

Glory to Jesus Christ!
Слава Иисусу Христу!

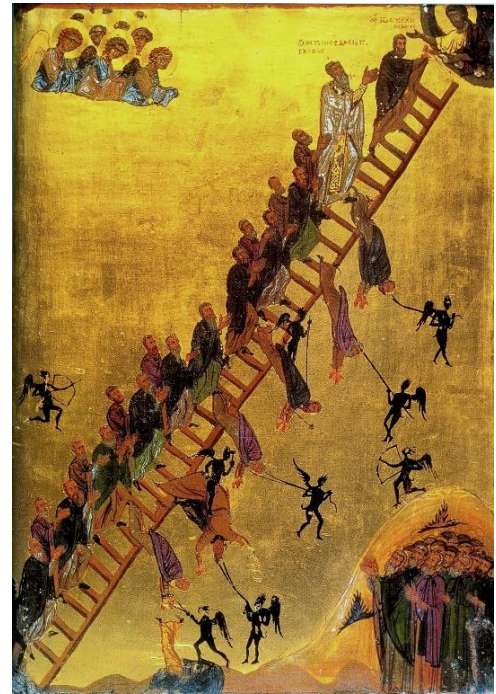
St. Mary ~ Holy Protection
Byzantine Catholic Church
4480 Route 981 Latrobe, PA 15650

Glory Forever!
Слава на вики!

Administrator: Fr. Paul-Alexander Shutt, OSB
Confession Schedule: Saturday 16:00 – 16:30,
Parish email: st.marytrauger@gmail.com

Parish Office: 724-423-3 673 Hall: 724-423-8838
Sunday 9:00 – 9:30, or by appointment
Website: www.stmarybyzantinecatholic.org

10 MARCH 2024 / 7532 FOURTH SUNDAY OF THE GREAT FAST
Memory of our Holy Father John of the Ladder (Climacus)



LITURGY SCHEDULE:

- Sat. Mar. 09 17:00 **FOURTH SUNDAY OF THE GREAT FAST**
Suffrages pro populo, esp. for +James Kontir – Bingo Workers
- Sun. Mar. 10 10:30 **FOURTH SUNDAY OF THE GREAT FAST**
Suffrages for +James Kontir – daughter, Natalee
- Wed. Mar. 13 18:30 **LITURGY OF THE PRESANCTIFIED GIFTS**
Suffrages for +James Kontir – Joseph & Joyce Regalla
- Sat. Mar. 16 17:00 **VIGIL: FIFTH SUNDAY OF THE GREAT FAST**
Suffrages pro populo
- Sun. Mar. 17 10:30 **FIFTH SUNDAY OF THE GREAT FAST**
Suffrages for +James Kontir – daughter, Natalee

✠	✠	✠	✠	✠	✠
03 / 03 / 2024	Adults: \$1634	Candles: \$85	East. Europe: \$145		
COLLECTION	Fuel: \$60	Lenten Off: \$85	TOTAL: \$2009		



Fasting – Body and Soul: St. John Climacus Let us not believe that an external fast from visible food alone can possibly be sufficient for perfection of heart and purity of body, unless with it there has also been united a fast of the soul. **For the soul also has its foods that are harmful. Slander** is its food, and indeed one that is very dear to it. A burst of **anger** supplies it with miserable food for an hour and destroys it as well with it deadly savor. **Envy** is a food of the mind, corrupting it with its poisonous juices and never ceasing to make it wretched and miserable at the prosperity and success of another. **Vanity** is its food that gratifies the mind with a delicious meal for a time, but afterwards strips it clear and bare of all virtue. Then vanity dismisses it barren, void of all spiritual fruit. All **lust** and **shifty wanderings of the heart** are a sort of food for the soul, nourishing it on harmful meats, but leaving it afterwards without a share of the heavenly bread and of really solid food.

Some people with a hot temper do not worry about it and the remedies that would heal them. They forget, unfortunately, what is written: ‘*Surely anger kills the fool, and jealousy slays the simple,*’ (Job 5:2). Remembrance of wrongs comes as the final point of anger. It is a keeper of sins. It hates a just way of life. It is the ruin of virtues, the poison of the soul, a worm in the mind. It is the shame of prayer, a cutting off of supplication, a turning away from love, a nail piercing the soul. It is a pleasureless feeling cherished in the sweetness of bitterness. It is a never-ending sin, an unsleeping wrong, rancor by the hour. A dark and loathsome passion, it comes to be but has no offspring,... A true sign of having completely mastered this putrefaction [anger, remembrance of wrongs] will come not when you pray for the man who offended you, not when you give him presents, not when you invite him to share a meal with you, but only when on hearing some catastrophe that has afflicted him in body or soul, you suffer and you lament for him as if for yourself.

From St. John Climacus’ *The Ladder of Divine Ascent*



~ Announcements ~

- Please remember **Timothy** in your prayers; he will have surgery this week. *May God grant to His servant Timothy peace, health, and happiness for many year.*
- **NEXT SUNDAY, MARCH 17th**, the annual **SPECIAL COLLECTION** to aid our sister churches in **Central** and **Eastern Europe** will be taken. The war against Ukraine is now in its third year. Horrific devastation and untold anguish have been inflicted upon the Ukrainian people; this year’s collection to help our Byzantine Catholic brethren is more important than ever. **PLEASE BE GENEROUS!**
- **17th EGG EGGSTRAVAGANZA** at St. John the Baptist Byzantine Church Social Hall, Uniontown is **Sunday, March 17th** from **Noon – 4:00**. Admission is free. A Lenten luncheon will be served. For information, call **724-438-1382, M-F** (leave message). See posters in Narthex for more details of all the many events planned for the day.