

SAINT STEPHEN BYZANTINE CATHOLIC CHURCH

4141 Laurence Avenue, Allen Park, MI
ststephen@parma.org 313-382-5901
website: saintstephenbyzantine.church

March 19th, 2023

Priest: Rev. John R.P. Russell, M.Div.
412-378-0308
jrussell@gmail.com
Deacon: Rev. Deacon Lawrence Hendricks
Cantor: Pani Mary Hendricks
Hall Manager: Victor Azcuy
ststephenshall123@gmail.com
(239) 895-8931



Glory to Jesus Christ! Welcome to St. Stephen!
You are welcome here. Join us in prayer and worship
of almighty God – Father, Son, and Holy Spirit.

About the Parish

St. Stephen Byzantine Catholic Church, led by the Holy Spirit, is called to evangelize – to proclaim the Gospel of Jesus Christ. We commit ourselves to welcoming and caring for all of God's children.

We are a parish of the Byzantine Ruthenian Catholic Eparchy of Parma, Bishop Kurt (Burnette) of Passaic is our apostolic administrator. Archbishop William (Skurla) of Pittsburgh is our Metropolitan. We are in communion with our holy father Francis, the Pope of Rome.

“Eastern Catholics are in union with Rome. We share the same basic faith and the same mysteries, however, our way of expressing them follows the same tradition as the Orthodox churches.”
– Fr. Joseph Radvansky. *A Brief Explanation of the Eastern Catholic Churches, Introduction.*

LITURGICAL SERVICE TIMES

Sunday & Saturday morning at 10:00am

Wednesday & Friday evening at 7:00pm

4:00pm Great Vespers for Sunday – followed by Confessions

Sunday, March 19, 2023



4th SUN. OF THE GREAT FAST. OUR HOLY FATHER JOHN CLIMACUS. Tone 8

The Holy Martyrs Chrysanthus and Daria (c. 253).

8th Resurrectional Matins Gospel: John 20:11-18.

Hebrews 6:13-20 & for St. John: Ephesians 5:8b-19.

Mark 9:17-31 & for St. John: Matthew 4:25-5:12a.

8:15am Matins

9:30am First & Third Hour – Reader Service; **Confession** – in the Sacristy

10:00am Divine Liturgy – for the people of the parish

Cantors: Mary H & Cecilia

+Helen Hudak, from Michael Hudak (3-15)

Reader: Daniel B.

+Maurice Wilson & his +wife, from Bud & Mary Beth Wiltison (3-17)

+Melvyn & +Josefa, from Sarah Marron (3-18)

After Liturgy: Fellowship & Meatless Potluck in the hall. ECF for all – Bible Discussion in small hall

4:00pm Vespers at St. Nicholas, Clinton Township

Monday, March 20, 2023



Our Venerable Fathers of the Saint Sabbas Monastery, killed by Saracens (796).

Sixth Hour: Isaiah 37:33-38:6. *Vespers:* Genesis 13:12-18 • Proverbs 14:27-15:4.

7:00pm Byzantine Book Club - online: <https://meet.google.com/njp-zcmn-hok>

or in person: 8461 Barrington Drive, Ypsilanti, MI 48198

Tuesday, March 21, 2023



Our Venerable Father and Confessor James, Bishop of Catania (8th Century).

Sixth Hour: Isaiah 40:18-31. *Vespers:* Genesis 15:1-15 • Proverbs 15:7-19.

8:00am First Hour & Terce-Sext

Wednesday, March 22, 2023 

The Holy Martyr Basilides, Priest of Ancyra (363).

Sixth Hour: Isaiah 41:4-14. *Vespers:* Genesis 17:1-9 • Proverbs 15:20-16:9.

8:00am First Hour & Terce-Sext

6:00pm Confessions

7:00pm Great Canon of St. Andrew of Crete


Cantors: Mary Woods, David Woods

Thursday, March 23, 2023 

THE GREAT CANON OF OUR HOLY FATHER ANDREW OF CRETE.

Holy Venerable-Martyr Nikon & his Students martyred with him (250). Holy Mother Rafka.

Sixth Hour: Isaiah 42:5-16. *Vespers:* Genesis 18:20-33 • Proverbs 16:17-17:17.

Friday, March 24, 2023 

⊗ Pre-festive Day of the Annunciation. Our Venerable Father Zachary.

Holy Fr. Artemon, Bishop of Seleucia of Pisidia. Holy Fr. Oscar Romero, Archbishop of San Salvador.

Sixth Hour: Isaiah 45:11-17. *Vespers:* Genesis 22:1-18 • Proverbs 17:17-18:5.

5:45pm Confessions

6:20pm Ninth Hour & Typika

7:00pm Presanctified Divine Liturgy

Cantors: Mary H, Cecilia

+John & +Mary Ann Kukrak, from their children, John G. & Karen Kukrak

Saturday, March 25, 2023 

⊕ THE ANNUNCIATION OF THE THEOTOKOS AND EVER-VIRGIN MARY.

Akathistos Saturday.

Vespers Paramia: Genesis 28:10-14 • Ezekiel 43:27-44 • Proverbs 9:1-11. • Exodus 3:1-8

• Proverbs 8:22-31.

Matins Gospel: Luke 1:39-49, 56.

for the Annunciation: Hebrews 2:11-18. Luke 1:24-38.

8:30am Matins with Akathist Hymn for Annunciation & Akathistos Saturday

10:00am Divine Liturgy

Cantors: Cecilia, Mary H,

intention of the descendants of Melvyn & Sarah, from Sarah Marron

4:00pm Great Vespers for Sunday – followed by Confessions

Sunday, March 26, 2023



SUNDAY OF OUR VENERABLE MOTHER MARY OF EGYPT. Tone 1

Leave-taking of the Annunciation. ☩ The Synaxis of the Holy Archangel Gabriel.

9th Resurrectional Matins Gospel: John 20:19-31.

Hebrews 9:11-14 & for St. Mary: Galatians 3:23-29.

Mark 10:32b-45 & for St. Mary: Luke 7:36-50.

8:15am Matins

9:30am First & Third Hour – Reader Service; **Confession** – in the Sacristy

10:00am Divine Liturgy – for the people of the parish

Cantors: Mary H, Cecilia

intention of the descendants of Melvyn & Sarah (3-25)

Reader: Dan Lauffer

+John & +Mary Ann Kukrak, from their children, John G. & Karen Kukrak (3-24)

After Liturgy: Fellowship & Meatless Potluck in the hall. ECF for all – Bible Discussion in small hall

4:00pm Vespers at St. Basil, Sterling Heights

Monday, March 27, 2023



Our Venerable Mother Matrona of Thessalonica (c. 350).

Sixth Hour: Isaiah 48:17-49:4. Vespers: Genesis 27:1-41 • Proverbs 19:16-25.

7:00pm Byzantine Book Club - online: <https://meet.google.com/njp-zcmn-hok>

or in person: 8461 Barrington Drive, Ypsilanti, MI 48198

Tuesday, March 28, 2023



Our Venerable Father Hilary the Younger (754). The Holy Stephen the Wonder-worker.

Sixth Hour: Isaiah 49:6-10. Vespers: Genesis 31:3-16 • Proverbs 21:3-21.

10:00am Third & Sixth Hour

7:00pm The Office of Holy Repentance

Cantors: TBD

Wednesday, March 29, 2023



Our Venerable Father Mark, Bishop of Arethusa, the Deacon Cyril, and Others who suffered martyrdom under Julian the Apostate (364).

Sixth Hour: Isaiah 58:1-11. Vespers: Gen 43:26-31; 45:1-16 • Proverbs 21:23-22:4.

5:45pm Confessions

6:20pm Ninth Hour & Typika

7:00pm Presanctified Divine Liturgy

Cantors: Mary Woods, David Woods

+John & +Maria Lukas and +John & +Mary Strach, from Maryalice Lukas

Thursday, March 30, 2023

Our Venerable Father John Climacus, Author of “The Ladder” (649).

Sixth Hour: Isaiah 65:8-16. *Vespers:* Genesis 46:1-7 • Proverbs 23:15-24:5.

8:00am Matins

Friday, March 31, 2023

Our Venerable Father Hypatius, Bishop of Gangra (326).

Sixth Hour: Isaiah 66:10-24. *Vespers:* Genesis 49:33-50:26 • Proverbs 31:8-32.

5:45pm Confessions

6:20pm Ninth Hour & Typika

7:00pm Presanctified Divine Liturgy

Cantors: Mary H, Cecilia

intention of Robert Yohman, from Tom Bernard

Saturday, April 1, 2023

LAZARUS SATURDAY. Our Holy Mother Mary of Egypt (c. 530).

Hebrews 12:28-13:8. John 11:1-45.

10:00am Divine Liturgy

Cantor: Dominique

+Melvyn & +Josefa, from Sarah Marron

4:00pm Great Vespers for Sunday – followed by Confessions

LEGEND


⊕ Great Feast


⊕ Feast with an All-night Vigil


⊕ Feast with the Polyeleos at Matins


⊕. Feast with the Great Doxology at Matins

⊕. Feast with Six Stichera at Vespers

 by tradition, a strict fast day (no meat, dairy, eggs, fish, wine, or oil)

 by tradition, wine and oil are permitted (no meat, dairy, eggs, or fish)

 by tradition, fish, wine, and oil are permitted (no meat, dairy, or eggs)

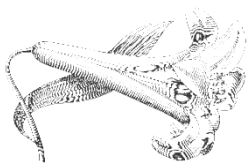
 by tradition, dairy, eggs, fish, wine, and oil are permitted (no meat)

OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

Adapted by Fr Vitalii Stashkevych (BCC) for the Gregorian Calendar

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
4 TH Sunday of Lent MARCH 19 TH		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5 TH Sunday of Lent MARCH 26 TH		ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
PALM SUNDAY APRIL 2 ND GREAT WEEK BEGINS	 GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 7 TH		GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 9 TH NO FASTING!	 BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



Paschal Flowers have been offered in memory of

members of the Barillas Family
members of the Barnes Family

John Grega
Bertha Grega
Ferenc & Maria Griba
Helen Humenik
Peter Humenik
Joseph Humenik

Linda Jacobson
Helen Naret
Andrew & Helen Yatcko
Roman & Akinina Zukow
Ruth & Abraham
Janet & Jim
Joseph

& in honor of
Pani Katie Russell

Adult Eastern Christian Formation Opportunity: Bible Discussion

After the Sunday Divine Liturgy, Kevin Perrotta is leading us on an exploration and discussion of two short Old Testament books: Ruth and Jonah. These are rich stories that speak to us about love, faithfulness, and mercy. Studying them together and talking about our own lives in light of these texts will be an opportunity to encounter God's word to us and deepen our relationship with each other.

Class Dates: *after Divine Liturgy on:* **Sunday, March 19th**
Sunday, March 26th
Sunday, April 2nd
Sunday, April 16th
Sunday, April 23rd

Stational Vespers

On the Sunday Evenings of the Great Fast
For the Great Lakes Protopresbyterate

On each Sunday evening of the Great Fast at 4:00 pm, we will celebrate Vespers at a different parish of the Great Lakes Protopresbyterate. Priests will be available for confession. The hosting parish will provide a simple meatless Lenten meal of soup and bread after Vespers. All our parishioners are encouraged to participate. In addition to being an opportunity for prayer and repentance during the Great Fast, this is also a chance for us to visit the other parishes of our region and for us to all get to know each other better.

Here is the schedule:

Date	Sunday of the Great Fast	Parish	Celebrant & Preacher
19-Mar	Sunday of our Holy Fr. John Climacus	St. Nicholas, Clinton Township	Fr. Joseph Marquis
26-Mar	Sunday of our Holy Mother Mary of Egypt	St. Basil, Sterling Heights	Fr. John Russell
2-Apr	Palm Sunday Flowery Sunday	St. Michael, Flushing	Fr. Jim Batcha

The Office of Holy Repentance

During this penitential season of the Great Fast, we will celebrate the full form of the office of holy repentance on **Tuesday, March 28th at 7pm**. This includes private confession to a priest. There will be an additional priest – Fr. Constantin Hadarag – available for confessions as well on this evening.

Day House | Detroit Catholic Worker

THURSDAY POTLUCK

Thursdays at 6:30 PM

All are welcome.

Those who can are encouraged
to bring something to share



2640 TRUMBULL ST.
DETROIT, MI



- Tuesday, March 21st at 7:30 pm; The Catholic Community of St. Jude, DeWitt
- Thursday, March 23rd at 7:00 pm; Lansing Catholic High School, Lansing
- Friday, March 24th, at 7:00pm ; Father Gabriel Richard High School, Ann Arbor
- Saturday, March 25th, at 8:00pm – St. Scholastica Catholic Church, Detroit
- Monday, March 27th, at 7:00pm; Davidson Middle School, Southgate
- Tuesday, March 28th, at 9:00 am; Davidson Middle School, Southgate

FOR MORE INFORMATION see:

www.ToltonDrama.com or ToltonSouthgate.eventbrite.com

“SHROUD ENCOUNTER”

A LIVE Presentation of

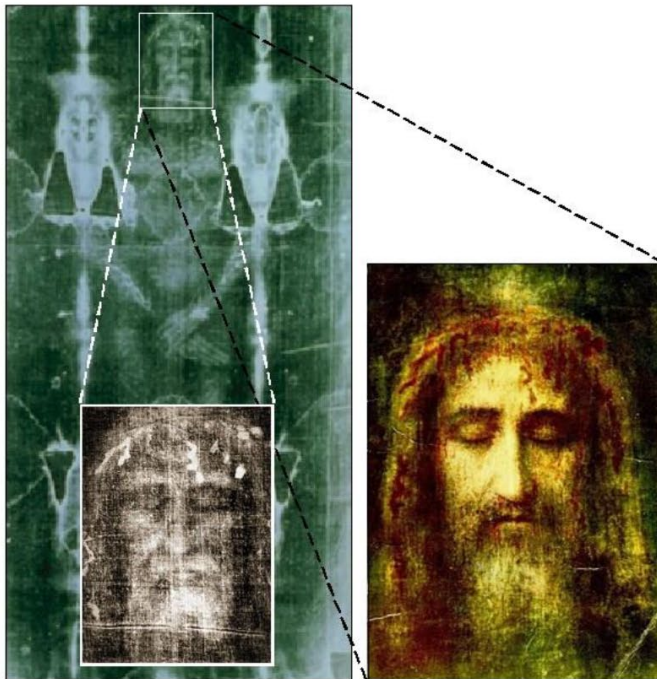
Russ Breault

President of Shroud of Turin Education Project, Inc.

1:00 p.m., Sunday, March 26, 2023

Sacred Heart Church Banquet Center

29125 Six Mile Road (East of Middlebelt Road) - Livonia – MI 48152



General Admission Seating

(Sold at Door Only)

- \$10 Per Adult (18 years and up)
- \$5 per Young Attendee (6 to 17 years of age)
- FREE Admission (5 years and below)

Join us for

WYD LISBON 2023

For the faithful of the
Eparchy of Parma,
1 Scholarship
opportunity available!
Apply by 4/1!

July 20 - August 8, 2023
WITH THE
**BYZANTINE CATHOLIC
METROPOLITAN CHURCH
OF PITTSBURGH**

LISBON, PORTUGAL

www.parma.org/WYD2023

The Byzantine Catholic Eparchy of Parma will be providing one scholarship to a young member of our Eparchy which will cover the cost of the full trip **July 20 - August 8, 2023**, including airfare. The recipient will serve as a chaperone for an English summer camp in Slovakia and enjoy a European road trip to Portugal, stopping in Nice, Lourdes, and Fatima, before arriving to Lisbon to participate in the World Youth Day Pilgrimage. Visit www.parma.org/WYD2023 to learn more and **Apply by April 1, 2023.**

Pre Cana Weekend

Preparation for marriage according to the Byzantine Rite

Sat. & Sun. April 29 & 30, 2023

12:30pm - 5:00pm

**St. John Byzantine Catholic Church
36125 Aurora Rd - Solon, OH 44139**



Ways to register:

On-line at taborlife.org

Scan the QR with your mobile device

Call Catherine at 708-653-8344

Email us at taborlife@earthlink.net



Registration Fee: \$150/couple

*Sponsored by the Marriage and Family ministry of the Ruthenian Eparchy of Parma
in cooperation with the Tabor Life Institute*



March 10, 2023

Glory to Jesus Christ! Glory Forever!

Dear Clergy, Religious and Faithful of the Metropolitan Church of Pittsburgh:

With this letter I emphasize my call to each of you to attend the Assembly of our Byzantine (Ruthenian) Metropolitan Church 2023. You are encouraged to come and participate with representatives from each of our eparchies and our exarchate in Toronto, Canada at Saint Mary Byzantine Catholic Church in Hillsborough, New Jersey this coming autumn.

The clergy will meet on Thursday, November 2 through Friday evening of November 3. Friday evening and Saturday and Sunday, November 4 and 5 will be especially for the laity.

The chosen themes have emerged from Archieparchial and Eparchial synod reports, and thus as a Church, we will remember our historical past, consider the reality of our present, and explore the vision and dreams of our going forward into the future. In addition, we will celebrate our cultural heritage of art and music as expressed through the lived experience of "Our People."

Whenever we gather like this our sharing of insights becomes not only an enriching personal experience, but it also gives and receives new approaches in how to spread the good news of the Gospel.

Your presence and participation are vital and welcome. Please consider attending and supporting this historic Assembly 2023. Watch for more information as it is disseminated.

Sincerely yours in Christ,

Most Reverend William C Skurda, DD
Metropolitan Archbishop of Pittsburgh

Eparchial Events 2023

- Family Camp – July 13-16, 2023 – *location TBD*
- Teen Camp in Slovakia and World Youth Day – July 20-August 8, 2023
- Bishop's Golf Classic – August 14, 2023 - Ohio
- Pilgrimage to Shrine of Mariapoch, Burton, Ohio – August 20, 2023 (*tentative date*)
- Priest Convocation – October 16-20, 2023 - Jesuit Retreat Center in Parma, Ohio
- Evening of Hope – October 21, 2023, Independence, Ohio
- Eparchial Women's Renewal – November 10-12, 2023 at Lial Renewal Center in Whitehouse, Ohio

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The Eparchy of Parma and
Dormition of the Mother of
God Byzantine Catholic
Church are proud to sponsor
a women's renewal.

A weekend of empowerment,
spiritual reflection and
community fellowship.

Registration

Send registration and checks:
Women's Renewal
4600 State Rd,
Cleveland, OH 44109

Make checks payable to:
Dormition of the Mother of God
Byzantine Catholic Church

Venmo link for online payment:
[@Kim-Kocuba](https://www.venmo.com/Kim-Kocuba)

If you are paying online via Venmo, please
email your registration information to
kimkocuba@ameritech.net
**Registration is first come first
served!**

When:

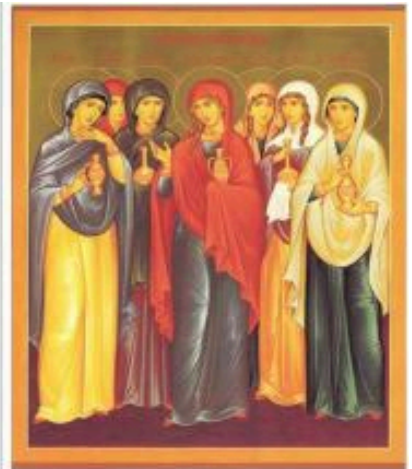
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November 10-12, 2023
Reserve your space by
October 1, 2023

Early fee by Sept 1 = \$200
After Sept 1 fee = \$225

Registration is first come first served.
If needed, we will start a waiting list.

For questions
& online registration:
Kim Kocuba
kimkocuba@ameritech.net
216-337-2673



THE COURAGE TO BE MYRRH BEARERS

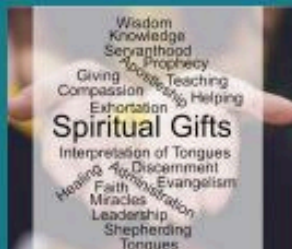
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**Parma Eparchial Women's
Renewal 2023**

Where:

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The Lial Retreat Center
5908 Davis Rd,
Whitehouse, OH 43571



Special Collections 2023

This year we are grouping the collections so that they happen on one weekend each quarter.

March 25-26, 2023 (*use envelopes dated May 07, 2023*):

The Church in Central and Eastern Europe / Holy Land

- Church in Central and Eastern Europe: This collection supports the training of seminarians and lay leaders, supporting social service programs, youth ministry, pastoral and catechetical centers, schools, church construction and renovation, and evangelization through Catholic media in Eastern and Central Europe. Our Ruthenian Byzantine Catholic Churches in Europe directly benefit from this USCCB Collection.
- Holy Land: This is a Pontifical collection that supports the Holy Places as well as the pastoral, charitable, educational, and social works which the Church supports in the Holy Land for the welfare of our Christian brethren and of the local communities.

June 24-25, 2023 (*use envelopes dated Jun 18, 2023 & Jun 25, 2023*):

Catholic Home Missions Appeal / Peter's Pence

- Catholic Home Missions: The Eparchy of Parma benefits from this USCCB Collection through the financial support of our Chancery, and Eparchial Offices; support for our parishes, missions, Shrine, and religious education programs.
- Peter's Pence: This collection enables the Holy Father to respond with emergency financial assistance to requests to aid the neediest throughout the world – those who suffer as a result of war, oppression, and natural disasters.

September 23-24, 2023:

Catholic Communication Campaign

- Catholic Communication Campaign: The Eparchy of Parma directly benefits from this USCCB Collection as 50% of the funds collected in our churches remain in the Eparchy to support Horizons and other media communications of the Eparchy. The Eparchy of Parma also benefits from the other 50% that goes to the USCCB, as we receive grants from them which financially assist us in our communication efforts within the Eparchy.

December 9-10, 2023 (*use envelopes dated Aug 27, 2023*):

Retirement Fund for Religious

- Retirement Fund for the Religious: The Sisters of St. Basil the Great in Uniontown benefit directly from this USCCB Collection for their retired nuns. As they were active and provided ministry to our Eparchy in the past, we wish to help them by participating in this collection. This collection is not for our retired priests but will only benefit the retired nuns of the community of St. Basil the Great.

St. Nicholas Apostolate

The St Nicholas Apostolate had several successful meetings, and we welcome all parishioners interested to attend future meetings! A monthly meeting will be held every third Tuesday at 7:30 pm via Zoom. Email Fr Deacon Lawrence at frdeaconlawrence@yahoo.com.

The St. Nicholas Apostolate is a means for members in our parish to practice Christian love through giving charitable donations and volunteering. The St. Nicholas Apostolate is facilitating donations from the parish for three funds modeled after the three purses of St. Nicholas. He was a wealthy man before he became a priest and bishop, and he chose to use his wealth to save three impoverished women from slavery by giving each of them a sack of gold coins for a dowry. St. Nicholas is often shown holding three purses or three coins. The three purses of the St. Nicholas Apostolate will be used to support the following:

- 1) charitable organizations
(such as Day House, Image of God Pregnancy Center, & Fish & Loaves)
- 2) fellow parishioners in need
- 3) neighbors and strangers who come to the parish seeking help.

One way that parishioners are encouraged to practice Christ's command to "help those that ask" is through monetary donations. Someday soon, a basket next to an icon of St. Nicholas will be placed in the narthex with envelopes for parishioners to donate to a purse of their choosing or simply to make an unrestricted gift. Donations for the first purse, charitable organizations, are given directly to the organizations. Donations for the second and third purses, our parishioners and our neighbors, are distributed by Fr. John Russell as seen fit. All donations are tax deductible. In the near future, volunteer opportunities will also be organized for the parish to participate in.

The St. Nicholas Apostolate is not a philanthropic club, but rather is a vehicle for the parish community to respond to God's commandment to love our neighbor, especially our neighbors in need.

"On the subject of mutual charity you have no need for anyone to write you, for you yourselves have been taught by God to love one another.... Nevertheless, we urge you... to progress even more." (1 Thessalonians 4:9-10).

Synodal Process

From the survey and the conversations with parishioners in the context of reflections on the Beatitudes, we have formulated some goals for St. Stephen's.

*** Develop opportunities for adult religious education**

In the survey, parishioners expressed some reservations about their readiness to share the Christian faith with others. It seems that further education would be helpful. In order to develop something that will best meet parishioners needs, we need to ask more specific questions to discover areas in which they would most like to learn and formats they would find most helpful.

Action: we will create some ways of inquiring into educational needs in the parish during the fall. In the new year we will begin to present new educational opportunities.

Our goal is to involve at least 20 percent of the active adults in the parish in new educational experiences by Pascha next year.

*** Encourage and help parishioners to go on retreats**

Most parishioners report that they do not often or ever go on retreats. Taking retreat time is a normal practice in Christian life. While retreats in the eparchy are routinely brought to parishioners' attention, more could be done to encourage and help them.

Action: we will give more attention to helping parishioners see the value of taking retreats and will work to identify and promote retreats and help people attend them (transportation, etc.).

We would like to see 10 percent of the active adults in the parish attend a retreat by the end of 2023.

*** Develop outreach opportunities**

In conversation over the Beatitudes, parishioners expressed the need for ways of serving neighbors in need and also for deepening community life within the parish. Developing outreach opportunities in a way that also deepens parishioners relationships with each other would help to meet this need.

Action: We will revive the long defunct St. Nicholas Apostolate as a way of involving parishioners in service to needy neighbors—and to each other in the parish. The apostolate will encourage donations for help to individuals outside and inside the church and will help parishioners learn about, support, and participate in selected local nonprofit organizations.

Our goal is to involve at least 20 percent of the active adults in the parish in this apostolate.

Please continue to let us know your thoughts about the parish and about these initiatives in particular. You may always call or write:

313-382-5901

4141 Laurence Avenue, Allen Park, MI 48101

ststephen@parma.org

FASTING GUIDE

Byzantine Rite Guidance For The Great Fast and Great and Holy Week 2023

TRADITIONAL STRICT FAST

Feb 6 - 11 Meatweek:	Use up all the meat in the house
Feb 12 Meatfare:	Last day to eat meat
Feb 13-18 Cheeseweek:	Use up all the dairy and eggs in the house
Feb 19 Cheeseare:	Last day to eat dairy and eggs
Feb 20 - Apr 2 Great Fast:	<i>Fasting</i> - On weekdays, only one meal a day after noon; on weekends, 2 meals a day. <i>Abstaining</i> - No eggs, meat, dairy, fish, oil, or wine. Fish allowed on The Annunciation and Palm Sunday, oil and wine allowed on weekends and feast days*
Apr 3 - 8 Great & Holy Week:	Same as Great Fast, + NO food cooked in oil on Holy Saturday

MINIMUM FAST

Feb 20 - Apr 2 Great Fast:	No meat on Wednesdays and Fridays
Feb 20 Clean Monday:	One meal, no meat, eggs, dairy
Apr 3 - 8 Great & Holy Week:	No meat on Wednesday Apr 6.
Apr 7 Great and Holy Friday:	One meal, no meat, eggs, dairy.

Also aim to delay gratification, exercise discipline, increase spiritual intention, exchange old patterns for new beneficial ones, and practice gratitude. Attempt to attend Pre-sanctified Liturgy and Vespers. Learn the prayer of St. Ephrem and recite daily. Read scripture and religious texts. Pray the chotki.

**Feast Days*

Friday Feb 24 - The 1st and 2nd Findings of the Head of St. John the Baptist

Thursday Mar 9 - Forty Martyrs of Sebaste

Friday-Sunday Mar 24-26 - Pre-feast, Feast of the Annunciation, and post-feast

Any patronal feasts of particular churches



The 3 Disciplines of Fasting

Corporal fast, by which we give up certain foods, drinks and amusements, in order to break the hold that such things may have over us.

Spiritual fast, by which we seek to turn from any sin or evil habits in our lives, so that we may come into God's presence well-prepared to celebrate our Lord's Resurrection and our redemption.

Spiritual renewal, by which we seek a greater practice of the virtues, a deeper life of prayer, repentance for our sins, and a greater conversion (metanoia) of heart, which manifests itself in good works. All of these are oriented to a deeper union with God – theosis.

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting"

"The Kingdom of God does not concern eating and drinking, but right behavior, peace, and joy in the Holy Spirit."

Prayer List

Pray for Barb Barnes, Dorothy Brooks, Michael Camilleri, Katya Coffey-Burns, Robert Dalbo, Michael Hudak, Chris Lauffer, Edith Santo and for the healing of all who suffer.

Rides to Church

If you need a ride or are willing to offer a ride to others, please contact Victor Jiomkowski (313-930-0801 / v.jiomkowski1111@att.net) so he can help make the arrangements. The St. Nicholas Apostolate is still looking for a second person to help coordinate rides to church for people having trouble getting to services. If you are interested in helping with this, please contact Victor Jiomkowski or Father John.

Stewardship Appeal

During this Lenten season, please consider the blessings that our Lord has bestowed upon you and your family. Consider the ways you may give back to God and His Church through assisting at your parish, and by pledging to the Stewardship Appeal. Please be open to the promptings of the Holy Spirit in sharing your gifts through your time, talent, and treasure. Please visit parma.org to make a one-time or monthly secure donation through our website.

St. Stephen's goal this year is \$6,900. So far, 26 donors from St. Stephen have donated \$5612, putting us at roughly 81% of our goal. Thank you! If our parish exceeds its goal, a rebate will be paid equal to 100% of the amount by which we exceed our goal. Rebates paid will be exempt from the 10% eparchial assessment. This rebate plan will help to strengthen the parishes and provide an opportunity to raise additional funds that are not subject to assessment.

Church Cleaning

Please sign up to clean our church. Sign up for any week you're available to clean and clean the church on any day of that week. There is a sign-up sheet in the narthex of the church. Thank you to Ashley & Nick Sabula for cleaning the church.

CHARITABLE GIVING

from St. Stephen Parish

We donate \$50 per month to Fish & Loaves Community Food Pantry

Since our last contributions,

For the Churches in Central & Eastern Europe, we have collected \$155
for Catholic Charities of Southeast Michigan, we have collected \$138
for Catholic Home Missions, we have collected \$85.
For the retirement of our nuns, we have collected \$295.

Image of God Pregnancy Center

Our parish helps to support Image of God Pregnancy Center (4151 Seminole St., Detroit), a place of hope for disadvantaged women on the city's east side for the past 11 years. Their facility provides vital resources at no cost to current and expecting mothers, from pregnancy testing to professional counseling, in Detroit's most underserved area.

ATTENDANCE – *Thank you for praying with us.*

Attendance at Divine Liturgy on March 12th was **41**. Average Sunday attendance ≈ **54**

Devote yourselves “to the apostles’ teaching and fellowship,
to the breaking of bread and the prayers” (Acts 2:42).

COLLECTION – *Thank you for supporting your parish.*

Collection for March 12th was **\$1,164.35**. Average Weekly Collection: **\$1,948.55**

Sunday: \$859; Online: \$184.35; Candles: \$66; Flowers: \$55

“Each one must give as he has decided in his heart, not reluctantly or under compulsion,
for God loves a cheerful giver” (2 Cor 9:7).



Saint Stephen

BYZANTINE CATHOLIC CHURCH