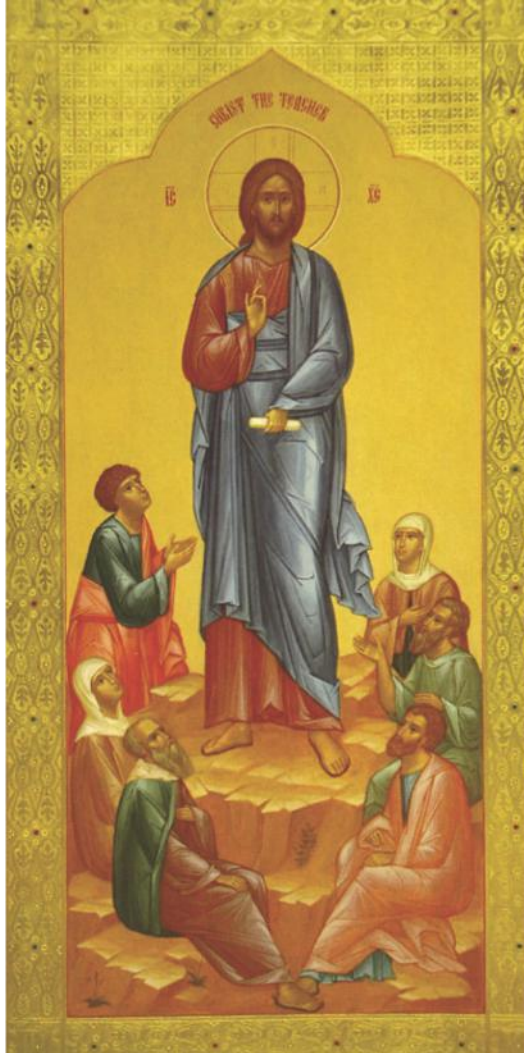


HOLY ANGELS BYZANTINE CATHOLIC CHURCH



January 12, 2025

Sunday after Theophany
The Holy Martyr Tatiana, Deaconess

January 12, 2025

Schedule of services for the week of January 13 – January 19

Saturday, January 18 – *Our Holy Fathers Athanasius and Cyril, archbishops of Alexandria*

9:00 AM – Divine Liturgy

4:00 PM – Confessions

5:00 PM – Great Vespers

Sunday, January 19 – *35th Sunday after Pentecost; Our Venerable Father Macarius the Great, the Egyptian*

7:30 AM – Matins

9:00 AM – Divine Liturgy

For all parishioners

There is a current listing of registered parishioners available in the Narthex and the Church Hall. Please check your family entry in the directory and make any updates to your information. Please mark your entry with a ✓ if there are no changes. There is also a selection regarding envelopes. Please mark Yes or No.

If you are not listed, please see Fr. James for a parish registration form.



LORD JESUS CHRIS'T,
SON OF GOD,
SAVOR

O Physician of Souls and Bodies, we pray for:

Pope Francis, Barbara Alexander, Maria Amaro, Fr. Deacon Craig Anderson, Janice Andre, Peter Andre, Fr. Christopher Andrews, Harry and Virginia Bowden, Kim Camplisson, Patrick Carmack, Noah Chase, Fr. Andriy Chirovsky, Julia Camberos, Dennis Cline, Amy Cohn, Vivian Corr, Maria Cruz, Joe Danscuk, Fr. Daniel Dozier, Gabriel Espedal, Ana Fandrey, Karen Foto, Christine Galgano, Janet Greenwell, Deborah Harris, Michael Havens, Martha Hill, Doris Huber, Rebecca Huber, Melissa Hunter, Taylor Kessler, Jacob, Jamie Kohanyj, Juan Lopez, Pauli Martin, Mila Mina, Linda Moffit, Maryann Nagrant, Julia Ohnysty, Genevieve Paquette, Sylvia Pasnak, Fr. Lee Perry, Anthony Porrello, Nina Porrello, Peter Porrello, Fr. Robert Rankin, Margaret Raya, Michael Raya Jr. Maha Salazar, Gretchen Sharpe, Karen Simonich, Debbie Stark, Tava Tomc, Hong Truong, Pat Walsh, Maria Zhukova, Mark Zimmer, Gianna, Nicole, Subdcn Eddie and his wife Viane.

“The people who sat in darkness saw a great light.” The Unapproachable Light of Christ showed himself to us. Our Lord may be calling you to the priesthood, diaconate, or religious life. If this may be the case, reach out to the Vocations Office at 602-861-9778 or email: vocations@ephx.org



Men's Group - BROHA:

This is an informal group of men who support each other in living their faith more fully in today's culture. Next meeting is Thursday, January 16 at 7:00 PM. All men, 21 years of age and up, are invited!

BROHA along with WOHA will be working through the book *Men and Women Are From Eden: A Study Guide to John Paul II's Theology of the Body*.

Copies are available in the bookstore for \$17.00.

God With Us ONLINE Programs

Hundreds of hours of **free** live and pre-recorded webinars, series, conferences and lectures for inquirers, the faithful, and catechists in video and audio format.

For more information visit:

godwithusonline.org/online/

Mark you calendars! January 30

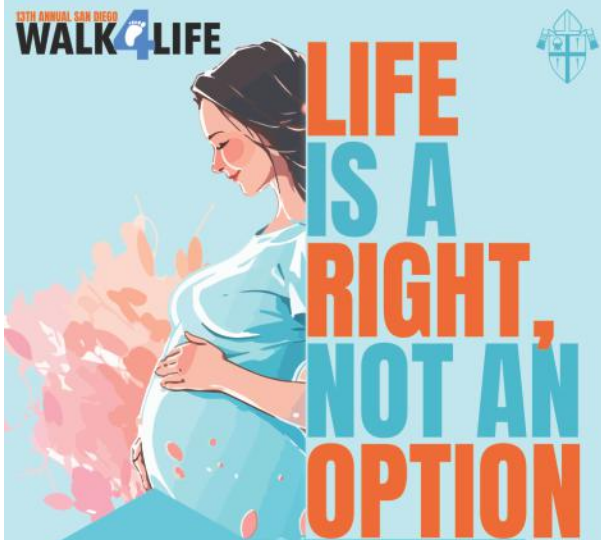
Our new bishop,
Kyr ARTUR (Bubnevych)
will be visiting
Holy Angels on January 30.
Accompanying him will be
Bishop TEODOR (Matsapula)
of the Eparchy of Mukachevo!
There will be a Hierarchical
Divine Liturgy beginning at
6:00PM with the
vesting of our bishop.

Holy Water blessed on the feast of Theophany is available in baptismal font. There are bottles available for purchase in the Narthex, or bring a container from home.

QUESTIONS ABOUT HOLY WATER

- Q.** When should I drink holy water?
- A.** When you feel a spiritual need, that is when you find yourself strongly tempted; feel in an evil way; are about to set out on a journey; will miss the divine services; before a difficult encounter; in illness, afflictions, etc... It is the custom of some pious people to take a drink of holy water the first thing every day before they eat or drink anything else.
- Q.** Where should I keep the holy water?
- A.** Some keep the holy water in their icon corner and others in the refrigerator.
- Q.** Does holy water have magical powers?
- A.** No. But it is matter that is "spirit-bearing" which brings the blessing of God, cleansing, healing, and can be used for every purpose that is expedient.

13TH ANNUAL SAN DIEGO
WALK 4 LIFE



LIFE IS A RIGHT, NOT AN OPTION


January 18, 2025
8:30 AM-12:00 PM

WALK LED BY
CARDINAL ROBERT W. MCELROY

Ramona Treviño
KEYNOTE SPEAKER
former manager of an abortion facility, international Pro-Life speaker, and author of *Redeemed by Grace*

WATERFRONT PARK
1600 Pacific Hwy. San Diego, CA 92101

T-shirt pre-sale, inspiring speakers,
free raffles, exhibitors, children activities,
live entertainment, & coffee truck



CONTACT INFORMATION
(858) 490-8323
info@sandiegowalkforlife.org

@SDWalkForLife #SDW4L



House Blessings

It is the custom among many Eastern Christians to have their homes blessed with the holy water sanctified on Theophany. If you would like your home blessed, please put your name on the sign-up sheet in the Narthex.

14 New Year's Resolutions for Eastern Christians

Adapted from Fr. Andrew Stephen Damick

<http://blogs.ancientfaith.com/roadsfromemmaus/2014/12/14/14-new-years-resolutions-orthodox-christians/>

Around this time of year, many people start thinking about ways they can change for the better. While New Year's resolutions are not particularly a feature of the Catholic faith, change certainly is, and resolving to change based on times and seasons is certainly part of our liturgical tradition. So adapting the cultural custom of New Year's resolutions to become a better Christian seems perfectly fine to me. Anyway, here are some suggestions for Eastern Christians resolving to change for the better in the New Year, things every Eastern Christian can do.

(Obviously, adjust as needed according to the direction of your father-confessor and pastor.)

1. Get serious about coming to church (more).

While many who read this are no doubt at least every-Sunday attenders at church, it is statistically true that **only 28% of Catholics in America come to church weekly** (the statistic is drawn from people who are actually involved in parish life, not from anyone who was ever baptized Catholic; that statistic would be much worse). That's really a horrible percentage. If you're not coming to church weekly, why not? There are probably some good reasons out there, but most of those 72% almost certainly do not have good reasons. **If you're not serious about coming to church weekly, it's time to get serious.** This is eternal life we're talking about, not a religious club.

And if you're already coming to church weekly, **consider adding at least one service per week.** Most parishes are doing Vespers and/or Matins at least once a week (usually Saturday night or Sunday morning). What are you normally doing when those services are going on? Your priest and other parishioners are there praying, including praying for you. Why don't you join them? You won't regret it.

And while we're at it...

2. Come to church on time.

It's kind of an in-joke that Eastern Christian

people are always late to church. But why is that?

We too often accept the excuse that we function on "Greek time" or "Syrian time," etc., but even Greeks and Syrians (and whoever else; insert your preferred culture here) seem to be able to adapt to show up to nearly everything else on time. Why can we show up on time for work, sporting events, movies, doctor's appointments, etc., but reserve our tardiness for an encounter with the King of Kings?

There are some kinds of events for which it doesn't much matter if you come at a particular time—parties, various kinds of social gatherings, etc.—**but church services aren't one of them.** There is a definite beginning and a definite ending. If you show up late, you are late. And if you leave early, you are skipping out.

What you show up on time for tells the world what you find important. It's what you find indispensable. And when you show up late to church, it also tells your fellow parishioners that you don't consider church very important.

And it also communicates it to your kids. And you can be assured that they will imitate you.

Come at least ten minutes early. That says you are serious. You know what also says you're serious?

3. Tithe.

Nothing says you're serious like giving 10% of your income to something.

Giving 10% to God sounds crazy to a lot of people, but the reality is that it's actually totally normal for many Christians—even for generations. Most Eastern Catholics in the US aren't used to tithing (10%) or even giving some other percentage, mainly because many of their forebears across the sea gave to their churches just by paying their taxes. That doesn't work anywhere in the English-speaking Christian world. Your taxes do not go to support your church. (I know of one church

where a parishioner was shocked to discover that the electric company would turn off the electricity if the church didn't pay its bill. Who would do that to a church?)

And other parishioners inherited a system based on union dues. So many may think that giving \$500 a year (less than \$10/week) is a lot. But if you have a parish of 100 families and each family only gives \$500 a year, **then you only have an annual income of \$50,000.** With that, you cannot support your priest, and you certainly cannot pay for a building and its maintenance. Other people are picking up the slack for you. If they're not, your priest may be on food stamps or welfare. I know some who are.

But if those 100 families each made the median household income for the US (about \$52,000), and they all tithed, **that same 100-family parish would have \$520,000 to work with.** If they even gave just 5%, they'd have \$260,000.

Meanwhile, you are probably spending a lot more just on cable TV. Or Internet access. Or your smartphone. Or eating out. Or coffee. Or a lot of other things.

But the most important thing about pledging and tithing is not about meeting parish budgets or supporting your priest like the hardworking, educated man he is. **It's about worship.** Your heart is where your treasure is (Matt. 6:21). Where's your treasure? Follow the money, find the heart.

If you're not up for 10% yet, then try 8%. Or 6%. Or whatever. **But go on record, and get disciplined about giving.** Don't give until it hurts, but until it actually feels good.

4. Pray at home.

Even if all you do is say the "Our Father" when you wake up (saying it three times a day is the most ancient known prayer rule), you will notice a change in how you think and feel about your faith. It will become more present for you and will define you more.

Oh, and, parents? **It will have a huge impact on your kids.** Watching parents pray at home and (in time) joining them in that prayer is one of the biggest contributions that kids can

receive toward their long-term spiritual viability.

If you don't bring the faith home, you can forget about it mattering in the long run, either for you or your kids.

5. Sing along at church. And stand more.

The choir and chanters are there to **lead you in prayer**, not to entertain you or pray instead of you. Yes, it is possible to pray with them silently, but there are few things more spiritually invigorating than singing your prayers. So if you're able, you should.

And while you're at it, why don't you **stand up** a bit more? It's certainly easier to sing while standing. And it's also the 2000-year-old tradition of the Church to stand during worship. So there's that.

Update: *I've received several comments which include strong opinions on the issue of congregational singing. I know that it's a subject of some debate. Obviously, this note of encouragement here is meant to be taken in terms of the caveat I originally posted at the top of this piece—check with your father-confessor and/or pastor as to what is appropriate in your community.*

Because I'm not interested in hosting a debate about congregational singing, I won't be publishing any further comments about it.

6. Memorize a psalm.

Memorizing Scripture is a great thing for many reasons, but psalms are especially powerful, because they are all prayers. Pick your favorite one to memorize. Lots of Eastern Christians love Psalm 50 ("Have mercy on me, O God..."). But there are plenty to choose from. Pick a short one or a long one. Just make it your own. Try praying it every day.

7. Encourage your priest.

Yes, he should be willing to do his job without getting any encouraging words. And many priests do. That wouldn't be so bad if they didn't get so many complaints. While some priests (like me!) aren't constantly barraged with complaints, some never can seem to escape them, even while they pour their lives out for their people. And I would actually have

to say that I probably get more complaints than I do encouraging words. My brother priests mostly say the same thing.

Your priest is a human being just like you are. And while he shouldn't live for praise, you can help him see that his hard work is appreciated by telling him so. Your job isn't to tell him that he shouldn't want praise—he has a father-confessor to tell him that. Your job is to love him. And saying encouraging things to him is part of that love. You don't have to shower him with compliments. Just tell him that what he's doing matters to you.

I have some people in my parish who say encouraging things to me. I don't live for their kind words, but they help to keep me going, because it reminds me that what I'm doing matters.

There is nothing better for a parish's health than an encouraged priest. If he feels like what he's doing matters, he will love doing it. And he will also strive to get better at it, too. So even if you do feel like he needs to improve, the best way to help him do that is to inspire him, not to complain at him.

8. Invite someone to church.

Did you know that **82% of the unchurched say that they would come if invited?** Did you know that **only 2% of church members invite someone to church in a given year?**

If your parish is dying (and many Eastern Christian parishes – both Orthodox and Catholic – in the US, especially in the Northeast, are indeed dying), don't you think it's time you invited someone to church? If your parish is healthy, don't you think it's time it gave birth to another healthy one?

Do you really believe that you've found the true faith, seen the true light and received the heavenly Spirit, like you sing near the end of the Liturgy? **Then why are you keeping it to yourself?** Think of at least one person you know who isn't in church. Make him or her a spiritual priority this year. Pray every day for that person. And when the time is right, give the invitation. Statistically speaking, they are probably going to say yes.

And when you make the invitation, don't say, "You should come to church with me sometime." "Sometime" is no time. Say, "We're celebrating the Divine Liturgy this Sunday at 9am at my church. Can I pick you up and bring you with me?"

9. Visit a monastery.

You won't believe how amazing monastic visits are until you go on one. There are few things that underline for us how much is really possible in the Christian life like visiting people who are actually making a go at being 24/7/365 Christians.

And don't you think that people who practice prayer that much might know a thing or two about it?

Monasteries aren't just for monks and nuns. They're for all Christians. They are not only spiritual havens but also spiritual powerhouses. And don't just visit once and say you did it. **Develop a relationship.**

And maybe if you're really blessed, one of your kids will join a monastery and pray for you a whole lot. I hope one of mine does.

10. Read the Old Testament.

Yes, we should read the whole Bible, but the truth is that many Eastern Christians are *crypto-Marcionites*—**we know almost nothing about the Old Testament.** Marcion was a 2nd century heretic who taught that the Old Testament was a book for Jews and had nothing to do with Christians. He was really wrong. The Old Testament is about the thousands of years of preparation before the coming of Jesus Christ. It is what sets the stage for His appearance. Jesus is everywhere in the Old Testament, but you have to know how to look for Him.

The Old Testament is filled with all kinds of fascinating stories, prayers, songs, poetry, etc. But most of us have almost no idea that it has much other than Adam and Eve, Noah and Jonah. And we're probably a little fuzzy on some of those details.

But if God prepared the world for the coming of Jesus by what He did in the Old Testament, how can we think we'll be prepared for His

coming into each of our own lives without any of that same preparation?

If you need help getting through it all (especially because it's way bigger than the New Testament), why don't you ask your priest to start a Bible study going over some of the Old Testament books? He'll probably be smiling so much after he gets up off the floor in shock that he won't know what to do with himself.

So, that makes me think of something else.

11. Attend an adult education class.

It's actually kind of crazy how uneducated many people are in their own faith. I sometimes hear the excuse that that stuff is just for seminarians and clergy, that it's too intellectual, too far above the heads of the average parishioner, etc. But the very same people can give you detailed information about what the rules and records in the Super Bowl are, what their least favorite politician has done to wreck the country, and what the latest gossip is on various celebrities, all in remarkable detail. But when it comes to what will last into eternity, we are suddenly the dumbest people on the face of the earth.

Don't sell yourself short. You are probably pretty smart about many things. **Why don't you use that same talent to get smart about your faith?**

It's also quite frankly true that most Protestants are far more educated about their Protestant faiths than Eastern Catholics are about their own. Are we really supposed to believe that Protestants are just smarter? They're not. But they've developed a culture of education. A culture of education is not a uniquely Protestant thing. It's Catholic, too. It's been part of our tradition for 2000 years. It's just that some of us have forgotten it. **It's time to bring it back.**

12. Volunteer.

Do something in your parish or in your community that **benefits other people without giving you any kind of material gain.** And do it without expecting recognition. Your recognition will come from God in His

Kingdom. You don't need it from anyone else.

Not only will selfless volunteering help you be grateful for all that God has given to you, but it will set an example of what a Christian is for your kids and your friends, and it will also help you to be humble, something we know is necessary for entrance into the Kingdom of Heaven.

13. Go to confession.

There are lots of Eastern Christians who go to confession only once a year—or maybe even never. Like people who never go to the doctor, what that means is that you think everything is perfectly fine and you need no help. Literally, it means that you do not think you need the gift of forgiveness that comes in the sacrament of absolution.

I don't know about you, but I'm a sinner. I mean, I sin every day. I have a problem. **I'm a sinner.** I need to confront my sins directly in confession. **And I want the sacrament of absolution that goes with it.**

I try to go once during each of the four fasts (though I will admit that I don't always keep my rule very well), and I always dread going before I go, because I don't like thinking about how I am a sinner. And then I always wonder what took me so long after I go. It's really wonderful, actually.

Thank God for confession.

14. Read a spiritual book.

There are few things that get us into another story, another way of looking at life, like a good book. And a good spiritual book can help to retrain your mind to become like the mind of Christ. Most of us do not have the mind of Christ. We have the mind of something else. Our minds are filled with distractions, necessities and the cares of this world.

But the extended meditation on what is good and true and beautiful that can come from a good spiritual book can help to change all that. And you know what? That change helps to bring us peace. And that's something that each of us needs a whole lot more of.

Okay, so those are some of my ideas for ways to change positively in the new year.

What are yours?

Holy Angels Byzantine Catholic Church

2235 Galahad Road
San Diego, CA 92123-3931
Fr. James Bankston, Administrator
Fr. Deacon Jonathan A. Deane

Main: 858-277-2511

Social Hall/Ethnic Foods: 858-268-3458

Email: PastorHASD@gmail.com

Website: www.HolyAngelsSanDiego.com

Facebook: [Holy Angels Byzantine Catholic Church](https://www.facebook.com/HolyAngelsByzantineCatholicChurch)

Parish Advisory Council:

Bruce Bitsko, Nelson Chase, Fr. Deacon Jonathan Deane, Joel Espedal, Bob Greenwell,
Janet Greenwell, Daniele Laman, Olena Bankston

Finance Council:

Al Aparicio, Fr. Deacon Jonathan Deane, Bob Greenwell, Paul Washicko

Bless, O Lord, the worship and Stewardship of your faithful servants:

Adult tithes: \$1570.00; Holy Day: \$90.00; Loose Change: \$152.00; Non-Parishioner: \$350.00;
Church Usage: \$200.00; Donation from HCSR: \$100.00 **Total: \$2462.00**

Vocation Icon: This week: Washicko Family
Next week: Sepulveda Family

THE BYZANTINE CATHOLIC EPARCHY OF PHOENIX

SUBSCRIBES TO THE
*Charter for the Protection of
Children and Young People*

adopted by the United States Catholic Conference of Bishops.

The Eparchy, within all its parishes, institutions and programs, is committed to assuring a safe environment in ministry for its children and vulnerable adults that conforms to the Charter for Protection of Children and Young People.

For additional information regarding the eparchial Safe Environment Program or to report any incidents of concerns, please contact:

*Fr. Dcn. Michael Hanafin
Victim Assistance Coordinator
Cell: (480) 307-5182 -- email: vac@ephx.org*

- or -

*Sbdcn. Paul F. Kilroy
Safe Environment Program Coordinator
Office: (602) 861-9778 ext. 205 -- Cell: (480) 745-0316
email: sbdcnkilroy@ephx.org*