

# HOLY ANGELS BYZANTINE CATHOLIC CHURCH



March 23, 2025

3<sup>rd</sup> Sunday of the Great Fast  
Veneration of the Precious and Life-Giving Cross  
The Venerable Martyr Nikon and  
200 of his Disciples martyred with him

# March 23, 2025

## Schedule of services for the week of March 24 - March 30

**Tuesday, March 25**—*Annunciation of the Theotokos and Ever-Virgin Mary*

6:00 PM – Vespers Divine Liturgy

**Wednesday, March 26**—*Mid-Lent. Leave-taking of Annunciation; Synaxis of Gabriel the Archangel*

6:00 PM – Liturgy of the Presanctified Gifts

**Friday, March 28**—*Our Venerable Father Hilary the Younger; The Holy Stephen the Wonderworker*

6:00 PM – Liturgy of the Presanctified Gifts

**Saturday, March 29**—*4<sup>th</sup> All Souls Saturday; Our Venerable Father Mark, Bishop of Arethusa, and of the Deacon Cyril, and others who suffered martyrdom under Julian the Apostate*

9:00 AM – Divine Liturgy & Panahida

4:00 PM – Confessions

5:00 PM – Great Vespers

**Sunday, March 30**—*4<sup>th</sup> Sunday of the Great Fast – Sunday of John Climacus*

8:40 – 3<sup>rd</sup> Hour

9:00 AM – Divine Liturgy

For all parishioners

“Whoever will lose his life for my sake and for the sake of the Good News will save it.” A vocation is a cross, a way to lose our lives for the Lord and His Gospel by giving life to the world in a life of prayer and devotion to the holy mysteries of the Church. The Lord may be showing you that holy orders or the religious life is something to consider. Contact the Vocations Office at 602-861-9778 or email: [vocations@ephx.org](mailto:vocations@ephx.org)

### All Souls Saturdays

The Next All Souls Saturday is March 29. There will be a Divine Liturgy and Panahida at **9:00 AM** for all our beloved departed. If you need to, please update your list with Fr. James. If you haven't already given Father a list or need to add someone, please send an email with the names of all those you wish to be remembered to [pastorhasd@gmail.com](mailto:pastorhasd@gmail.com).

### O Physician of Souls and Bodies, we pray for:

Pope Francis, Barbara Alexander, Maria Amaro, Fr. Dcn Craig Anderson, Janice Andre, Peter Andre, Fr. Christopher Andrews, Harry and Virginia Bowden, Julia Camberos, Kim Campisson, Patrick Carmack, Fr. Andriy Chirovsky, Dennis Cline, Amy Cohn, Vivian Corr, Fr. Dcn Benjamin Crowe, 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, Gavin Hudspeth, 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, Leonard Porrello, Nina Porrello, Peter Porrello, Fr. Robert Rankin, Margaret Raya, Michael Raya Jr. Rosemary Raya, 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.

### Special Collection

Next Sunday the Eparchy as asked that we take up a special collection for the **California Fire Relief**. Please be generous! This is one Sunday and in addition to our Lenten Fundraiser.

## Lenten Almsgiving

Every Fast Season, we collect funds to help a worthy designated Non-Profit. This Great Fast we are again collecting for **Mission Society of the Mother of God of Boryonavo**.

Some might remember learning about their mission at Father Chris Zugger's talk in fall of 2023 when he gave a Philip's Fast Retreat here. Collected funds go to the Eparchy of Mukachevo in Western Ukraine, the **Caritas (Catholic Charities)** Office. They assist with rent, food, fuel, and clothing for displaced peoples and give psychological and spiritual support to refugee families and those families of fallen soldiers. The Mission Society is all volunteer and all monies are sent to Ukraine with no overhead.



So far, we have collected \$200. Please be generous. Skip a movie or other treat and donate those dollars.

Drive ends Palm Sunday.

## Don't Wait Until it is too late!

Start arranging your schedule today so that you can be present for as many of the Lenten services as possible. come to what services you can and stay and stay as long as you can. If you must leave early, that's fine.

**Put God first.**

## Our freezers are full!

Don't wait till the last minute when the Ethnic Food freezers are almost empty. Buy your paschal foods before the rush.

## LENTEN MEAL & SPIRITUAL TALKS:

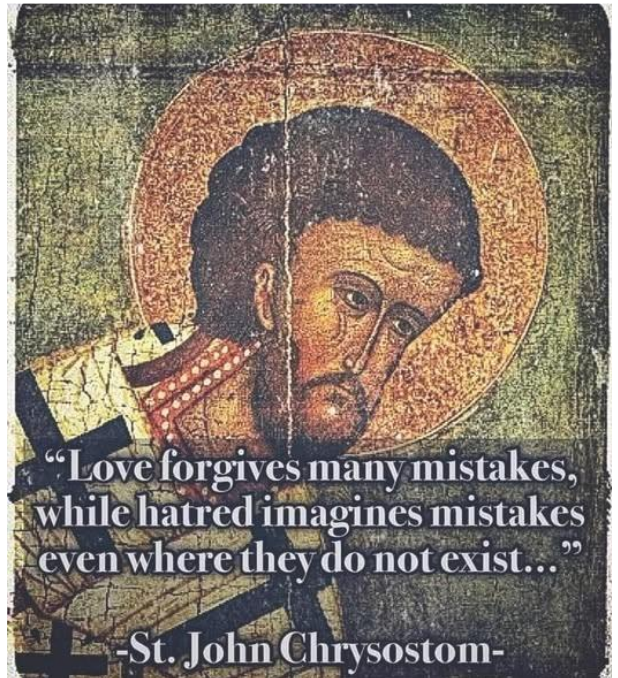
Please join us for SOUP & BREAD nights in the hall after every Friday evening Presanctified Liturgy during the Great Fast.

In the hall, there is a list to sign up to bring bread or provide soup each evening. Please see Susan Deane for details. There is also need for volunteers to *setup* and *clean up*.

## Counters Needed!

We need at least 2 more volunteers to help count the Sunday collections. If you are interested, please see Bob Greenwell to be put on the schedule.

Mark your calendars: Planning meeting for Thomas Sunday Potluck will be on Sunday, April 6



# AN EXPLANATION OF THE THREE-BAR CROSS

*By Fr. Theodore Jurewicz*

## The Top Bar - The Explanation:

The top bar is the title-board, which Pilate ordered to be hung in mockery over Christ's head on the Cross. On this board was inscribed: "Jesus of Nazareth, King of the Jews" in Hebrew, Greek, and Latin (abbreviated to the Greek initials 'INBI' or the Latin initials 'INRI' in the Western tradition). This is replaced with the Christian inscription: "King of Glory" – below the knees of the angels. On the title-board is inscribed the initials 'IC XC', being the first and last letters of Christ's name in Greek. In addition, just above Christ's arms we see the inscription: 'NIKA', which in Greek means: "He conquers" or "He is victorious." Frequently, we see these last two inscriptions together: 'IC XC NIKA', meaning: "Jesus Christ is victorious" (over death and sin).



## The Middle Bar - The Explanation:

The middle bar is that on which the Lord's hands were nailed. On either top corner we see the depiction of the sun (left) and the moon (right), for "The sun hid its light, and the moon turned to blood." (Joel 2:31) The inscription: "Son of God" is placed on both sides of Christ's head, and below His arms we read the inscription: "Before Thy Cross we bow down, O Master, and Thy holy Resurrection, we glorify". The halo of Christ is inscribed with three Greek letters meaning "The Being" or "He Who Is", to remind us that Christ is the same God Who identified Himself with those words to Moses in the Old Law.



## The Bottom Bar - The Explanation:

The slanted bottom bar is the footrest. There is some question of whether it was actually on the Cross of Christ, but it is acknowledged to be a necessary attribute of the Cross, worthy of veneration and prophetically alluded to in the words [Let us] worship the footstool of His feet... (Ps. 98:5). In prayers for the Ninth Hour, the Church likens the Cross to a type of balance of righteousness: "Between two thieves Thy Cross did prove to be a balance of righteousness: wherefore one of them was dragged down to Hades by the weight of his blasphemy whereas the other was lightened of his transgressions unto the comprehension of theology. O Christ God, glory to Thee." The meaning of this prayer is as follows: the Cross of Christ stood for a scale of justice between the two thieves: for one of them sank in to hell, dragged down by his blasphemous words; and the other, the wise thief, ascended into heaven, because of his repentance. The church fathers attempted to render tangible the thought of the unfaithful thief going to hell for his blasphemy through the just judgment of God (the lower end of the bar), and of the wise thief going to heaven for his repentance and his praise of God (the upper end).



## The Images - The Explanation:

On the Cross is our Savior, Jesus Christ. Note that He does not wear a crown of thorns, and that His feet are nailed with two nails. Behind the body of Christ, on either side, are a lance (which pierced Him) and a sponge (which was soaked with gall and offered to Christ to drink) on a pole made of reed or cane. On the body of Christ is depicted blood and water flowing forth from His side. Below the feet of Christ is four Slavonic letters meaning: "The place of the skull became Paradise". Hidden in a cave under the earth is 'the skull of Adam'. We are thus reminded that Adam our forefather lost Paradise through the tree from which he wrongly partook; Christ is the new Adam, bringing us Salvation and Paradise through the tree of the Cross. The city of Jerusalem is depicted in the background, for He was crucified outside the city walls.

*A young man complained to a priest, "Father, I won't come back to church." When the priest asked him why, the young man replied, "I see women gossiping about each other. The man next to me fell asleep. The deacon can't read well and during the Liturgy some people are busy with their cellphones. Also, many people are not friendly." The priest replied, "You're right. But before you leave church permanently, will you please take this leftover candle and circle the temple three times without spilling a drop of oil. Then you can leave."*

*"Just that? Okay."*

*The young man made the three rounds as the priest had asked. After he finished, he announced, "Father, I did it." The priest asked him, "When you were walking around the temple, did you notice a person gossiping about someone?"*

*"No."*

*"Did you see someone playing around with their cell phone?"*

*"No."*

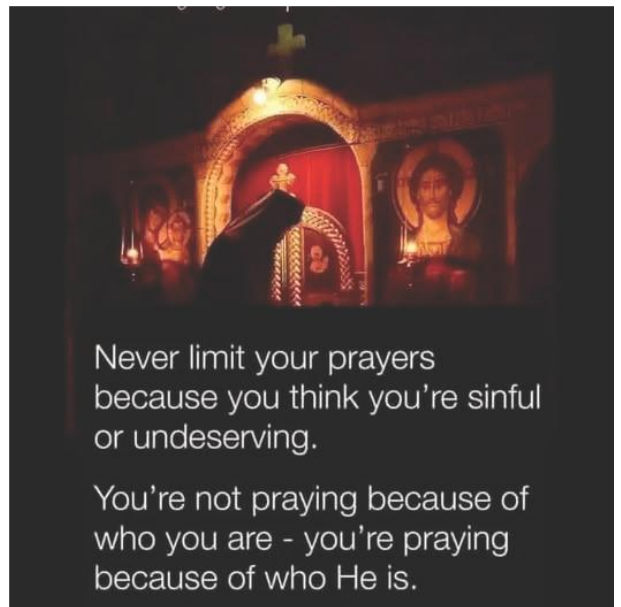
*"Do you know why? You were concentrating on the candle so as to not spill the oil. So this is how it is in our lives. When our hearts are focused on Christ, we have no inclination to look at the faults of others."*

***Christ is in our midst!  
Let us be attentive!***

## **On Forgiveness...**

This is hard. It is perhaps not so hard to forgive a single great injury. But to forgive the incessant provocations of daily life—to keep on forgiving the bossy mother-in-law, the bullying husband, the nagging wife, the selfish daughter, the deceitful son—how can we do it? Only, I think, by remembering where we stand, by meaning our words when we say in our prayers each night “forgive us our trespasses as we forgive those that trespass against us.” We are offered forgiveness on no other terms. To refuse it is to refuse God’s mercy for ourselves. There is no hint of exceptions and God means what He says.

– C.S. Lewis, *The Weight of Glory*



Never limit your prayers because you think you're sinful or undeserving.

You're not praying because of who you are - you're praying because of who He is.

## *10 things that should **not** be done in confession:*

- 1. Point out mistakes and names of someone else besides yourself. The whole point of repentance is to look into your own heart and not to confess for others. Confession is a place of forgiveness of sins, not condemnation.*
- 2. Engage in long conversations (for this you can ask the priest for a normal conversation outside of confession).*
- 3. Talk about secondary issues that are not related to confession: politics, work, household affairs, etc. It's useless because they distract your attention from the confession.*
- 4. Justifying your sins by someone else's imperfections: e.g. "I sinned but I was provoked. If it wasn't for them, maybe I wouldn't have sinned."*
- 5. Don't engage in self-hatred. If we want God to forgive us, we have to first forgive ourselves. "Yes, I have sinned, but I will not stop being his child. He loves me and wants my release not punishment".*
- 6. You shouldn't ask a priest to arrange an "interrogation." Nowadays, there is the ability to prepare oneself properly by reading a booklet on confession, contemplating on God's ten commandments, truths of the faith, major sins, etc...*
- 7. Don't concentrate on the externals (to strain at a gnat, and swallow a camel.) Also do not focus on secondary offenses, i.e. violation of formal rules, forgetting such things as active love for your neighbor, humility, finding opportunities to serve.*
- 8. Do not come to confession as a ticket to communion. "I have no real need for a confession, but just to assuage my conscience I will go to feel clean." Religious formalism is the manifestation of the superficial.*
- 9. If, after absolution, you realize that you forgot to mention a sin, save it for the next confession.*
- 10. Don't think that recounting all sins automatically makes us holy. Pleading guilty is just the beginning. The most important thing is to ask myself if I have a sincere desire to change my life.*

## Thoughts from an ancient Lenten homily:

- He began His ministry by being hungry,  
– yet He is the Bread of Life.
- Jesus ended His earthly ministry by being thirsty,  
– yet He is the Living Water.
- Jesus was weary,  
– yet He is our rest.
- Jesus paid tribute,  
– yet He is the King.
- Jesus was accused of having a demon,  
– yet He cast out demons.
- Jesus wept,  
– yet He wipes away our tears.
- Jesus was sold for thirty pieces of silver,  
– yet He redeemed the world.
- Jesus was brought as a lamb to the slaughter,  
– yet He is the Good Shepherd.
- Jesus died,  
– yet by His death He destroyed the power of death.  
– St. Gregory of Nazianzus, (329-390)



**Conquer evil people by gentle kindness, and make zealous people wonder at your goodness. Put the lover of legality to shame by your compassion.**

**St. Isaac the Syrian**

**All those requesting the Holy Mysteries of Initiation or Crowning must be registered parishioners for at least six months, attend Liturgical Services on Sunday and days of Precept, and support the work and growth of the parish.**

**Mysteries of Initiation:** Requires Pre-Baptismal instruction. The Mysteries of Initiation are celebrated on Saturdays or Sundays within the Divine Liturgy. At least one sponsor must be a Catholic and the other a practicing Christian. Both sponsors must present documentation that they are in good standing with their church.

**Mystery of Crowning:** Requires Pre-Marriage instruction. Consult Fr. James at least six months prior to making wedding plans. Marriages cannot be celebrated during the fasting seasons of the Church.

**Funerals:** Contact Fr. James.

**Liturgy, Panahida and Eternal Lamp Intentions:** Schedule with Fr. James. It is “holy and wholesome thought to pray for the dead” (2 Maccabees 12:46) especially on the 9th and 40th days, and on the anniversary of their falling asleep in the Lord.

**Holy Mystery of Confession:** Confession is available Saturdays from 4:00 - 4:45 PM or by appointment.

**Sick calls / Holy Anointing / Hospital Visits:** Requested by parishioner, friend, or family.

Call anytime in case of an emergency.

**Please submit all Bulletin announcements** to Fr. James for approval by Wednesday of each week.

**Last Sunday’s bulletin** is on our website and our Facebook page. There are several weeks of printed bulletins available in the narthex.

**Office Hours:** Fr. James is available for phone conversations Tuesday - Friday: 10AM - 5PM or call the office to schedule an in person meeting.

## Holy Angels Byzantine Catholic Church

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Fr. Deacon Jonathan A. Deane

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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: \$2183.00; Bishop's Appeal: \$100.00; Candles: \$828.62; Loose Change: \$66.88;  
Non-Parishioners: \$70.00; ECF: \$30.00; **Total: \$2878.50**

**Vocation Icon:** This week: Karako Family  
Next week: Bitsko 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](mailto: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](mailto:sbdcnkilroy@ephx.org)*