



ST. GREGORY'S DIVINE SERVICES FOR THE WEEK

Monday, March 3 *First Day of the Great Fast*

***Pure-Clean Monday*
Strict Fast** **7:00 P.M. Compline-Canon of St. Andrew**

Wednesday, March 5 *The holy martyr Conon*

6:40 P.M. 9th Hour and Typica
7:00 P.M. Liturgy of the Presanctified Gifts

Friday, March 7 *Bishop-martyr Basil of Cherson*

11:00 A.M. Liturgy of the Presanctified Gifts
7:00 P.M. Akathist Hymn to the Passion of Our Lord

Saturday, March 8 *Commemoration of the Miracle of the Great-martyr Theodore*

5:00 P.M. Vigil Divine Liturgy & Blessing of Icons
Supplications will be offered for +Anita Kornosky, given by husband Bob Kornosky

Sunday, March 9 **First Sunday of the Great Fast/Sunday of Orthodoxy**

9:10 A.M. Third Hour

9:30 A.M. Divine Liturgy & Blessing-Procession with Icons
The Epistle Reading will be Heb 11:24-26.32-12:2 and the Gospel will be Jn 1:43-51. Supplications will be offered for +David Wolfe, given by Paula Andrejko . At the conclusion of the Divine Liturgy, we will have the the Blessing of Icons and Procession with Icons. Following the Divine Liturgy, please join us in the Church hall for refreshments and Christian fellowship.

**REGULATIONS FOR THE SEASON
OF THE GREAT FAST - 2025**

The fasts of the liturgical year are to be kept in accordance with the Norms of Particular Law of the Byzantine Metropolitan Church sui iuris of Pittsburgh.



Abstinence: The law of simple abstinence forbids the use of meat, permitting the use of eggs and dairy products. All the faithful of the Archeparchy who receive the Eucharist are bound to abstain. Abstinence is obligatory on all Wednesdays and Fridays of the Great Fast.

Strict Abstinence: The law of strict abstinence (fast) forbids the use of meat, eggs and dairy products. While they are permitted, facsimiles, substitutes, and synthetic derivatives violate the intention and spirit of the law of strict abstinence.

All the faithful of the Archeparchy who receive the Eucharist are bound to observe strict abstinence. Strict abstinence (fast) is to be observed in 2025 on Pure Monday, March 3rd (the first day of the Great Fast), and on Great and Holy Friday, April 18th.

Dispensations: Priests and parents are to see to it that minors are educated in the authentic sense of penance. Pastors and administrators, because of a 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, transferals, 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 only is to be celebrated on Wednesdays and/or Friday evenings of the Great Fast and also on Monday, Tuesday, and Wednesday of Holy Week.

The Lenten spring has come – the light of repentance! O brothers and sisters, let us cleanse ourselves from all evil, crying out to the Giver of Light: Glory to You, O Lover of mankind.

Let us begin the fast with joy! Let us prepare ourselves for spiritual effort! Let us purify our souls and cleanse our flesh. Let us abstain from passion as we abstain from food, let us rejoice in the spirit and persevere with love. That we may all see the Holy Passion of Christ, Our God and rejoice in spirit at the Holy Pascha!



Easter Sale: Byzantine Chocolate Crosses

To support our St. Gregory’s ECF program activities, we are again having this year the sale of Byzantine Chocolate Crosses. Order envelopes can be found in the Church narthex. Please complete the information on the outside of the envelope, put your cash or check made payable to St. Gregory Nazianzus Church and place it in the collection basket.

The Sarris Candy chocolate crosses are available in white, milk and dark chocolate and are offered for \$8.00 each. Orders must be placed by Sunday, March 23rd. Orders will be available for picking up Palm Sunday weekend. Questions? Contact: Carol Planitzer 724.969.4122

Pittsburgh Lenten Deanery Vespers

On every Sunday during the Great Fast, Vespers will be celebrated at 4:00. p.m. at a different parish of the Greater Pittsburgh Deanery, with a different homilist each week. The Mystery of Reconciliation (Confession) will be available from 3:30 to 4:00 p.m. prior to each Vespers service. Following each Vespers service, congregants are invited to gather in the church social hall for a modest meal of Lenten soup and bread.

1. Sunday, March 9 – St. John Cathedral, Munhall
2. Sunday, March 16 – SS. Peter and Paul Church, Tarentum
3. **Sunday, March 23 – St. Gregory Church, Upper St. Clair**
4. Sunday, March 30 – SS. Peter and Paul Church, Duquesne
5. Sunday, April 6 – St. Andrew Church, Gibsonia

Church Mice



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Announcements

Today: Sunday of Forgiveness

This Sunday is in our Liturgical calendar the last Sunday before the beginning of the Great Fast and is called Cheesefare Sunday. This Sunday is also called “Forgiveness Sunday” from the pious Eastern Christian custom of asking each other’s forgiveness for discourtesy and disrespect before we begin together our journey through the Great Fast-Lent. At the conclusion of the Divine Liturgy, as a parish family we will celebrate this ancient Rite of Forgiveness during which we will ask each other for forgiveness.

Welcome Henry & Evelyn!

We welcome into our parish family Henry August Brendel, who received the Holy Mysteries of Christian Initiation on Saturday, March 1st. As part of this celebration his sister Evelyn received the Sacrament of Holy Chrismation. We ask Almighty God to bless Henry & Evelyn, their parents, and their entire family for many happy and blessed years!

Parish Assembly

Following the Divine Liturgy, we will have our Parish Assembly Meeting during which we will discuss our parish finances, the importance of stewardship, vision, and future planning/projects of St. Gregory’s. This will be a very important meeting of our parish community, so please join us in the Church hall for this parish assembly.

Lent is a Time of Repentance

Our Byzantine tradition encourages us to humbly celebrate Christ’s Resurrection during the six weeks of the Great Fast by attending Liturgy of Presanctified Gifts on Wednesdays and Fridays. This beautiful service is composed of Vesper prayers and hymns leading to Holy Communion, for which the Gifts were consecrated at the Divine Liturgy the previous Sunday. (Vespers are a series of evening prayers, chanting of Psalms, and scripture readings, plus solemn incensing.)

At St. Gregory’s, the Lenten Friday Presanctified Liturgy is celebrated at 11:00 a.m. and is followed by a Luncheon hosted by the Library Ministry and friends in the church hall. Please look closely at your calendar and consider attending the LLLLs on any or all of the following dates: March 7th, 14th, 21st, 28th and April 11th. Please contact Susan Ruglovsky (text/call: 412-720-3542, or e-mail: srflynn@comcast.net) if you have any questions. *Let your prayer rise like incense during the Great Fast!*

Chant Group Practice

On Tuesday evening, March 11th, starting at 6:30 p.m., we will have our Chant Group rehearsal in the Church Hall. Be part of the ministry of Liturgical singing and join us as we practice together our liturgical chant for the upcoming Deanery Lenten Vespers.

Single Seniors Luncheon is BACK!

The Single Senior's Luncheon for March is scheduled at 11:30 am on Wednesday, March 19th, at Al's Cafe (440 McMurray Road, Bethel Park). Please make your reservation by calling Lois Griffith at 412-854-0853. Our Single Seniors Ministry of St. Gregory's is for men and women who have never married or have lost a spouse through death, divorce, or separation. As a group it is our goal to provide spiritual, emotional, and mental support for one another. Please come and join us for this luncheon.

Flowers for the Cross

On Sunday, March 23rd, we will celebrate the Third Sunday of the Great Fast on which we honor the Holy and Life-giving Cross of Our Savior. According to our Liturgical tradition, the Cross is carried from the altar on a tray of flowers and placed in the midst of the congregation so that we may pay homage to the symbol of our salvation. The beautiful flowers surrounding the Cross signify the fragrance, sweetness, and beauty that it has added to life. If you wish to sponsor flowers for the Holy Cross on this Third Sunday of the Great Fast, you may do so in honor or memory of a loved one. Your prayerful intentions will then be published on that Sunday in our parish bulletin.



Collection- May God bless you...

The total for Sunday, February 16th, 2025, was \$5,101.86 (Envelopes: \$3,315.00; Online: \$537.84; Loose: \$65.00; Debt: \$25.00; Children: \$3.00; Candle: \$45.00; BCW: \$221.02; Superbowl: \$620.00; Comedy Night: \$270.00).

The total for Sunday, February 23rd, 2025, was \$3,145.84 (Envelopes: \$1,870.00; Online: \$570.33; Loose: \$20.00; Debt: \$570.00; Children: \$10.00; Candle: \$45.00; BCW: \$40.51; All Souls: \$20.00).

The QR code will take you to our donation portal. Your engagement, support and prayers are very much appreciated.

St. Gregory's Prayer List

Kindly remember in your prayers our parishioners and friends who struggle with sickness, pain, hardship, or any special need: Charles & Maureen Cerny, Theresa Lokes, Nancy Romza, Andy & Joan Sakmar, Rita Smochko, Michael Sirochman, and Agnes Yanchak.

Journey to Pascha – 2025

Once again, it is time to prepare for our journey to Pascha through the Great Fast. Please consider joining the Library Ministry's annual program "On the Road to Pascha" which consists of daily e-mails and reflections.



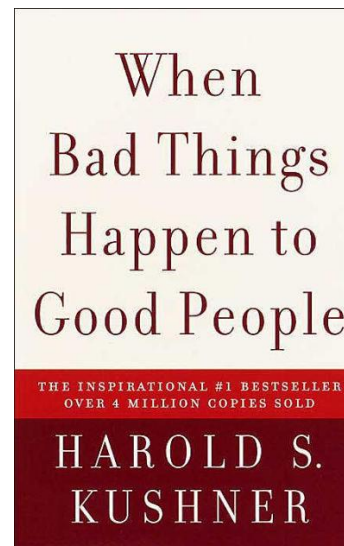
To participate in this program, please do the following as soon as possible:

1. Write your name and e-mail address on the sign-up sheet in the back of the church, OR,
2. Send a text, or call Susan Ruglovsky at 412-720-3542 to provide your name and e-mail address, OR
3. E-mail Susan Ruglovsky at: srflynn@comcast.net to confirm your desire to participate.

ONE BOOK-ONE PARISH

The Library Ministry is pleased to announce the second installment of our annual Lenten One Book-One Parish program. *When Bad Things Happen to Good People* by Harold Kushner is a deeply empathetic and reflective book that addresses the profound questions of why suffering exists, especially among those who strive to live moral and good lives. Kushner, drawing from his own experiences, offers comfort, wisdom, and a framework for understanding pain and finding meaning.

During this Lenten Season, we invite everyone to share in our One Book-One Parish program. We have several copies of the book which are available in the church narthex, there are also paperback books and audio books on various platforms. We encourage the entire St. Gregory's community to all read One Book together this Lenten Season.



"Don't neglect your spiritual reading. Reading has made many saints."

St. Josemaria Escriva