

HOLY ANGELS BYZANTINE CATHOLIC CHURCH



March 9, 2025

1st Sunday of the Great Fast – Sunday of Orthodoxy
The Holy Forty Martyrs who suffered in the lake of Sebaste

March 9, 2025

Schedule of services for the week of March 10 - March 16

Wednesday, March 12 – *Our Venerable Father and Confessor Theophanes of Mount Sigriana; Our Holy Father Gregory, Pope of Rome; Our Holy Father Symeon, the New Theologian*

6:00 PM – Liturgy of the Presanctified Gifts

Friday, March 14 – *Our Venerable Father Benedict of Nursia*

6:00 PM – Liturgy of the Presanctified Gifts

Saturday, March 15 – *2nd All Souls Saturday; The Holy Martyr Agapius and the six martyrs with him, Timolaus, Romel, Alexander, Alexander, Dionysius and Dionysius*

9:00 AM – Divine Liturgy & Panahida

4:00 PM – Confessions

5:00 PM – Great Vespers

Sunday, March 16 – *2nd Sunday of the Great Fast – Sunday of Gregory Palamas*

7:30 AM – Matins

9:00 AM – Divine Liturgy

For all parishioners

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 Camplisson, 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.

“We have found the one about whom Moses wrote in the law and also the prophets.” Finding our Savior during this Great Lent, we see that our “soiled image was restored to its original form, commingled with divine beauty.” God may be helping you find that a vocation to monasticism or holy orders is the beauty meant for you. To learn more, contact the Vocations Office at 602-861-9778 or email: vocations@ephx.org

Use the time of the Great Fast to enhance your spiritual reading. Lenten Books are for sale in the book store. There are some new offerings available - check them out! Books purchased on Fridays after the Presanctified are an additional 10% off.

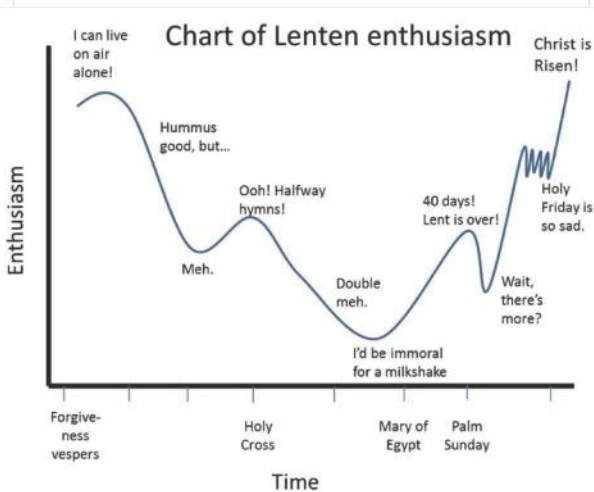
LENTEN MEAL & SPIRITUAL TALKS:

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.

All Souls Saturdays

The Next All Souls Saturday is March 15. 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 give Father a list, please send an email with the names of all those you wish to be remembered to pastorhasd@gmail.com.



Fasting, neither above nor below your ability...

Fasting, neither above nor below your ability, will help you in your vigil. One should not ponder divine matters on a full stomach, say the ascetics. For the well-fed, even the most superficial secrets of the Trinity lie hidden. Christ Himself set the example with His long fast; when He drove out the devil He had fasted for forty days. Are we better than He? Behold, angels came and ministered to Him (Matthew 4:11). They are waiting to minister to you, too.

– From Tito Colliander’s *The Way of the Ascetics*

Special Collection

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

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.

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 \$100. Please be generous. Skip a movie or other treat and donate those dollars.

Drive ends Palm Sunday.

To forgive is to set a prisoner free and to discover that the prisoner was you.

– Corrie Ten Boom

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.



ABOUT THE SUNDAY OF ORTHODOXY

Adapted from the Greek Orthodox Archdiocese – goarch.org

Lent was in origin the time of final preparation for candidates for baptism at the Paschal Vigil, and this is reflected in the readings at the Liturgy, today and on all the Sundays of Lent. But that basic theme came to be subordinated to later themes, which dominated the hymnography of each Sunday. The dominant theme of this Sunday since 843 has been that of the victory of the icons. In that year the iconoclastic controversy, which had raged on and off since 726, was finally laid to rest, and icons and their veneration were restored on the first Sunday in Lent. Ever since, that Sunday been commemorated as the "Triumph of Orthodoxy."

The name of this Sunday reflects the great significance which icons possess for the Church. They are not optional devotional extras, but an integral part of our faith and devotion. They are held to be a necessary consequence of Christian faith in the incarnation of the Word of God, the Second Person of the Trinity, in Jesus Christ. They have a sacramental character, making present to the believer the person or event depicted on them. So the interiors of our churches are usually covered with icons painted on walls and domed roofs, and there is always an icon screen, or iconostasis, separating the sanctuary from the nave, often with several rows of icons. No Eastern Christian home is complete without an icon corner, where the family prays.



Icons are venerated by burning lamps and candles in front of them, by the use of incense and by kissing. But there is a clear doctrinal distinction between the veneration paid to icons and the worship due to God. The former is not only relative, it is in fact paid to the person represented by the icon. This distinction safeguards the veneration of icons from any charge of idolatry.



BY fasting we are raised up beyond earthly passions; let us exalt the Lord who was lifted upon the Cross to raise up the world with Him. With full knowledge let us drink at the streams of compunction; let us meditate on the day and moment when we shall appear before the eternal Judge.

Glory + to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

WHEN the Virgin Mother saw You on the Cross, she cried out with sighs and said: What is this strange wonder, O my Son? How does this ungrateful people nail You to the Cross? You the only true Life and the Light of my eyes!

(Friday, 2nd Week of Great Fast, Matins, 2nd Sessional Hymn)
www.stbasil.org

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 have to leave early, that's fine.

Put God first.

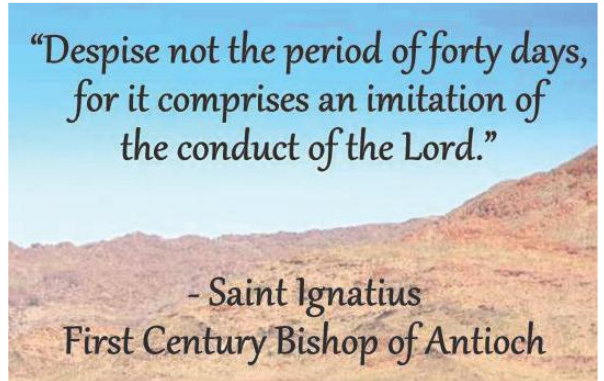


WHENEVER YOU HEAR ANYONE ATTACKING BELIEF IN GOD, THE MORAL LAW, THE DIVINITY OF CHRIST AND HIS MYSTICAL BODY, REMEMBER THIS RULE: NEVER CONSIDER SO MUCH WHAT PEOPLE SAY, BUT WHY THEY SAY IT. SOME OBJECTIONS COME NOT FROM THEIR REASON BUT FROM THEIR BEHAVIOR OR THE WAY THEY LIVE. THEY ARE PROTESTING, ARGUING AGAINST, OR EVEN SNEERING BECAUSE THEY HAVE AN URGE TO DO SOMETHING ABOUT THE THING WHICH THEY ARE FIGHTING. NO MOTHER EVER TOLD A SON NOT TO GO NEAR THE WATER IF THE SON DID NOT HAVE AN URGE TO GO SWIMMING."

— VENERABLE FULTON SHEEN
(THE ROCK PLUNGED INTO ETERNITY)

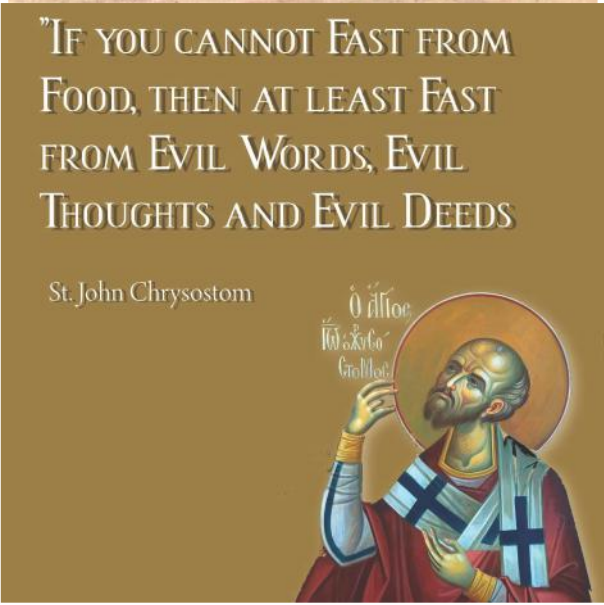
Let the mouth also fast from disgraceful speeches and railing. For what does it profit if we abstain from birds and fishes and yet bite and devour our brethren? The evil speaker eats the flesh of his brother, and bites the body of his neighbor.
—St. John Chrysostom, on fasting

I saw all the devil's traps set upon the earth, and I groaned and said: "Who do you think can pass through them?" And I heard a voice saying "Humility."
— Anthony of Egypt



"Despise not the period of forty days, for it comprises an imitation of the conduct of the Lord."

- Saint Ignatius
First Century Bishop of Antioch



"IF YOU CANNOT FAST FROM FOOD, THEN AT LEAST FAST FROM EVIL WORDS, EVIL THOUGHTS AND EVIL DEEDS

St. John Chrysostom

BYZANTINE CATHOLIC EPARCHY OF PHOENIX

March 2025 eNews



Let Us Journey Together In Hope!

Reverend clergy and monastics, dearly beloved brothers and sisters in Christ!

Glory to Jesus Christ – Glory to God Forever!

My heart overflows with gratitude for the great multitude of prayers and support in the spirit of generosity during the months of preparation, for your love and welcome on the joyous day of the Enthronement in Anaheim. I love you so very much!

It's been just over one month since my episcopal consecration. I am settling into my new place at the chancery in Phoenix and the cathedral community of St Stephen's, learning and adjusting and growing with each new day into the new service as your bishop.

On Monday March 3rd we started the Great Holy Fast, our journey to Paschal Sunday. This journey, in this great jubilee year as Pilgrims of Hope, we are invited by Pope Francis to, "journey together in hope." Jesus Christ is our hope and "His mercy endures forever." We are invited to become disciples of hope in our fasting disciplines such as abstinence, prayer and almsgiving. All are invitations for us to be the Church of hope, to practice the virtue of hope. By celebrating the Liturgy of the Presanctified Gifts, praying the Prayer of St Ephrem the Syrian, the Great Canon of St Andrew of Crete with many prostrations we place more strongly our hope in God. When we fast, we hope that the grace of God will continue to work in us. And, when we do works of mercy, we offer hope to our neighbor. Hope that does not disappoint because the love of God has been poured into our hearts through the Holy Spirit who has been given to us (cf. Rom. 5:5)

How can we fulfill our mission as disciples of HOPE in this Jubilee Year 2025?

- By seeking out opportunities to be instruments of hope in our communities, instruments of healing and by growing in ability to love and serve others.
- By inviting the Holy Spirit to come and dwell within us to "bring good news to the poor, to heal the brokenhearted, to preach liberty to the captives, and recovery of sight to the blind, to proclaim the year of the Lord's favor..., to comfort all who mourn" (Is 61:1–2).
- Through the gift of Baptism, through which we have the true reconciliation. God forgives but we become the vehicles of forgiveness. We are reminded of this in the Rite of Forgiveness on Cheese-fare Sunday every time we start Great Lent.

May the Lord gift us this Holy season of Lent with the courage to repent of our sins and to forgive the sins of others.

+Artur

Bishop of Phoenix

Recipe for Today, Thai Coconut Clam Soup

Feeds 8-10, will keep well for 2 days

Ingredients

3 leeks
1-2 lbs sliced mushrooms, *cremini* or *shitake* or mix
3 tbs coconut oil
2 tbs ground or fine chopped ginger
2 cans of whole coconut milk
2-3 lbs of small zucchini in bite size pieces
1 large can of sea clams
4 cups veg, fish or clam stock
honey to taste, palm or brown sugar also ok
1/2-1 cup fish sauce to taste (Red Boat best, any will do, substitute cider vinegar for some fish sauce)
juice and zest of 3 limes

Options, (preferable but ok without)

2-3 tbs Thai Red Curry paste
4-6 kaffir lime leaves
2-3 tbs ground lemongrass
4-6 cups raw spinach, rough chopped
2 inch piece of galangal sliced into coins
1-2 tbs garlic
1/2 lbs rice noodles broken into pieces
1-2tbs Coconut aminos (if available)

Prep:

- half leeks, remove most of the green end, wash and cut into half moons
- slice mushrooms moderately thick
- grind or chop ginger, 2-3 inch piece
- cut ends off zucchinis, half and slice into bite sized pieces
- break rice noodles into pieces

Cooking Directions

- Add coconut oil to pot on high heat
- When hot, sauté leeks, ginger, lemongrass, mushrooms, red curry paste until translucent
- Drain juice from can of clams and deglaze pan with liquid do not add claims, keep aside until end
- Add lime leaves and galangal (if using)
- Add half of fish sauce, half of lemon juice and the stock
- Add honey or sugar, 2 tbs or to taste.
- Bring to low simmer, bubbling slightly not rolling
- Add spinach if using
- Cook for 20-30 minutes until flavor meld
- Add coconut milk
- After 20 minutes add fish sauce, lime honey, etc. to taste
- Should be tangy, salty and slightly sweet
- Cook for 20-30 minutes longer
- Adjust flavors to taste, when everything is cooked, turn off heat and add clams, cover and rest for 10 minutes
- serve

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

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: \$1270.00; Bishop's Appeal: \$440.00; Loose Change: \$578.00; Renovation Fund: \$50.00;
Total: \$2338.00

Vocation Icon: This week: Chase Family
Next week: Fatima Sepulveda

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*