

РАСПОРЕД БОГОСЛУЖЕЊА

за март 2014.

- 02.03. (недеља) - Св. Литургија у 10.00 часова
- 08.03. (субота) - Вечерња у спомен на **НЕДЕЉУ ПРАВОСЛАВЉА** у 18.00 часова
- 09.03. (недеља) - Св. Литургија у 10.00 часова
- 16.03. (недеља) - Св. Литургија у 10.00 часова
- 23.03. (недеља) - Св. Литургија у 10.00 часова
- 30.03. (недеља) - Св. Литургија у 10.00 часова

ОБАВЕШТЕЊА

- Канцеларија ЦШО отворена је **УТОРКОМ, ЧЕТВРТОМ и ПЕТКОМ** од 9-12 часова
- **ЗИМСКА - ПОКЛАДНА ЗАБАВА** у свечаној хали наше цркве одржаће се у суботу, 01. марта у 19.00 часова. Добро дошли!
 - **Васкршњи пост почиње 03. марта**

**СВИМ НАШИМ ЧЛАНОВИМА И ПАРОХИЈАНИМА
ЖЕЛИМО СРЕЋАН И БЛАГОСЛОВЕН ПОЧЕТАК
ВАСКРШЊЕГ ПОСТА**



НЕДЕЉНИ

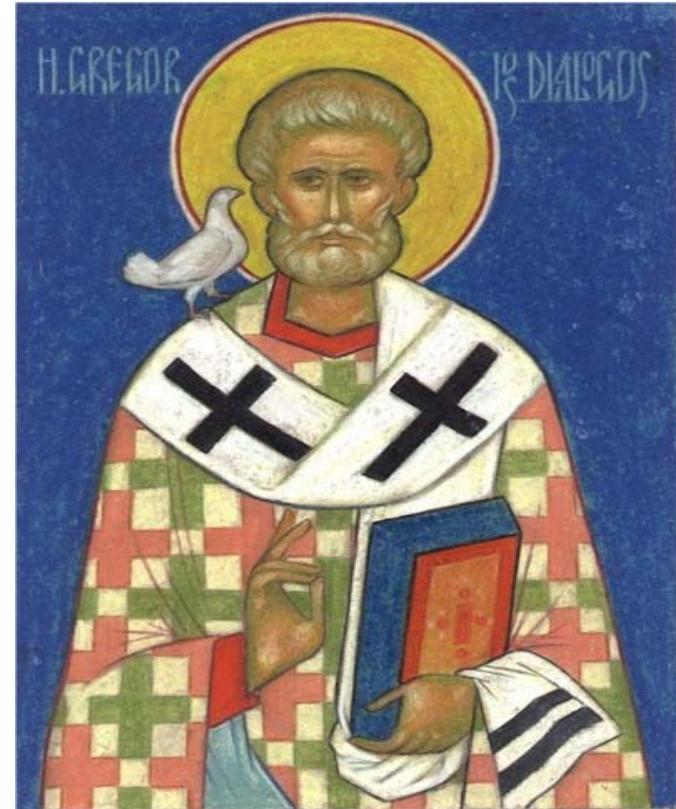
ЦРКВЕНИ ЛИСТИЋ

Ц.Ш.О. Св. Архангела Михаила - Торонто

SERBIAN EASTERN ORTHODOX CHURCH OF ST. ARCHANGEL MICHAEL
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The Lenten Fast

The Church's traditional teaching on fasting is not widely known or followed in our day. For those Orthodox Christians who are seeking to keep a more disciplined fast, the following information may be helpful.

Though the rules may appear quite strict to those who have not seen them before, they were developed with all of the faithful, not only monks, in mind. (Monks do not eat meat, so rules regarding the eating of meat cannot have been written with them in mind. Similarly rules regarding marital abstinence apply only to the laity and married clergy.) Though few laymen are able to keep the rule in its fullness, it seems best to present it mostly without judgment of what level is "appropriate" for the laity, since this is a matter best worked out in each Christian's own setting, under the guidance of his spiritual fathers.

There are many exceptions to the broad rules given here, such as when a major feast day, or the patronal feast of a parish, falls during a fasting period.

Great Lent is the longest and strictest fasting season of the year.

Week before Lent ("Cheesefare Week"): Meat and other animal products are prohibited, but eggs and dairy products are permitted, even on Wednesday and Friday.

First Week of Lent: Only two full meals are eaten during the first five days, on Wednesday and Friday after the Presanctified Liturgy. Nothing is eaten from Monday morning until Wednesday evening, the longest time without food in the Church year. (Few laymen keep these rules in their fullness). For the Wednesday and Friday meals, as for all weekdays in Lent, meat and animal products, fish, dairy products, wine and oil are avoided. On Saturday of the first week, the usual rule for Lenten Saturdays begins (see below).

Weekdays in the Second through Sixth Weeks: The strict fasting rule is kept every day: avoidance of meat, meat products, fish, eggs, dairy, wine and oil.

Saturdays and Sundays in the Second through Sixth Weeks: Wine and oil are permitted; otherwise the strict fasting rule is kept.

Holy Week: The Thursday evening meal is ideally the last meal taken until Pascha. At this meal, wine and oil are permitted. The Fast of Great and Holy Friday is the strictest fast day of the year: even those who have not kept a strict Lenten fast are strongly urged not to eat on this day. After St. Basil's Liturgy on Holy Saturday, a little wine and fruit may be taken for sustenance. The fast is sometimes broken on Saturday night after Resurrection Matins, or, at the latest, after the Divine Liturgy on Pascha. Wine and oil are permitted on several feast days if they fall on a weekday during Lent. Consult your parish calendar. On Annunciation and Palm Sunday, fish is also permitted.

Health Concerns

During fasting seasons, avoiding prohibited foods poses no health risk as long as adequate amounts of other foods are taken. Calcium intake and adequate calories may be a concern for growing children and pregnant and nursing mothers. Calcium-fortified orange juice is an easy way to guarantee plentiful calcium intake while avoiding dairy products. Nuts and nut butters are a good source of calories for those who need to maintain weight on a Lenten diet. If you are new to fasting, you may find the onset of hunger pangs distressing. Hunger pangs are not harmful; they are simply part of the fast.

The first few days of a long fasting period are often the most difficult. Do not be discouraged by headaches, fatigue, etc. at the beginning of a fasting season — they will disappear or reduce in intensity. If you are troubled by lethargy, try moderate exercise. A short walk can make a surprising difference in your energy.

At the Grocery Store. Read the ingredient lists on processed and packaged foods. Butter, milk solids, whey, meat broth and lard are common additives.

If you are baffled by what to cook during the fast, consult any of the many vegetarian cookbooks now available in bookstores or your public library. Several good "Lenten cookbooks" are on the market.

St Gregory the Dialogist,

Son of the senator Gordianus, he himself became a senator and governor of the city of Rome, but, as soon as his father died, he gave himself to the spiritual life. He built six monasteries in Sicily and a seventh in Rome itself, out of his great wealth, being tonsured in this last, which he dedicated to the Apostle Andrew. His mother, Sylvia, also received the monastic habit in a women's monastery. After the death of Pope Pelagius, Gregory was chosen as Pope. He fled from this honour and power and hid himself in the mountains and ravines, but God showed people where to find him by making a fiery column, reaching from earth to heaven, appear at the place where Gregory was hiding. He had a rare compassion, using all his income for the housing of the poor and on hospitality. He frequently brought the poor in and fed them from his own table. He occupied himself with the writing of instructive books. 'The Dialogist', or 'the one who converses' was the name he was known by, having written a book entitled 'The Dialogues' in which he brought to light the virtues and miracles of the Italian saints. He also compiled the services of the Presanctified Gifts that is used on Wednesdays and Fridays in the Great Fast. His archdeacon, Peter, often saw a dove hovering over his head when he was writing. He went to the Lord in 604.