E-Mail: sscyrilmethodius@gmail.com
Web Site: sscyrilmethodius.org
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<th>Date</th>
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<td><strong>SUNDAY</strong></td>
<td><strong>SUNDAY OF CHEESEFARE</strong></td>
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<tr>
<td>February 14</td>
<td>Rom 13:11-14:4</td>
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<td>Mt 6:14-21</td>
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<td>Tone 4</td>
<td>8:30 AM Confession</td>
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<td>9:00 AM: Divine Liturgy (for the Intention of the Parishioners)</td>
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<td>4:00 PM Forgiveness Vespers</td>
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<tr>
<td><strong>Monday</strong></td>
<td><strong>First Day of the Great Fast</strong></td>
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<td>February 15</td>
<td>Gen 1:1-13</td>
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<td>Prov 1:1-20</td>
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<td>First Week of the Great Fast</td>
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<td><strong>Tuesday</strong></td>
<td><strong>Pamphilius and Others Martyrs</strong></td>
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<td>February 16</td>
<td>Gen 1:14-23</td>
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<td>Prov 1:20-33</td>
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<td><strong>Wednesday</strong></td>
<td><strong>Theodore the Recruit Great-Martyr</strong></td>
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<td>February 17</td>
<td>Gen 1:24-2:3</td>
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<td>Prov 2:1-21</td>
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<td>6:00 PM Liturgy of the Presanctified Gifts</td>
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<td><strong>Thursday</strong></td>
<td><strong>Leo the Great Pope</strong></td>
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<td>February 18</td>
<td>Gen 2:4-19</td>
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<td>Prov 3:1-18</td>
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<td><strong>Friday</strong></td>
<td><strong>Archippus Apostle</strong></td>
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<td>February 19</td>
<td>Gen 2:20-3:20</td>
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<td>Prov 3:19-34</td>
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<td><strong>Saturday</strong></td>
<td><strong>Commemoration of the Miracle of the Great Martyr Theodore</strong></td>
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<td>February 20</td>
<td>Heb 1:1-12</td>
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<td>Mk 2:23-3:5</td>
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<td>8:00 AM-12:00 PM: Eritrean Coptic Orthodox Divine Liturgy</td>
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<td>4:00 PM: St. Nicholas Mission Divine Liturgy</td>
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<td><strong>SUNDAY</strong></td>
<td><strong>First Sunday of the Great Fast</strong></td>
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<td>February 21</td>
<td>Heb11:24-26:32-12:2</td>
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<td>Tone 5</td>
<td>Jn 1:43-51</td>
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<td>11:00 AM: Divine Liturgy</td>
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**Call the parish office (919-239-4877) to make an appointment or to speak with Fr. Vasyl (908-404-0777).**

**SSCM CHURCH/HALL SCHEDULE**

The St. Nicholas Mission celebrate their Divine Liturgy in our church every Saturday at 4:00 PM.

The Eritrean Orthodox celebrate their Divine Liturgy in our church from 8:00 AM to 12:00 PM on the 1st and 3rd Saturdays of the month.

The Coptic Orthodox celebrate their Divine Liturgy in our church from 8:00 AM to 12:00 PM on the 2nd and 4th Saturdays of the month.

**PARISH PASTORAL COUNCIL**

Our Parish Pastoral Council (PPC) meets the second Tuesday of every month. If you have any questions or concerns you would like addressed at the next meeting, please contact one of the members: Mike Carpenter, Marie Taylor, Paul Tooley, Lance Morgan, Dan Pope, Lou Gigliotti and Mike Sapsara.
SUNDAY OF CHEESEFARE
February 14, 2021

If you are new to our area or just visiting, please stop and introduce yourself. We are happy you are joining us to share in the celebration of the Divine Liturgy. If you do not have a church home, or your church is not a home for you, we warmly invite you to become part of our parish family.

If you wish to register with our parish, please email Michelle Rubush at sscyrlmethodius@gmail.com

GLORY TO JESUS CHRIST!
GLORY FOREVER!

SLAVONIC: SLAVA ISUSU CHRISTU! SLAVA NA VIKI!

Please remember in your prayers:
Eileen and Ernie (parents of Cathryn Parsons); Jerry and Holly Kingery; Marianne Sapsara; Lance Morgan; John Patrick Rose; Rachel Blair; David Hoover; Cameron Shuey; Dale Blair; Bernadette’s parents and aunts: Andrew, Etta, Martha and Yolanda; Father Mark and family; Father Vasyl and family.

Please pray for the repose + of the souls of our faithful departed:
+Elizabeth Macario; +Luke Morgan, +Natalie and John Morgan,
+Rev. Fr. Richard Rohrer, +Gloria Shuey

In Blessed Repose, Grant O Lord, Eternal Rest to the Soul of Your Departed Servants and may their Memory be Eternal.

In spite of the pandemic, the maintenance of our church continues and bills still must be paid. Thanks to all who continue to serve our church with their time, talent, and treasure. May God bless you abundantly!

Directives for the Great Fast from the Office of the Bishop: These are the minimum requirements; however, the faithful are encouraged to do more.

Simple abstinence
• The law of simple abstinence forbids the use of meat, but permits the use of eggs and dairy products.
• All who receive Communion in the Eparchy of Passaic are obliged to abstain from meat on Wednesdays and Fridays of the Great Fast

Strict abstinence
• The law of strict abstinence (fasting) forbids the use and consumption of all meat, eggs and dairy products.
• All adults who receive Communion in the Eparchy of Passaic are obliged to abstain from meat, eggs, and milk products on the first day of Lent, Monday, February 15th, and on Great and Holy Friday, April 2nd.

Dispensations
• Priests and parents are to ensure that minors are educated in the authentic sense of penance.
• Pastors, with just cause and taking into account acceptable reasons due to personal circumstances, may grant to the individual faithful as well as to individual families, dispensations, transfers, or commutations of abstinence and strict fast into other pious practices. Superiors of religious houses or clerical institutions enjoy these same faculties relative to their constituents.

Liturgical Services
The Divine Liturgy of the Presanctified Gifts takes precedence over all other Lenten Devotions.

The Divine Liturgy of the Presanctified Gifts is to be celebrated on Wednesdays and/or Friday evenings of the Great Fast and also on Monday, Tuesday, and Wednesday of Holy Week.

Other services are encouraged during the season of the Great Fast, but only those in keeping with the traditions of the Byzantine Catholic Church, namely: Lenten Vespers, Lenten Hours, Akathist to the Passion, and Lenten Devotions.

On Wednesday of Holy Week, the Office of the Holy Anointing may be incorporated into the Presanctified Divine Liturgy.

As instructed in the past, there are different levels of fasting, from following the minimal guidelines to the ascetic fast. In addition, if you have never fasted before, please do the minimum fast and take each fasting period to grow in your spiritual life. This means to eventually grow in fasting to the ascetic fast where no animal products are consumed. This takes time, effort and especially prayer to develop.

Remember, fasting without prayer is diabolical— you just hurt the body. If you never get to the Ascetic Fast, do not feel guilty, at least do the Minimum Fast. If you have struggled through the minimum fast and abstinence, and desire a spiritual challenge, strict abstinence is that challenge. Strict abstinence is abstention from meat, dairy, eggs, fish, wine and oil. See the guidelines below.

Please remember that abstaining from food during this period of preparation does us no good if we do not also, as St John Chrysostom teaches us, fast with:

...the eye and the ear and the feet and the hands and all the members of our bodies
Let the hands fast by being free of avarice.
Let the feet fast, by ceasing to run after sin.
Let the eyes fast, by disciplining them not to glare at that which is sinful.
Let the ear fast, by not listening to evil talk and gossip.
Let the mouth fast from foul words and unjust criticism.
For what good is it if we abstain from birds and fishes, but bite and devour our brothers?

**THE ASCETIC FAST:**

- **WEEKDAYS** (Monday – Friday) are observed as Strict Fast Days. On these days we abstain from meat, dairy, fish with backbones, fowl, wine, and oil.
- **WEEKENDS** (Saturday and Sunday) are observed as Wine and Oil Days. On these days the fast is relaxed to permit wine and olive and other vegetable oils.
- In addition, two special feast days that fall during this period – Annunciation (March 25) and Palm Sunday (March 28, this year) – are kept as Fish, Wine, and Oil Days. On these days the fast is relaxed to permit fish with backbones, in addition to wine and oil.

There are certain days of the Holy Week cycle that have special fasting rules:

- Great and Holy Thursday (April 1, this year) is observed as a Wine and Oil Day due to the commemoration of the institution of the Eucharist.
- Great and Holy Saturday (April 3, this year) is observed as a Strict Fast Day – the only Saturday of the year kept as a strict fast; however, wine (but not oil) is permitted.

**MESSAGE FROM FATHER VASYL - CHEESE FARE SUNDAY**

Glory to Jesus Christ!

Someone causes you to be late for an important meeting. Your husband forgets your birthday. Your son talks back to you in a disrespectful manner. In situations like these, you might find it easy to forgive. After all, they are understandable, and no one was hurt too badly. But what if you were sexually abused as a child? What if you lived with a harsh parent who never showed you any affection? How easy would it be then to form the three most powerful words: “I forgive you?” We know that we must forgive; indeed, Jesus commands us to forgive, but sometimes we just can't do it right away. In many cases, forgiveness is a process that calls for many little steps before we can take that big leap into mercy and pardon. And that's okay, because Jesus knows our hearts, and he never expects us to do the impossible. So, what steps can we take? The first, and most important, is prayer. In the quiet of our hearts, we can open ourselves to Jesus' presence and ask him to show us his love and grace. The second step is to ask Jesus just to make us willing to forgive. It is such a simple prayer, but it's all the Lord needs to begin to heal our hurts. Over time, as we experience his healing love, we will find the ability to forgive. We all know that the goal of our lives is to become as merciful as our heavenly Father is merciful (Luke 6:36). But what we need to know just as clearly is that in those particularly painful situations, forgiveness is a goal we hope to obtain, not a command we must fulfill immediately. The most important thing is that we begin the journey and that we try our best...
to stay on the path of forgiveness. Wherever you are on this journey, today is a great opportunity to take one more step. It doesn't have to be dramatic, either. God is committed to working dramatically in us, no matter where we are.

"Jesus, give me a share in your own heart of mercy. Lord, teach me to forgive!"

A FACE MASK COVERING MOUTH AND NOSE MUST BE WORN DURING DIVINE LITURGY, WHICH SHOULD BE REMOVED BEFORE RECEIVING HOLY COMMUNION

Parishioners who are considered “high risk,” and more vulnerable to the virus should consider not attending Liturgy in the church and continue to participate via Facebook.

- Parishioners are dispensed from attending Divine Liturgy on Sunday and Holy Days.
- Please bring your own mask as the church has a limited number available.
- Social distancing (six feet) of people not living in the same household should be followed. A family living together can sit in the same area.
- Please refrain from physical contact.
- Please sanitize hands when entering and leaving church.
- There will be no Agape meal in the hall after Liturgy; please do not bring food.
- Please maintain social distancing after Liturgy and continue to wear a mask while on church property.
- A collection basket is under the Tetrapod for your weekly donation. You may also mail in your donation or donate online via our website or Tithely.
- As you approach Fr. Vasyl for communion, please state your name.

THE HALL IS CLOSED UNTIL FURTHER NOTICE

Our Eparchy will be hosting monthly Byzantine Gatherings. Mark your calendars for each date. Gatherings will begin at 6:00 PM. Email contact: FrDeaconTom@gmail.com