

Saint Michael the Archangel & Saints Peter and Paul Byzantine Catholic Churches

"I resolved to know nothing while I was with you except Jesus Christ and him crucified." 1 Corinthians 2:2

Parish Office at:
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Fr. Frank A. Hanincik ~ Pastor
Cantor ~ Mr. William Komnath



Confessions:
Saturdays [P] 3:15-3:45 PM
Sundays: [A] 9:00-9:30 AM
and by appointment
Baptisms and Weddings:
See Father Frank

If you are looking for a spiritual home, please know you are always welcome to be a part of our Parish Family.
stmichaelallentown@ptd.net
byzcatch.org/Allentown

Liturgical Schedule for The Week of January 31, 2016

Saturday ~ January 30 Vigil~ Sunday of Meatfare

4:00 PM [P] For the People
All Souls Panachida

Sunday ~ January 31 Sunday of Meatfare

10:00 AM [A] +Melissa Marie Kavounas by Rose Hoffman, Son Jim & Grandson Richie
All Souls Panachida

Saturday ~ February 6 Vigil~ Sunday of Cheesefare

4:00 PM [P] For the People

Sunday ~ February 1 Sunday of Cheesefare

10:00 AM [A] For the People

The Sunday readings for next week are: Romans 13:11b-14:4
Matthew 6:14-21

Prayer List: *In your kindness, please remember the following persons in prayer:* Carol Baran, John & Alicia Sefcik, Shirley Balascak, Loretta Brosky, Antoinette DeFronzo,, Dolores Flannery, Theresa Pinto, Patrice Danyluk, Hoyt Walter, Rosalie Walter, Kristin & Bobbie Di Giacomo & family, The Mehalshick Family, Doris Smicker & family, Peter Skimbo & Family, Nicholas Yackanicz, Josephine Wilk, Stephen Wursta, Maryann Wilk, Barry Hoffman, Chet Greene

From the Saints

Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing and not laymen No, no; every Christian without exception ought to dwell always in prayer. + St. Gregory of Palamas

It seems that we do not understand one thing: it is not good when we return the love of those who love us, yet hate those who hate us. We are not on the right path if we do this. We are the sons of light and love, the sons of God, his children. As such we must have His qualities and His attributes of love, peace, and kindness towards all. + Elder Thaddeus of Vitovnica

"The person who loves God cannot help loving every man as himself, even though he is grieved by the passions of those who are not yet purified. But when they amend their lives, his delight is indescribable and knows no bounds."

+ St. Maximos the Confessor

OPPORTUNITY! Remember to participate in our fundraising opportunities! **GIFT CARD** orders are placed every Monday. Register on line to order any time you would like using Prestopay or place your order with a paper order form located in the back of the church and make check payable to St. Michael's BC Church. **ST. MICHAEL'S AFFINITY GROUP** - Whenever you or anyone you know is buying or selling real estate, contact Janice or Nick Kavounas at Coldwell Banker Heritage Real Estate. 20% of the brokerage fee will be donated back to the church. Call Janice Kavounas at [484-553-3828](tel:484-553-3828) or jmk@cbheritage.com for details.

Tips for Beginning a Lenten Discipline of Prayer

1. Find a place in your home where you pray. Designate a space.
2. Find a time in the day when you pray. The prophets and the saints usually got up early to pray. Set your alarm clock earlier (go to bed earlier) and wake up to be with Christ in the morning.
3. Create a morning ritual that includes prayer. I recommend that it include Scriptural reading, also. The Bible is how God usually talks to you. "God never talks to me," people often say. My response is, "Are you reading the Bible?" God talks to you in Scripture.
4. Use a timer on your phone. Start at 5 minutes and work up to 30 minutes daily.
5. Mental prayer is using your mind ("mental") to speak to God. Tell him everything. Speak with your heart. Ask Him questions about your life. Ask Him theology questions? Ask Him to do more than you expect. Don't be afraid to ask for insanely crazy requests. He likes to answer those best because they prove that we didn't accomplish it.
6. Keep a New Testament or spiritual reading book nearby. If you're mind loses track and wanders. Use this book to read a few sentences to focus again on Christ or spiritual thoughts.
7. Use your daily time to fill yourself with positivity. The people that I know that pray 30-60 minutes every day are very positive thinkers. Why? Because they spend time with God and learn that all things are possible through Christ. Faith and prayer build confidence and a "get it done" attitude. The most pessimistic (and lazy) people are the people who do not pray or do not spend time alone in silence. "Be still and know that I am God."
8. Make daily prayer your identity. Repeatedly tell yourself: "I am a person who talks to the Trinity every day. That is who I am and I always do it." Become what you are.

From Dr. Taylor Marshall

Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others, you open God's ear to yourself.

St Peter Chrysologus

Sacrificial Giving for the Weekend of January 23 & 24	
Allentown	No Liturgy
Total Bills	\$-
Offerings Vs. Expenses	-\$-
Palmerton	No Liturgy
Total Bills	\$-
Offerings Vs. Expenses	+\$-
Bills paid this week: Liability and Fire Insurance \$701.00	
Palmerton: Sewer, Water, Trash: \$255.00	