

Parish Prayer List

Pray for our ill and homebound parishioners:

O Christ God, Divine Physician of soul and body, send your blessings upon your servants:

Jill Baca, Jade Baca, Angie Bitsko, Olga Bodnar, Christine Borodich, Michele Boyd, Marge Driscoll, Fred Fraikor, Tom Graham, Robert Haas, George Kmeck Jr, Helen Kmeck, Mike Mancinelli, Rhys Nunnally, Thomas Plahovinsak, Joe Ptak, John Rubano, Jill Velasco, Brenda Washko, Sandy Woods.

Email frescobedo@phx.org if there is anyone who should be added or removed from this list or if there are any shut-ins to whom the Holy Mysteries should be administered.

Contacting Fr. Brian by phone: The parish phone is in the church and not in the rectory parish office. Fr. Brian's cell number is on the answering message. For an emergency, please call his cell phone. For fastest response, please email which is continuously monitored.

Announcements

Divine Liturgies

Services are live-streamed for those who for health reasons cannot attend. Otherwise we are obligated to honor the Lord's day in person with masks and proper distancing. If you need **dispensation** from attending on Sundays or holy days contact Fr. Brian to discuss.

Saturday Vespereal Divine Liturgies

Saturday Divine Liturgies are for the faithful to fulfill their obligation and receive Eucharist. It enables spacing for parishioners to avoid overcrowding and possible exposure to COVID-19.

Vocations Reflection

"Where your treasure is, your heart will be also." It is easy to mistake what our true treasure is, and we need wisdom and insight to see clearly. Our kontakion tells us that God is the "guide to wisdom and giver of insight". Is he guiding you to see that a vocation to the religious or ordained life is for you? As you pray and seek wisdom, consider contacting the Vocations Office at 206-329-9219 or email: vocations@ephx.org.

Stipends

I am frequently asked about stipends to the church and to the priest for services e.g. Divine Liturgy, Baptisms, Blessing of Houses, All Souls Panachida, etc. The eparchy provides recommended amounts. See the narthex handout for further information.

Tithing from your Bank Account may be sent directly through the mail to the church. Go to "pay bills" on your bank's website to set up automatic payment.

Building Fund Envelopes in narthex to contribute to Holy Protection's Building Fund! Write your envelope number on the back of the envelope

Adult Catechesis

Next catechesis March. Topic will be published along with the date. Previous classes are linked on our website.

Parenting With Intention - A Journey Through the Great Fast with Pani Janet

See today's handout for an exciting and instructive six session program from Pani Janet, a licensed Professional Counselor. Parenting is always a challenge and here is a course with solutions. Sign up now online and reserve a place! Donations to our building fund are welcome!

Pascha Butter Lamb Molds

Butter lamb molds for sale in the Gift Shop. A butter lamb is part of our Pascha traditions.

The Great Fast asks to abstain from meat and dairy products on Wednesdays and Fridays as a minimum guideline. This is a very holy and important time of preparation for Pascha!

PreSanctified Divine Liturgies are every Wednesday and Friday at 6:30pm. A great way to enter into the Great Fast in preparatin for Pascha.

Please pray for the soul of **Catherine Mega** who fell asleep in the Lord in Longmont.

Parish Celebrations:

Did we miss you? Please email your name, birthdays and anniversaries to: frescobedo@ephx.org.

Collections:

January 30/31 Feb 1

Parish

Souls: 30/35/3

Tithe: \$350/\$1,245/\$0
(includes mailed in tithes).

Outreach

Souls: -
Tithe: - \$ ---

Tithing: God bless all sending in their tithes when not at Divine Liturgy.

O Lord, Bless the Worship and Stewardship of your faithful servants.

Divine Liturgy Intentions

It is a holy act to remember individuals in Divine Liturgies. Sundays are always for the People of the Parish but Saturdays and weekday Divine Liturgies are open for intentions. We remember our living loved ones on birthdays, baptism and wedding anniversaries, health needs and any intention. We should remember our deceased family and friends on the anniversaries of their death or any other time we wish. Offertory stipends are traditionally given to the priest for these services but no one is ever denied a Divine Liturgy intention based on a stipend. To pray for one another is directly from Our Lord and His holy church. **"Pray for those who love us and pray for those who hate us"**. See Fr. Brian to schedule Divine Liturgy intentions.

Sponsorship of Lamps

If you want to sponsor the lamps (candles) on the tetrapod or in front of our holy Ruthenian martyrs (right side by iconostasis) see Fr. Brian. The cost is \$5 per lamp. Your intention will be commemorated through the entire week. You may keep your intention private or have it published.

Guidelines for our Public Liturgies

1) Masks are requested to be worn, 2) Maintain Social Distancing 3) Hall closed, 4) Teal Divine Liturgy books cleaned after use or the faithful may bring their own from home, 5) Venerate the icon on the tetrapod by bowing and crossing yourself in the Byzantine manner, 6) Offertory basket is at the foot of the tetrapod.

Colorado continues to have a large number of COVID-19 cases. Parishioners should ensure they keep the appropriate distancing and wear masks at Divine Liturgy. If we have any outbreak we will close down public Liturgy for all. Please help us keep our church open!

Divine Liturgy Guide

The Divine Liturgy begins on page 11. Option [A] unless noted.

February 21 - 1st Sunday of the Great Fast

**Tone Five
Go to... the...**

When you get to

***Troparion* on pg. 27 _____ pg. 146 & 220**

***Kontakion* on pg. 27 _____ pg. 220**

***Prokeimenon* on pg. 34 _____ pg. 221**

***Alleluia* on pg. 34 _____ pg. 221**

***Magnification* on pg. 62 _____ pg. 221**

Communion Hymn on pg.78 _____ pg. 78

Readings: Heb 11:24-26 & 32:12-2; Jn 1:43-51

THIS WEEK'S SANCTUARY LAMP continues to burn before the real presence of our Lord, God and Savior, Jesus Christ

February 14-20

In memory of +Alaina Hughes (3rd anniversary 2/26)

Offered by John & MaryEllen Oslick

You are invited to sponsor the weekly Sanctuary Lamp in our Church for your intentions. The Sanctuary Lamp is a special candle that remains perpetually lit (near the front of the Church) to honor Our Lord Jesus' Eucharistic Presence: Body, Blood, Soul and Divinity in the Tabernacle on the Holy Table (Altar). If you are interested in sponsoring this vigil candle, the usual stipend is \$10. It will burn from Sunday through Saturday, and the bulletin will remind your fellow parishioners of your special intention or the memory of a loved one. You may request as often as you would like. To submit, please contact John or Mary Ellen Oslick at 303-284-2304 or jwoact@comcast.net. Please include your name, intention, and the week you would like it to burn (every effort will be made to honor the week requested). Checks should be made payable to: GCU LODGE 144.